



Healthy Me, Healthy You!

Physical Health Class & Wellness Club

Created by Crystal Edwards

Class 1- Structure

10 minutes	Warm-up with breathing and thanking each part of your body as you touch each body and then using the stretching exercises.
30 minutes	30 minutes: Go through each movement station twice for 2.5 minutes each time. There are 6 stations.
10 minutes	10 minutes: Movement/Free Dance- Each participant who wants can lead a dance step in front of the class.
10 minutes	10 minutes: Relaxation/cool-down: Sitting down with eyes closed, feel breathing again and stay silent. Visualization

Stretching Exercises:

(number of repetitions are approximate)

1. Reach up towards the ceiling- 5 times
2. Reach down- rub legs- 5 times
3. Stretch side to side- Teapot- 3 times on each side
4. Neck stretches- Nod yes- 5 times
5. Neck stretches- Shake your head no- both ways- 5 times
6. Arm circles – Front and back- 5 times in each direction
7. Arm out straight- hold fingers with other hand (Stop sign)
Gently pull fingers back and forward- 5 sets. (Back and forward= 1 set)

Stations:

1. Hula Hoops- Other balance exercises
2. Biceps/Triceps
3. Wall Squat/Holds
4. Bands- Exercises/ Over/ Under w/ 2 bands tied together.
5. Rows- Standing and bending.
6. Steps

Class 2- Structure

10 minutes	Warm-up with breathing and thanking each part of your body as you touch each body and then using the stretching exercises.
30 minutes	Go through each movement station twice for 2.5 minutes each time. There are 6 different stations.
10 minutes	Movement/Free Dance- Each participant who wants can lead a dance step in front of the class.
10 minutes	Relaxation/cool-down: Sitting down with eyes closed, feel breathing again and stay silent. Visualization.

Stretching Warm-ups:

(number of repetitions are approximate)

1. Reach up towards the ceiling- 5 times
2. Reach down- rub legs- 5 times
3. Stretch side to side- Teapot- 3 times on each side
4. Neck stretches- Nod yes- 5 times
5. Neck stretches- Shake your head no- both ways- 5 times
6. Arm circles – Front and back- 5 times in each direction
7. Arm out straight- hold fingers with other hand (Stop sign)
Gently pull fingers back and forward- 5 sets. (Back and forward= 1 set)

Stations:

1. Bicep/Tricep Curls
2. Wall Squats/ Abdominal Side Bends
3. Calf Raises/ Hamstring Curls/ Wall Push-Ups
4. Arm/Hand/Finger/ Leg Press with Bands Exercises
5. Abdominal Side Bends/Abdominal Twist and Chopping in the air
6. Obstacle Course

Wellness Club Activity Overview:

45 minutes	Fitness Course Walk and/or Exercising
15 minutes	Snack and Lesson Topic
15 minutes	Do or review Healthy Activities
30 minutes	Relaxation/cool-down: Sitting down with eyes closed, feel breathing again and stay silent. Visualization

Sample Lesson Topics:

1. Laughter
2. Animals
3. Movies
4. Friendship
5. Leadership
6. Listening to your body

Healthy Activities:

1. Start a small garden
2. Visit local farmers and/or tour of a farm and eat some vegetables.
3. Tour local nurseries or gardens and smell the plants.
4. Look at bulk items in grocery store and learn how they taste.
5. Visit a health food store and talk about how the food makes you feel.
6. Buy or bring all the ingredients in for a salad and make one!
7. Review "My plate".gov and practice eating from the rainbow to learn portion size.
8. Go to Library-check out health or wellness-related audio and use them.
9. Visit the Park or Forest and talk about how trees affect our environment and ultimately our health.
10. Visit a place with animals and learn what they need.
11. Visit the local public service organizations.
12. Spend time outside and share what you saw in nature.
13. Journal or scrapbook your favorite things.
14. Create cards for loved ones.