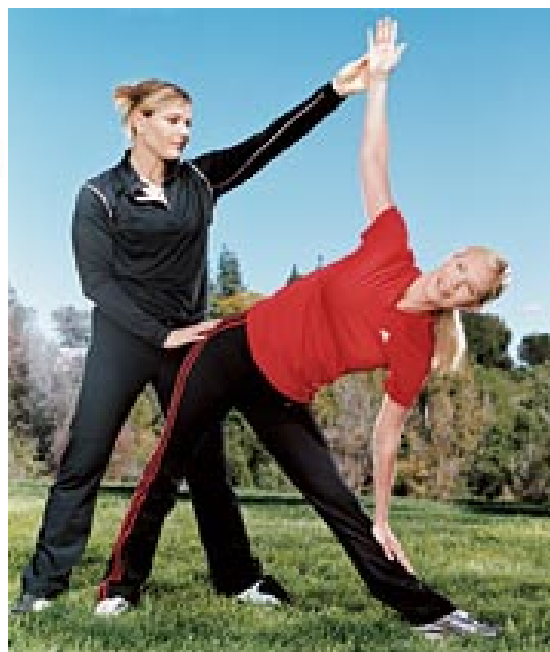


On-Line Personal Fitness & Wellness for Teachers (P-12)



A hands-on-class you can apply to your classroom as well as impact your own life!



Teachers and students who are at the “top of their game” through a healthier lifestyle are more engaged in their classroom. Students who are active and physically fit are also engaged in their own learning and score well on standardized testing.

This class will utilize the home/internet where students will perform individual fitness/wellness activities related to their personal goals.

Topics include:

- Nutrition
- Obesity
- Cardiovascular
- Weight Management
- Resistance Training
- Stress Management.

Class room ideas, materials, strategies and activities will be presented and group sharing time will be provided.

Course: Personal Fitness and Wellness for Teachers (P-12)

Credits:

Three (3) Continuing Education
Graduate credits offered by the fully accredited University of St. Thomas

How to Enroll:

Website <http://www.attendigs.com/enroll.htm>

Toll Free 1-866-953-3131

Email bpalmer4065@sbcglobal.net

Winter/Spring Dates:

Sec. 1 Jan. 9 to Feb. 20, 2012 CTED 883 / CRN 22940

Sec. 2 Feb. 17 to Mar. 30, 2012 CTED 883 / CRN 22933

Instructor: John Ditter, MS, Exercise Physiologist, CSCS

Tuition: \$645