

## HEALTH AND FITNESS WEEK ARTICLE

During the week of Feb. 22 – 26, 2010, Union Catholic will be sponsoring its Third Annual Health & Fitness Week. This is a school wide initiative to educate students about the importance of health, wellness, physical fitness and nutrition. The cafeteria will be serving “healthy food” items all week. There will be **no French fries** and **no fried foods** served all week. Check the UC Cafeteria for a complete menu. Below are the highlights for the week.

### **TUESDAY/ Feb 23<sup>rd</sup> – After School Free Zumba Class**

On this day, we will be holding a Free Zumba class taught by a certified Zumba instructor for all UC students and staff. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Their motto is “Ditch the workout and join the Party. Join our party from 2:45-4:00pm. It will be held in the Cafeteria. Please wear comfortable clothing and sneakers. Bring water.

### **THURSDAY/ Feb 25<sup>th</sup>– After School Free Core Stability Class**

On this Day, we will be holding a Free Core Stability Class taught by Mrs. O'Donnell for all UC students and Staff. The class is limited to 20 participants due to equipment. Please sign up with Mrs. O'Donnell if you are interested in participating. Core Stability involves all the muscles of the torso. Core stability classes use stability balls, resistance bands and hand weights to work all the muscles of your body while working your Core as well. People of all fitness levels can enjoy this workout. The class will be held from 2:35-3:20pm. Please meet outside the Girls locker room to get the equipment. Please wear comfortable clothes and sneakers. Bring water.

Throughout the week, the Physical Education Dept. will be administering the President's Physical Fitness test to all current Phys. Ed students in their classes. The tests include sit ups to measure abdominal strength and endurance. The shuttle run to measure speed, quickness and agility. Pull ups to measure upper body strength and endurance. The sit and reach test to measure lower back and hip flexibility. The mile run/walk measures heart and lung endurance. This last test will only be administered if the track has no snow and the temperature outside is good. If not the test will be administered in the Spring.