

Good Morning Hilltoppers.

Don't you wish we could all pack our bags and head somewhere for spring break? Maybe more this year than ever before.

I hope that you had a good weekend and Happy Easter! Even though it is spring break, we wanted to pass along the weekly workouts and encourage you to continue your physical activity. It is important to burn off those jelly beans, cadbury chocolate eggs, or my favorite Reese's peanut butter eggs (they have peanut butter in them, so they can't be all that unhealthy?). It's Spring Break, so take a break - get outside, get away from the school work, shut down the screen time. Get together with your friends virtually, find a new form of recreation, read a book unrelated to school, lay in the lounge chair and imagine you are at the beach (there are cold days at the beach too).

Following break, we will get back to providing some more specific goals, resources, videos, and challenges. Have a great week and reach out if you have any questions or concerns.

Coach D and Coach K

Weekly Workouts

Attached is the strength workout and bodyweight workout for this week. You can find a video description of the bodyweight workout on the Hilltopper Strength & Conditioning Facebook page or other social media sites (links below). If you are unsure of how to do something or don't have the equipment, supplement it with something else. If lifting, make sure to use proper safety protocol and spotter if necessary. Again, the point is to do something.

Wellness Goals

1. **RELAX and CHILL** - Most importantly this week, try to relax and rejuvenate to come back and have a strong finish to the school year.
2. **Remain Active** - Continue to work out and find ways to be active while having fun.

Resources

1. Relaxation -

University of North Carolina - Relax This Spring Break. This link provides an explanation of relaxation, resources, ways to relax, and helpful links.

<https://healthyheels.org/2014/03/06/relax-this-spring-break/>

Can't go to the beach physically, go there mentally!

Guided Meditation on the Beach

https://www.youtube.com/watch?v=ar_W4jSzOIM

Tropical Beach Soundtrack

<https://www.youtube.com/watch?v=DGIXT7ce3vQ>

Meet with Coach

Feel free to contact Coach Kossow or Coach Duehring via email as well at any time with questions, concerns, or guidance.

Competition

This week, email or post on our social media sites a photo of you working out in spring break or beach apparel or just relaxing (appropriate of course). Students that submit a photo will be entered into a drawing for a prize to be handed out once we return to school or mailed if need be.