

Good Morning Hilltoppers.

I hope you all had a great weekend. Below are the weekly workouts, wellness goals, competition, and resources. Have a great week and as always reach out if there is anything that we can do for you.

Coach D and Coach K

Competition

This week, email or post on our sites a photo of you working out outdoors, a photo of you doing something active outdoors, landscape photo from a hike, etc. Students that submit a photo will be entered into a drawing for a prize to be handed out once we return to school.

Weekly Workouts

Attached is the strength workout and bodyweight workout for Week 6. 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. The weather looks more spring like this week, so get outside and complete a workout. Make sure to include conditioning and flexibility. Again, the point is to do something and remain active.

Wellness Goals

1. **Fitness** - Don't sit for more than an hour. Get up and stand, walk, or stretch. Do something, even if only 5 minutes between classes. Set a timer to help remind you to move every hour.
2. **Nutrition** - Drink 6-8 glasses of water each day. It is important to remain hydrated and most of us don't drink enough water throughout the day. Make this an emphasis this week.
3. **Stress management** - Get outside at least 30 minutes every day this week. Exercise, do yard work, go for a walk, perform a relaxation drill, or just sit and relax. Fresh air is good for the body and the mind. Rain or shine, make an attempt to enjoy the outdoors in whatever way you enjoy.

Resources

1. **Fitness** - Outside Magazine provides some benefits and guidelines for going outside during Quarantine
<https://www.outsideonline.com/2410881/going-outdoors-coronavirus#close>
You can still go out for a run!
<https://www.insider.com/can-you-go-for-a-run-coronavirus-quarantine-social-distancing-2020-3>
2. **Nutrition** - Importance of staying hydrated and tips to remain hydrated
<https://familydoctor.org/hydration-why-its-so-important/>
NCAA Performance Hydration Fact Sheet
<https://www.ncaa.org/sites/default/files/Performance%20Hydration%20Fact%20Sheet.pdf>
3. **Stress Management** - Spending time outdoors provides many benefits to physical and mental health.
<https://www.rei.com/blog/news/this-is-the-optimal-amount-of-time-to-spend-outside-each-week>
<https://www.businessinsider.com/why-spending-more-time-outside-is-healthy-2017-7#outdoor-sessions-may-even-help-prevent-cancer-10>

Meet with Coach

Coach Duehring has office hours from 8:00-9:00 every morning at meet.google.com/cqe-jbyd-dhi. You can drop in at that time or schedule an individual meeting with him at another time. Feel free to contact Coach Kossow or Coach Duehring via email as well at any time with questions, concerns, or guidance. We are here for you and can provide guidance for maintaining your fitness and workouts geared towards any goal that you have.