

Good Morning Hilltoppers,

The finish line is approaching. Continue to be physically active and deal with stress in healthy ways. Below are the weekly workouts, wellness goals, competition, and resources. Keep up the great work and have a strong finish to the school year.

Coach D and Coach K

Competition

Create and send your own workout / exercise instructional video (share with coach through Google Docs). Be creative with a family member or homemade workout device/machine (safety first). Or volunteer to be the guest demonstrator for a weekly workout. Coaches will send workout, you video record and send back, we will edit.

Weekly Workouts - check out our guest demonstrator for the body weight workout

Attached is the strength workout and body weight workout for Week 8. You can find a video description of the body weight workout on the Hilltopper Strength & Conditioning Facebook page or other social media sites (links below). **First 10 to post reply on Facebook will get entered into the end of the year raffle.** 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. Make sure to include conditioning and flexibility. Again, the point is to do something and remain active.

Wellness Goals

1. **Fitness** - Rain or shine, hot or cold, perform 60 minutes of activity each day this week. Remember, all 60 minutes does not need to be completed at once. Split it up and work it into your day.
2. **Nutrition** - Don't eat after 8:00 p.m. this week. If you do, make it a healthy and low calorie snack.
3. **Stress management** - Eliminate screen time 3 days this week (with the exception of required school work) and eliminate screen time within 1 hour of bedtime.

Resources

1. **Fitness** - Physical activity guidelines and tips for increasing physical activity within your day.

[https://health.gov/sites/default/files/2019-09/Physical Activity Guidelines 2nd edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

<https://www.choosemyplate.gov/resources/physical-activity-tips>
<https://www.acefitness.org/education-and-resources/lifestyle/blog/6765/small-steps-to-increase-physical-activity/>

2. **Nutrition** - Some tips on how to avoid eating later in the evening.

<https://www.pgeveryday.com/wellness/healthy-eating/eating-after-8pm-what-it-does-to-your-metabolism>

<https://health.usnews.com/health-news/blogs/eat-run/articles/2017-08-30/3-tried-and-true-strategies-to-stop-eating-after-dinner>

3. **Stress Management** - Importance of limiting screen time and tips for cutting back
<https://www.cnn.com/2020/03/13/why-you-should-be-reducing-screen-time-and-3-simple-tips-to-do-it.html>

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.

Summer Opportunities

There will be opportunities to train this summer with Hilltopper Strength & Conditioning. Pay attention to your emails, information and registration materials will be coming out in the near future.