



September 2020

Hilltopper Parents,

We have faced many challenges since March and have successfully overcome many of them, including the return to school. Our school year is off to a great start and our athletic programs are gaining momentum. Remaining physically active during quarantine and even with the return to school continues to be a challenge for many of our students. The benefits of physical activity and participating in recreational programs provide many benefits. This is even more important during times like these. Some of the benefits include:

- Improved physical fitness and health.
- Improved focus, engagement, and academic performance.
- Stress reduction, improved mental health, and better quality of sleep.
- Social interaction and team building.
- Improved confidence, body image, and self-esteem.
- Improved strength, conditioning, flexibility, and athletic performance.

We would like to make you aware of a great opportunity available to our students through the Noack Strength & Fitness Center. Our students are fortunate to have access to an exceptional facility and staff located within the walls of MUHS. MUHS encourages you to have your son participate in programs offered through the fitness center now more than ever. All students have the option to participate through a variety of programs that are currently taking place and will continue throughout the school year and summer. The Blue & Gold club offers several programs providing instruction and participation in strength and conditioning programs throughout the school day.

The school day provides an excellent time to work out, release stress, develop relationships with peers, and receive instruction on improving their physical development through proper training and nutrition. Students will participate in training and other recreational activities throughout the year. Students must register specific time and report when attending in-building classes.

Additional information is located on the school website ([Noack Strength & Fitness Center](#)) or by contacting Director of Performance & Fitness – Mike Duehring (duehring@muhs.edu, 414-933-7220 ext. 3063). Students may also stop by the fitness center to discuss options and ask questions.

Thank you for your support.

Mike Duehring
Director of Performance & Fitness
duehring@muhs.edu