

Part of this class will include staying active now and throughout life. Topics will include healthy amounts of physical activity, safe exercise techniques, activity during injury recovery, finding enjoyable physical activities, and more. Students will also learn more about mental, spiritual, and social health, in order to maintain balanced wellness now and in the future.

May be taken as a one-semester class or combined with Eat Well, Feel Great.

Homework expectations:

Homework activities will be assigned that can take 1-5 hours to complete outside of class. The general expectation will be approximately 1-2 hours, but students looking for a full credit will have an additional 2-3 hours of optional enrichment activities to complete for a full semester credit.