

2010-2011 St. Catherine Run/Walk Fitness Program

In an effort to increase awareness of the importance of physical activity in improving one's health and to provide a structured opportunity to exercise, St. Catherine will be starting a Run/Walk program in the 2010-2011 school year. This will be a club for students, teachers, faculty, parents, and parishioners of St. Catherine who are interested in beginning or continuing a fitness program. Since this is a club, the focus will be on fun and personal accomplishment as we, as a school and parish, improve our health and motivate others to increase their physical activity.

Virtus-trained volunteers are needed to develop this program further, as well as to walk/run with the students. The club will meet after school a couple of times a week. If there is a great interest by participants and an abundance of volunteers, then more days can be added. There will be stretching and a review of safety rules before beginning the activity. Ideally, the club would start by walking or running a mile in mid-September and then increase the distance and/or intensity overtime. Parents will need to give consent for their child to participate in the club. It is strongly recommended that children and adults see their physician before engaging in this physical activity.

The time needed for this program would be based on the distance traveled for the day. Typically, it is expected to last 20-40 minutes for all participants. Of course, some participants will be done sooner if they are running/jogging. Inclement weather conditions will need to be identified early so that parents can plan ahead for their child's pick-up after school.

Once a group of volunteers is gathered, the specifics will be defined and shared with the school and parish. Please let me know if you are interested in helping to discuss how to make this program a success and/or if you could be available to run/walk with the club. Please e-mail me at dkglaser@fuse.net or call me at 781-6025 if interested or questions. I will contact volunteers over the summer to explore this program further.

Thanks,
Kelley Glaser