



COURSE SUMMARY

<u>WEEK</u>	<u>COURSE #</u>	<u>THEME</u>
1	1	Introducing LIVIN' FIT ©
	2	The Journey Begins (participant goals)
2	3	Appropriate Fitness Attire And Footwear
	4	First Things First (warm up)
3	5	Flexibility And Stretching
	6	Cardio And Aerobic Fitness
4	7	Resistance And Strength
	8	First Things Last (cool down)
5	9	Managing Exercise And Physical Disabilities
	10	What Am I Eating?
6	11	Non Workout Workouts
	12	Fitness To Prevent Falls Part 1
7	13	Fitness To Prevent Falls Part 2
	14	Posture and Skeletal Fitness
8	15	My Personal Metamorphosis
	16	Removing Obstacles
9	17	More Fitness Choices
	18	Handling Negative Stress
10	19	Fitness For Life
	20	The Journey Begins!
	21	Cooling or Warming Down