**PERSONAL FITNESS EXPECTATIONS**

**COACH Armstrong**

Welcome to Personal Fitness Class! This is a class that will help you learn about the benefits of cardiovascular exercise, proper nutrition, and strength training. I absolutely believe that this is one the most important class’s that you can take in your high school career! Taking care of your health and well-being is the most important thing that you could ever do for yourself. Without your health…nothing else really matters! You will be given the knowledge and opportunity to make a lot of positive changes for yourself, but, I must stress that without great effort, nothing will change! It is extremely important for you to develop healthy habits and behaviors at a young age, so that you are more likely to maintain a healthy lifestyle and help prevent numerous health problems as you age.

The expectations for Personal Fitness students are high and you will be expected to be prepared for class and give maximum effort every day. You will have to work hard in this class, but, it is well worth your effort. We will be doing a combination of cardiovascular fitness, core workouts, strength training, and discussing proper nutrition to help you achieve your health and fitness goals. You will have some measurements taken to get an idea of where you currently are with your body composition, fitness level, and strength. It will be done again after the first quarter and at the end of the semester. I also suggest you take a “before” and “after” photo of yourself at home. You will probably not notice the small subtle changes that will take place with your body, so some pics might help you see your results. My hope for you is that you use these things to help you establish healthy habits and behaviors that will lead you to a long and healthy lifestyle! I am extremely excited to work with you and help you achieve your fitness and health goals.

**“If you do what you’ve always done, you’ll get what you’ve always gotten!”**

**“If it was easy, everyone would be doing it!”**

**“Nothing will work unless you do!”**

**“Laziness is easy, success takes hard work, determination, and commitment!”**

**“Good habits are as addictive as bad habits, but much more rewarding!”**

**“You control your body, it does not control you!”**

**“You can have results or excuses, but you cannot have both!”**