**FITNESS**

**Running**

**History:** Running has been around ever since man was created.

**Benefits:**

* Gets you from point A to point B
* Avoid things/get out of danger faster than walking
* Weight loss – running is one of the top activities for burning fat
* Prevents muscle and bone loss - Our bones are made to accommodate the demands placed upon them. By sitting in front of the monitor all day many of us allow our bones to grow weaker, but by running regularly our skeleton gets the demand it needs to stay healthy
* Healthy heart
* Prevents high blood pressure
* Mental health – Chemicals released while running can actually help people overcome symptoms of depression, anxiety, and bipolar.
* Keeps you looking young as you age

**Fun Fact:** There’s such a thing as a “Runner’s High”. A “Runner's high” is the release of endorphins from your brain, when you exercise for a long hard strenuous amount of time. It’s called a “Runner’s high”, although it can be experienced from other strenuous workouts also.

**Trampolines**

**History:** The modern trampoline was invented by George Nissen and Larry Griswold in 1936.

**Sports/games derived from trampolines:**

* Trampolining - Trampolining became in Olympic sport in 2000
* Slam Ball – Slam Ball is a form of basketball played with four trampolines in front of each net. It is played "full contact" and has boards around the court. SlamBall held its first major international tournament in China in 2012.
* Trampoline dodge ball – Dodge ball played on trampolines

**Fitness Outline**

**Day 1**

* Walk/Jog/Run around seawall with grade 8s
* 9:00AM-1:00PM

**Day 2**

* Insanity Workout

**Day 3**

* Extreme Air Park

(Date and Time to be arranged later.)