

# CHCA Intercession 2020

January 6-17, 2020

Course Description for: ***New Year, New You***

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Instructor(s): <b>Mr. Kramer, Mrs. Parcell, Mrs. Potts</b>	
Course Type: <b>Local Day (Greater Cinti Area)</b>	Service Hours: <b>10</b>
Maximum enrollment: <b>25</b>	Minimum enrollment: <b>20</b>
<b>Cost:</b>	\$ 500

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**Overview:** Start the New Year off right by focusing on a healthy body, mind, and spirit. Explore different types of fitness, healthy eating, and devotions throughout this course. Start yourself on a healthy path and find ways to fit it into your everyday life, making healthy a lifestyle.

- Course Goals:**
- Experience different types of fitness, including, but not limited to yoga, pilates, crossfit, cyclebar, hiking, etc.
  - Learn about nutrition and research different ways of healthy eating
  - Reset your thinking by exploring ways to be more mindful
  - Encourage an overall healthy lifestyle

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**Reading Component:** Articles/research about fitness, nutrition, and healthy lifestyles

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**Writing Component:** Journal

## Description:

Students will participate in daily fitness activities, talk about nutrition by researching different diets (vegan, vegetarian, keto, whole 30, etc.), and take part in devotions and mindfulness activities. Part of our experience will be spent serving others through The Lord's Gym, a soup kitchen, and working with children by leading fitness activities.

The class will meet daily from 9:00-3:00. Locations will vary. Many of our activities will take place off campus and students may be asked to provide their own transportation.

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**This course is well suited to:** Students who enjoy fitness, being active, or who want to establish a more healthy lifestyle.

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**Cost:** \$500

**Additional costs:** Appropriate clothing for workouts  
Lunch on your own (pack or buy daily)  
Optional workout gear (yoga mat)

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