

TRUJILLO'S KINESIOLOGY AND HEALTH CLASSES

EXTRA CREDIT (DUE BY FINAL REVIEW):

- Listen to "Convos with Coaches" Podcast on iTunes or Stitcher and write a reflection on the podcast episode. www.convoswithcoaches.com . Can do up to 3 episodes (10 points each one).
 - Attend my Sunday Beach Workout at Cabrillo Beach at 8am (10 points)
 - Take a picture of you doing something healthy (eating, exercising, meditating, etc). and tag me on Instagram @lesliet_coachc (2 points each one). Can do up to 5.
 - Attend a yoga, pilates, TRX, kickboxing, cardio sculpt, zumba, movement related class, or another intense fitness class (5 points), write 1 page reflection
 - Get a massage, facial, acupuncture or related body work (10 points), write 1 page reflection
 - Blood Profile at the Student Health Center-cholesterol, fasting blood sugar (5points), write 1 page report on findings
 - Have height, weight, blood pressure, BMI, and %BF analysis performed (5 points), write 1 page report on findings
 - Attend a 12-Step Meeting (10 points), write 1 page reflection
 - HIV and STD Test (5 points), write 1 page report on the importance of regular testing
 - Donate Blood and receive blood type (10 points), write a 1 page reflection on importance
 - Read a newspaper, magazine, or health related article and write a 1pg reflection (5 points)
 - Watch the movie Supersize Me, Food Inc., Forks over Knives, or any other food documentary and write a 1 pg. reflection (5 points)
 - Walk the perimeter at South Coast Botanic Gardens, 2300 Crenshaw Blvd., Palos Verdes Peninsula, CA 90274; <http://www.southcoastbotanicgarden.org/> Student Discount. Bring Receipt. (10 points)
 - Do a type of Cleanse, bring in proof and write a report on it (10 points)
 - Read a newspaper, magazine, or health related article and write a 1pg reflection (5 points)
 - Participate in a 5K, Marathon, Spartan Race, Fun Run, Tough Mudder, or other fitness race. (10 points)
 - Observe a Physical Education Class and write a report on the class (10 points)
 - Observe a personal or private group training session and write a report on your observation (10 points)
 - Bring in a copy of your Student Educational Plan from a LAHC Counselor (5 points)
- *Can do each extra credit once. Maximum of 50 points.*

