

TRUJILLO'S KINESIOLOGY CLASSES- Online

EXTRA CREDIT (DUE BY FINAL REVIEW):

- Listen to “The Developing Athlete” Podcast on iTunes or Stitcher and write a reflection on the podcast episode. <http://www.leslietrujillo.com/> . Can do up to 3 episodes (10 points each one). Can rate and review for an extra 10 points.
- 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).
- 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 an online yoga, pilates, TRX, kickboxing, cardio sculpt, zumba, movement related class, or another intense fitness class (10 points), write a 1-page reflection.
- Read a newspaper, magazine, or health related article and write a 1pg reflection (10 points)
- Watch any food documentary and write a 1 pg. reflection (10 points)
- Do a type of Cleanse, bring in proof and write a report on it (10 points)
- Send me a copy of your Student Educational Plan from a LAHC Counselor (5 points)
- Attend a Zoom Exercise Class taught by me during the semester. I will post the day, time and zoom info. (20 points)

Can do each extra credit once. Maximum of 50 points.