

# INCLUSIVE FITNESS & HEALTH

Weekly Newsletter

## THIS WEEK'S NEWS

**Monday 09/14**  
stress ball activity,  
fitness

**Tuesday 09/15**  
fitness

**Wednesday 09/16**  
breathing, meditation,  
affirmations

**Thursday 09/17**  
yoga, fitness

**SUPPLIES NEEDED:**  
FLOUR OR RICE,  
BALLOONS, EMPTY WATER  
BOTTLE, SHARPIE, PAPER



## Inclusive Fitness and Health

**VCU** Kinesiology and  
Health Sciences

College of Humanities and Sciences

## Welcome to week 2!

### INCLUSIVE FITNESS AND HEALTH BY VCU

Hey everyone! The first week was awesome and we loved getting to know you all! We have some super exciting activities planned for this week that we know you'll enjoy! On Monday we will be making stress balls. For this activity you will need **flour or rice, an empty water bottle, balloons, a sharpie, a piece of paper, and yarn (optional)**. There are no other supplies needed for the remainder of the week. Tuesday and Thursday we will be focusing on fitness, and Wednesday we will be focusing on breathing and meditation.

We can't wait to see you all on Monday!

- The IFH Team

# About us

## INCLUSIVE FITNESS AND HEALTH BY VCU



Hey everyone! I'm Matthew Scott, the coordinator of IFH and I love IFH because I love getting to work out with all of my friends in the program and promote healthy lifestyles. The highlight of my day is seeing everyone's faces and working hard together. It is of extreme importance to me that fitness and health projects become more inclusive.



Hello people of IFH! My name is Courtney and I am so excited to get to know all of you! A little bit about me, I am a senior at VCU, majoring in Exercise Science. I have always had a passion for fitness and a heart for inclusivity. I can't wait the world of fitness and health with each and everyone of you!



Hi my name is Kelsey! I am a senior at VCU studying Health Science. After I graduate, I plan to continue my studies in Occupational Therapy. Growing up with my brother, Alec, who has 49, XXXXY syndrome, there weren't many opportunities for him back then like IFH. I joined this team for the opportunity to improve in fitness and health together while also having fun and learning from you all."



Hey everyone my name is Destinee and I'm a senior at VCU studying Health Science. After graduating next year, I plan on attending Medical School with the hope of having a career in Pediatrics. I joined this team because I want to learn more about fitness and inclusivity. I can't wait to meet all of you!



My name is Avian Blake, I'm 21 years old and I'm a senior at VCU where I'm studying Kinesiology Exercise Science. My goal is to become an athletic trainer. I was born in Fort Bragg, North Carolina. I have traveled all over Europe and my favorite place in Europe is Germany Lanstul; I spent 6 years there. I'm happy to be helping you with your fitness journey



Hi everyone my name is Brittany Carter I am majoring in Health Science and plan to be a Nurse Practitioner. Some things that I enjoy is hanging out with friends and watching Netflix. We have exciting things planned for you guys and I look forward to meeting you all.