

# INCLUSIVE FITNESS & HEALTH

Weekly Newsletter

## THIS WEEKS NEWS

**Wednesdays 09/09**

Introduction,  
Icebreakers, Fitness  
Activity

**Thursday 09/10**

Introductions,  
Powerpoint picture  
activity, charades

Supplies needed:  
N/A



**Inclusive Fitness and Health**

**VCU** Kinesiology and  
Health Sciences

College of Humanities and Sciences

## Welcome to IFH

**INCLUSIVE FITNESS AND HEALTH BY VCU**

Inclusive Fitness and Health is a program at VCU that collaborates with Jacob's Chance and is coordinated by Exercise Physiologist and Assistant Professor Matthew Scott. Inclusive Fitness and Health was founded in 2018. The collaboration between Inclusive Fitness and Health and Jacob's Chance seeks to provide a fun and engaging opportunity to improve the personal fitness and health of the members of the Jacob's Chance community. Activities that we will participate in over the course of this program include mental health, nutrition, exercise and many more.

We can't wait to meet everybody and get started!

- 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 Lansthal; 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.