



Fitness Centre is a Huge Success!

In September 2006, Branksome Hall opened the doors to the newly equipped Fitness Centre.

A short year later, the goals of the program were met and, in many cases, surpassed. During the 2006-07 school year, every student from Grade 7-10 joined the Fitness Centre, and a total of 524 Senior and Middle School students were regular members.

With on-site leadership provided by Sheena Butler, our Tri Fit Fitness Consultant, fitness was introduced into all aspects of the Senior School Physical and Health Education curriculum, athletic team conditioning, residence program and CAS (Community/Action/Service) initiatives.

Through the Physical and Health Education program, grade-specific curricula were developed. All students were instructed on proper use of the equipment.

Students who participated on one of 40 sports teams were introduced to sport-specific workshops. Coaches and athletes welcomed the opportunity to learn new exercises and training techniques.

The residence wellness program promoted interactive, creative activities to encourage balance and foster a sense of community among the girls. The Tuesday evening program included work-

shops on hip-hop, salsa dance and healthy eating.

As part of the CAS program, several senior students were trained as Fitness Centre Supervisors and received service hours for helping to supervise the Fitness Centre during lunch. Students were also able to earn "action hours" by learning basic strength training skills.

The Fitness Centre supported the Community Service Team by promoting participation in the Sporting Life 10km run, and the CIBC Run for the Cure. Through the Mother/Daughter Be Well evening, a \$200 donation was made to Sheena's Place.

The first year of the program has been a tremendous success. Students and faculty alike have fully embraced the programs and enthusiastically participated in a variety of health and wellness activities. The goal to integrate fitness and wellness into the culture of Branksome Hall has been achieved. This could not have been possible without the leadership, dedication and support from Administration, the Physical and Health Education Department, Facilities, the Student Volunteer Supervisors, and our partner, Tri Fit Inc. 🍷