



"The Northerner" Northern District, IAHPERD

Fall 2016

Welcome to Northern District

Message from the President

Welcome back to school Northern District!

I hope your year has started off well. I am excited to finish my term as President this winter and hand the reigns over to Julene Ensign from Judson University. We are looking for some new members to be involved, and we will need to nominate a new President-Elect at the November Social at IAHPERD. *If you have any interest in getting involved, please email ndiahperd@gmail.com.*

UPCOMING EVENTS:

The annual IAHPERD convention is November 17-18 at the Pheasant Run Resort in St. Charles. We hope to see you there. **If you are presenting this year, please e-mail me your title and time/location and I will give you a shout out in next month's newsletter. Our social is Thursday from 4-5 in Marsalis II. Stop by for ice cream and prizes.** We'd love to meet you. We are looking for new active members for the Northern District.

The Northern District Workshop will be on Saturday, February 25, 2017 at Judson University. Save the date for this cheap and rewarding professional development.

Our e-mail: ndiahperd@gmail.com

Like us on Facebook @Northern District-IAHPERD.

**Check out our new website:
www.ndiahperd.weebly.com**

2016 Northern District

Executive Board

President: Kelly Zerby

President-Elect: Julene Ensign

Past President: Jason Cowan

Treasurer: Jean Williams

Delegate at Large:

Susie Shanel

GRANTS

The Northern District annually award grants to members. Go to our website to see details and to apply. Last year we awarded over \$6,000 to our members.

Have you tried Tabata?

What is Tabata?

<http://tabatakids.com/>

Tabata training is one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval. Get the music off of i-tunes.

Warm-Up #1

1. *Jumping Jacks*
2. *Plank*
3. *Mountain Climbers*
4. *Arm Circles*
5. *High Knees*
6. *Push-Ups*
7. *Star Jumps*
8. *Body Twists*

Either project this on the wall/screen or write in on your board, and the students follow the cues to the music. Make up new ones based on your weekly theme, or to incorporate different exercises. I have several created on locomotors, animal movements, jumping rope, hoop play, dance moves, stretching, cardio, core strength, planks and many more. The possibilities are endless.