**Find Your Fit**

**Presented by:**

**National Federation of the Blind of CO Sports and Recreation Division**

**and**

**WE Fit Wellness**

May 9, 2015

8:00am-4:00pm

Colorado Center for the Blind

2233 W. Shepperd Ave.

Littleton, CO 80120

**\*\*\*NOTE: If not otherwise specified, parents and educators will join the rest of the group for activities.**

**8:00-8:45am** **Registration**

**8:45-9:00am** **Opening Remarks**

Maureen Nietfeld

President, National Federation of the Blind of Colorado Sports and Recreation Division

**9:00-9:20am**  **A Word from our National President**

Lisamaria Martinez

President, National Federation of the Blind Sports and Recreation Division

**9:20-10:00am** **My Fitness Myself**

Maureen Nietfeld

Steve Patton

Brittany Savage

**10:10-11:10am** **Breakout Session 1**

Goalball

Yoga

Dance

Full Body Any Time Workout

**Parent and Educators Track:** Teaching Your Blind Child about Movement in Physical Activity and Exercise

**11:20am-12:20pm**  **Breakout Session 2**

Goalball

Yoga

Dance

Full Body Any Time Anywhere

**Parent and Educators Track:** Mainstreaming in the Gym Setting

**12:30-1:30pm** **Lunch**

WE Fit Wellness Keynote

Maureen Nietfeld

President, National Federation of the Blind of Colorado Sports and Recreation Division

Jessica Beecham

Director, WE Fit Wellness

**1:40-2:40pm** **Breakout Session 3**

Beep Baseball

Guide Running

Tandem Cycling

Judo

Simple Tools for Exercise

**Parents and Educators Track:** Parents and educators participate in an afternoon activity with sleep shades.

**2:50-3:50pm**  **Team Building Wrap-Up**