

Health Camp 2013 Timetable - July 15-19, 2013 (Presenters /Facilitators)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Overview/ Housekeeping matters Eating a balanced diet (M.B) Benefits of physical fitness (W.S)	Choosing healthy snacks (M.B) Building your self esteem (N.F)	Experiences of a sporting personality 1	Preventing injuries during physical activity (K.W) Taking care of your body (J.M)	Hike (7:00am)
9:30am	S	N	A	C	K
9:45am	Physical Activity 1 V & O	Physical Activity 1 V & O	Physical Activity 1 V & O	Physical Activity 1 V & O	Games (Indoor)
12:00pm	L	U	N	C	H
1:00pm	Benefits of physical fitness (W.S) Eating a balanced diet (M.B)	Building your self esteem (N.F) Choosing healthy snacks (M.B)	Experiences of a sporting personality 2	Taking care of your body (J.M) Preventing injuries during physical activity (K.W)	Group discussion with participants (W.H) Discussion with parents
2:00pm	Physical Activity 2 V & O	Physical Activity 2 V & O	Physical Activity 2 V & O	Physical Activity 2 V & O	Closing session
3:30pm	Art & craft (M.B)	R & R	R & R	R & R	
4:00pm	H	O	M	E	End of Health Camp 2013