

# *First Annual “Fall Into Fitness”*

*Featuring:*

*Mike Kaplan, Laura Duffy, Brianne McDonnell and Kim Gilroy*

If your daughter is a middle school student *Fall into Fitness* is the perfect “*fit*” for her



Parents and students will be able to participate in 20 minutes sessions on fitness and yoga instruction (nutrition and college athletics will follow a lecture format). They will learn about “at home” exercises, alternate fitness for prevention and recovery of injuries, nutrition options and the real scoop on college athletics.

*Come join the fitness fun!*

*Wednesday, October 8, 2014 @ 7:30 – 9pm @ Huntington High School*

**Wednesday, October 8<sup>th</sup> at Huntington High School**

**7: 30 – 9:00pm in the gymnasium**

*All middle school female students welcomed!*

**Fall Into Fitness Instructors**

**Kim Gilroy**

Kim Gilroy is a Holistic Wellness Coach on a mission! While working as a teacher and a coach in the Huntington School District, Kim became passionate about health and wellness and pursued her holistic health-counseling certificate at The Institute of Integrative Nutrition. She has given wellness talks to schools in the surrounding area and has most recently been down to Marymount University to motivate and inspire the Woman's Lacrosse team that she helped start. Through Kim's Taste & Talk Series, individual sessions and wellness lectures, Kim strives to help people understand what their bodies are telling them. Sharing nourishing and delicious personal recipes, healthy tips and stories of her journey to feed herself and her family wholesome good food, Kim exudes excitement. Kim's dedication to be part of and contribute to the wellness movement that is changing the way we look at food and feed our souls is truly infectious and gives meaning to her genuine "Inside Out" philosophy. Kim received her Holistic Health Counseling Certificate in 2008 from The Institute of Integrative Nutrition and holds a Masters Degree in Education and Special Education as well as a Bachelors Degree in Communications.

**Mike Kaplan**

Mike Kaplan is a premier certified personal trainer and one of the top sports performance coaches on Long Island. He is the owner of Power of One Health and Fitness located in Northport where he provides a positive, high-energy environment that empowers clients to reach their full potential. He works with a wide range of athletes as well as clientele simply looking to improve their health and fitness. His goal for the average person is simple. He wants you to learn how to exercise and to become a healthier you! He chooses health as a lifestyle, NOT a quick fix solution. His passion for health and fitness is inspiring others to see their potential, and motivating them to achieve their goals. Whether he is training the collegiate athlete, high school player or the middle school student who wants to make the soccer team, he will systematically enhance their athleticism. They will become stronger, quicker, more agile, and less prone to injury. Regardless of ability level each athlete will be coached and educated on all aspects of their training. They will understand the intent of what they are trying to accomplish with each workout, not just told what to do. Coach Kaplan's education background and training comes from SUNY Brockport where he was a collegiate athlete himself for the men's division III basketball program. He had the honor of reaching the NCAA tournament twice, where they made Elite 8 and Sweet 16 appearances. This experience allows for him to make a true connection with the athletes he is training. Mike Kaplan is also the girls' varsity basketball coach for Huntington High School and the Finley Middle School girl's lacrosse assistant coach.

**Laura Duffy**

Laura Duffy focuses on Medical and Sports medicine. She offers regular classes, and private sessions at Harbor Lights Yoga. They are currently offering group classes for teams after school as well as off-season workouts for the local schools in lacrosse, crew, wrestling, football and basketball. Her main goal is to work in breathing, mindfulness and educating the individual to recognize and understand the body's signals when dehydrated, in pain, over worked, injured or fatigued. These are all essential to any individual, especially student-athletes. Today's expectations on our youth are incredible and it is necessary to provide helpful strategies to help cope with the many demands.

**Brianne McDonnell**

Brianne McDonnell comes into her first season as an assistant coach with the LIU Post women's soccer team. Prior to being an assistant coach, she assisted for two years at Adelphi, her alma mater, while also coaching the junior varsity soccer programs at Huntington High School and the Yeshiva University High School For Girls. McDonnell was a four-year varsity starter in her collegiate playing days at Adelphi. She was a four-time All-Conference selection, earning the honor from the East Coast Conference in 2007 and 2008, and the Northeast-10 Conference in 2009 and 2010. McDonnell graduated Magna Cum Laude from Adelphi in 2011 with a bachelor's degree in Physical Education.