

On Wednesday, October 26, 2011 over 130 Somers High School students participated in the first ever Fitness Fun Fair sponsored by the Somers High School PTSA . It was held during Red Ribbon Week. The goal of the evening was to provide the students with healthy alternatives when dealing with stress. The evening began with a dynamic presentation by Empowered Mastery. Nick Palumbo and Paul Melella spoke to students about positive thinking and the mind/body connection. Students from United Martial Arts followed with an impressive demonstration of what our bodies can do when you set your mind to something.

The students participated in various fitness classes that were provided by top-notch local fitness instructors. These instructors donated their time, positive energy and even raffle prizes to make the evening a huge success. Carla Braca from Westchester Boot Camp held a mini boot camp session. Marie Roberts conducted a very energetic Zumba class. Christine Dodge had many enjoy her Yoga session. Daniel Calabresse and John Glenn Brennan from Anytime Fitness set up a Jacobs Ladder that students were able to take a crack at all evening.

Jackie and Glenn Etere certified cross-fit trainers with CrossFit located in Yorktown ran the Fittest Male/Fittest Female contest. When they were told about the fitness fair, they jumped right in and were eager to donate their time and expertise to the students. Their “fittest” contest consisted of three levels of CrossFit challenges. There was only one senior male and one freshman female left standing after the challenges. Congratulations to Somers High School Fittest Male- Scott Friedman and the Fittest Female-Margaux Neborak.

Many local vendors set up tables in the Commons to offer students healthy choices. Carla Foto, a health and wellness coach, made smoothies and provided healthy recipes. Betsy Stuart from Stuart’s Farm provided the students with a variety of her delicious apples and shared her warmth and knowledge of her healthy crop. Susan B. Hintze, a licensed massage therapist was on hand all evening providing stress relieving massages to students. Dr. Louis Bisogni, a local Somers chiropractor, and Dr. John O’Hanlon a local Somers podiatrist educated students and lent them their expertise. Missy Vece from Mount Kisco Dental Group handed out free dental samples and Paul Perez of Main Street Arts was on hand to distribute information about their programs.

The evening ended with a healthy food eating contest. Instead of hot dogs the contest was all about watermelon. There were teams made up of four daring individuals who were willing to conquer the watermelon. The winning team members were: Nash Weiner, Nick Mignoli, Omri Blair and Will Suchanek.

The Somers High School PTSA extends their gratitude and sincere appreciation to the fitness instructors and healthy vendors that made the evening a huge healthy success. They would also like to thank the High School Faculty and Administration, Peer Leaders and The High School Health Advisory Council for their support of the event.