

WORKOUT PANDA



My name is Cheron Walker and I'm excited to introduce myself as the Strength and Conditioning Coach at Nazareth Academy High School. The new position was developed with efforts to increase participation in the fitness center. My primary goal is to provide safe and effective workouts to prepare athletes for a successful playing season. I have a broad range of experience in the health and fitness field. I have a passion for exercise and sports.

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Participation in a preseason conditioning program that includes strength training may reduce the amount of overuse injuries in youth sports. The term strength training refers to a method of conditioning which is designed to increase an individual's ability to exert or resist force. Monthly, I will be providing a newsletter offering various exercise and wellness tips with related strength training articles. Along with providing a strength training program for the athletes, I would like to offer group exercise classes for those who are interested such as cardio kickboxing, step, pilates, or strength classes. Please take the time to fill out a brief survey on the bottom of the page, regarding your interest in group exercise classes, and return it to the Athletic Department. Contact me via email cawalker13@gmail.com with any questions you may have.

Exercise Tip of the Month

Studies states that an average of 10,000 steps a day is needed to maintain a healthy weight. A Pedometer is an inexpensive tool to use to count your daily steps. You should walk 2,000 to 3,000 more steps than steps taken to do your ordinary activities.

Contact Info

Available Daily 2:30pm – 5:00pm

Please stop by the weight room or contact me via email to schedule an appt.

Email: cawalker13@gmail.com

