

TRAILBLAZERS



EACH TUESDAY IN JUNE - SEPT.
11:00 AM - 12:00 PM



Join our movement club, created for people with IDD to lead the way towards healthier habits. Members will make personal goals, socialize, and learn all about hiking, nature, and fitness.

[Register on our website to join!](#)

June 3rd: Introductory Meeting on Zoom

Your choice of activity:

Virtual Fitness Session with Carlos on Zoom

In-person hike with the NJSAP Team

Trailside Nature & Science Center Parking Lot
452 New Providence Road, Mountainside, NJ

Dates: 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29,
8/5, 8/12, 8/19, 8/26, 9/2, 9/9, 9/16, 9/23

Sept. 30th: Final Meeting on Zoom



The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](https://www.arcnj.org/programs/njsap/healthy-lifestyles-project/trailblazers.html)



TRAILBLAZERS: TRAIL TUESDAYS

Every Tuesday: June 10th - Sept. 23rd
11:00 AM - 12:00 PM

Union County's Watchung Reservation
Trailside Nature & Science Center Parking Lot
452 New Providence Road, Mountainside, NJ

All participants must wear clothing and footwear appropriate for walking trails. Bathrooms and water are available and there are picnic areas if you wish to eat lunch after the hike. A short stretch and training will take place before we begin walking. [Please be timely and make sure to RSVP!](#)

The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey. Please be aware that by attending this event you consent to having your photo taken. These images may be used by The Arc of NJ in their social media.

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](https://www.arcnj.org/programs/njsap/healthy-lifestyles-project/trailblazers.html)



A collage of fitness-related items including a white sneaker, a spiral notebook, a green apple, a measuring tape, and two dumbbells.

TRAILBLAZERS: TRAINING TUESDAYS

Every Tuesday: June 10th - Sept. 23rd
11:00 AM - 12:00 PM

Virtually on Zoom: [Register Here!](#)

This event will explore ways to stay in shape at home for students and adults with IDD. A personal fitness trainer from IHT (In-Home Training LLC) will lead virtual trainings sessions showing how to stretch, perform body weight exercises, and practice self-care.

"My goal of the training sessions are to help people understand that they can improve their quality of life by focusing on overall wellness. Physical well-being is an excellent starting point towards living a healthier lifestyle."

- Matt Locascio, Owner of IHT, <http://ihtnj.com>.

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](https://www.arcnj.org/programs/njsap/healthy-lifestyles-project/trailblazers.html)



Join the Trailblazers



Come jam with us! Submit a song that fits the weekly theme and vote on your favorites in the “Trailblazers” Music League! A Spotify account is required (no subscription necessary). You can use the [Music League app](#) or the [website](#) to play.

Songs will be played during our weekly [“Trailblazers” Hikes each Tuesday](#). We’ll also be hosting a virtual dance party with the top songs from each week on September 30th at 11 AM.

Winners will receive a prize!



**Sign up to our
League here.**



<https://www.arcnj.org/programs/njsap/music-league.html>