



# 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)

