Dear Parents and Students,

Welcome to the 2011-2012 school year! My name is David Ohler, and I will be your child’s gym teacher for this school year. This is my 32nd year teaching elementary school and my 26th year teaching here in Perry. I also taught for six years in Conneaut, Ohio. This will be my second year as The Gym Guy. I am passionate about fitness and nutrition, and I will work hard to provide your child with a high quality physical education and nutrition program.

I am married, and my lovely wife’s name is Terry. We have a beautiful eight year old daughter, Lexi. We live in Madison, Ohio. We love pets, and we have a cat named Thunder. My family likes to exercise, go out to eat, visit family and friends, and play games. Personally, I like to teach school, play the piano, play tennis, exercise, and go to the movies. My favorite season is winter, and I love to go sledding and cross-country skiing.

If you ever have any questions or need to communicate with me, please give me a call at 440-259-9161 or 440-415-7980. Please leave a message, and I will return your call as soon as possible. You can also communicate with me by e-mail at ohlerd@perry-lake.k12.oh.us.

I lead by example, and I will be exercising and participating in gym activities with the students. For most gym classes, I will go over the objectives and plans at the beginning of class. Students will then exercise and participate in our activity of the day. We will always warm up, rev it up, then cool down.

I will be sending home a newsletter each month that will detail some of the objectives and activities from gym class. I will also include exercise and/or nutrition tips and websites to explore with each newsletter.

It is so important for everyone to take care of their body, and doing so involves proper nutrition, exercise, and getting enough rest. Taking care of one’s body helps us get a stronger heart, stronger muscles, and a sharper mind.

Again, I am really excited about working with your child this year. Please feel free to contact me if you ever have any questions!

Have a great day!
The Gym Guy

Mr. Ohler