



FABULOUS FALL FITNESS/WELLNESS PROGRAMS!

Faculty, staff, students and alumni are encouraged to participate in the *FABULOUS FALL FITNESS/WELLNESS PROGRAMS* listed below. Come and have some fun and learn about great ways to improve or maintain a healthier lifestyle!

<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>
Fri. Sept. 11	12:30 – 2:30pm	Kayaking at the BCSC (\$10 fee)
Fri. Sept. 25	12:15 – 12:45pm	Yoga
Mon. Oct. 12	11:45 – 12:30pm	Blood pressure, fitness/wellness measurements
Mon. Nov.16	11:45 – 12:30pm	Blood pressure, fitness/wellness measurements
Mon. Nov. 30	11:45 – 12:30pm	Blood pressure, fitness/wellness measurements
Thurs. Oct. 22	12noon – 2pm	Breast Cancer Awareness Day
Tues. Nov. 17	11:00am-4:00pm	Save-A-Life Tour
Wed. Nov. 18	12:15 – 12:45pm	“What a Ball” for abdominals, legs, inner/outer thighs, buttocks, upper body and arms
Tues. Dec. 1	12:00-2:00pm	World AIDS Day, HIV/AIDS Awareness
Wed. Dec. 2	12:15-12:45pm	Holidays and Weight Gain
Dec. 8&9	2:00-6:00pm	Relaxation Techniques

Specific descriptions of each event and their locations are on the back of this paper! For more information, call the Wellness Center hotline at 443-840-4466 or visit the athletics website (under wellness)! Open gym fall 2009 hours are Mon. Tues. Thurs. 12:30-2pm, Tues. Thurs. 4:30-6:30pm and MWF from 8-9am is for faculty and staff ONLY!

SESSION DESCRIPTIONS

Kayaking – Friday Sept. 11th from 12:30 -2:30pm at Rocky Point State Park. Participants will learn basic sea kayaking paddling skills and have an opportunity to try those skills on the water. Life jackets (PFDs) and all kayaking equipment will be provided. There is a \$10 fee to be paid prior to the event. Please call the Wellness hotline at 443-840-4466 to obtain more information. Class size is limited to 8 participants so register ASAP. Sponsored by the Catonsville Wellness Center.

Yoga – Fri. Sept. 25th from 12:15 – 12:45pm in the Wellness Center. Participants will have an opportunity to try some basic yoga exercises with Pat Barnes, a registered yoga instructor. A brief discussion about the various types of yoga will follow. Wear comfortable clothing. Mats will be provided. Sponsored by the Catonsville Wellness Center.

Blood Pressure and Fitness/Wellness Measurements – Mon. Oct. 12th, Nov. 16th, and Nov. 30th from 11:45am – 12:30pm in the Wellness Center. Have your blood pressure taken to make sure you are within the healthy range. Participants can try the skin scanner to see how much sun damage has occurred to your skin due to excessive sun exposure or have your body composition (muscle/fat ratio) determined or other fitness measurements taken. Sponsored by the Catonsville Wellness Center.

Breast Cancer Awareness Day – Thurs. Oct. 22, 12:00-2:00pm, B Building (upper Level) October is National Breast Cancer Awareness Month. Participants will learn about breast cancer and ways to advocate for breast cancer research and support for breast cancer patients. Participants will also obtain prevention information. Sponsored by the Office of Student Life.

Save –A- Life Tour – Tues. Nov. 17, 11:00am-4:00pm, B Building (upper level) The Save-A-Life Tour is a multi-media presentation that includes personal stories of the loss of loved ones by peers and a completely realistic, sober perspective on the effects of driving while intoxicated. Sponsored by the Office of Student Life.

“What A Ball” – Wed. Nov. 18th from 12:15 – 12:45pm, in the Wellness Center. Learn how to use the exercise (stability) ball to specifically work the abdominals, legs, inner/ outer thighs, buttocks, upper body and arms. Participants should wear exercise clothes and tennis shoes. Sponsored by the Catonsville Wellness Center.

AIDS Awareness Day – Tues. Dec. 1st from 12 – 2pm in K100. Started on December 1st, 1988, World AIDS Day is about raising money, increasing awareness, fighting prejudice and improving education regarding HIV & AIDS. Participants will receive information about HIV/AIDS global impact. Participants will also learn about HIV/AIDS prevention. Sponsored by the Office of Student Life.

Holidays and Weight Gain – Wed. Dec. 2nd from 12:15 – 12:45pm in the Wellness Center. Determine how much sugar and fat is in many of the holiday foods we eat. Discuss basic nutrition principals and come up with a game plan so you won’t gain those holiday pounds. Sponsored by the Catonsville Wellness Center.

Relaxation Techniques Tues. Dec. 8 and Wed. Dec. 9- 2:00-6:00pm, K-100 Chair massages, auricular acupuncture, meditation and tai chi demonstrations will be offered to participants. Mats will be provided. Leave this session with a sense of peace and tranquility! Sponsored by the Office of Student Life.