

Fall
2005
Newsletter



Hours
Monday - Friday Saturdays
6:30 am - 9 am 8 am - 12 noon
12 noon - 7 pm

College Life and Living: Fall Fitness Tips

Your new fall schedule brings a new routine which might make it a challenge to add a daily workout to your routine. Here are five tips for making fall the most fit season of all!

Seize the moment

Time, or the lack of it, is often cited as the biggest challenge to sustaining an exercise regimen. When returning to school, what better way to use some of that precious time than getting in shape?

Your workout doesn't have to take a lot of time. Even a half hour walking your neighborhood or around campus pays off in increased energy and stamina. Most health-club aerobics classes are just an hour long, yet offer big fitness dividends. Taking care of yourself is one of the best things you can do for your yourself.

Enjoy the year's most beautiful season



In many parts of the North American continent, autumn is a near-sacred season, with its warm, sunny days, cool evenings and postcard perfect colors. Get outside and enjoy the

season by bicycling, walking, hiking, jogging, and playing golf and tennis.

Explore parks in your area; find a new bike path through the woods, take a walk around a lake. The time spent out in nature will do as much good for your mind as for your body.

Return to your club or gym

Visit your campus' gym facilities and see what is included in your student services. It takes 30 days to make fitness a habit, and supplementing outdoor exercise with increasingly frequent visits to your health club will help diversify your exercise regimen and set the stage for regular workouts once autumn's leaves have fallen.

A well-rounded fitness regimen is important. While aerobic activity such as running or bicycling is good for your heart, resistance training is also a critical component of a balanced program, so be sure to take advantage of your club's weight lifting equipment.

Welcome Marisa Hastie



Marisa is the new Fitness Program Coordinator at LCC. She was born in Colorado but raised in Bend, Oregon. Marisa has a B.S. in Exercise Science from Gonzaga University and her M.S. in Exercise and Movement Science from University of Oregon. Her goals are to make exercise

accessible to everyone, encourage a healthy lifestyle, and help others discover their passions in life. When she is not in the FEC, you might find her hiking, cooking, reading, traveling, and spending time with her family. Marisa loves the FEC because it promotes a balanced lifestyle and a welcoming environment.

Join us on the "Pathway to Fitness"

The following opportunities are available for students and staff enrolled in Fitness Education.

- Fitness Assessment: measuring body composition, cardiovascular endurance, flexibility, and upper & lower body strength.
- Exercise Programming: make an appointment to meet one-one-one with a staff member to set up a personalized exercise program.
- Seminars: informational and activity seminars are offered on a variety of equipment, fitness and health topics.

Fall Fitness Tips Continued

An apple a day

In many parts of the country, autumn is synonymous with the apple harvest. Rich in antioxidants and flavonoids, both of which reduce the oxidation of LDL cholesterol, inhibiting the growth of dangerous plaques along blood vessel walls, and dietary fiber, apples are a delicious and nutritious snack that can be enjoyed any time of day.

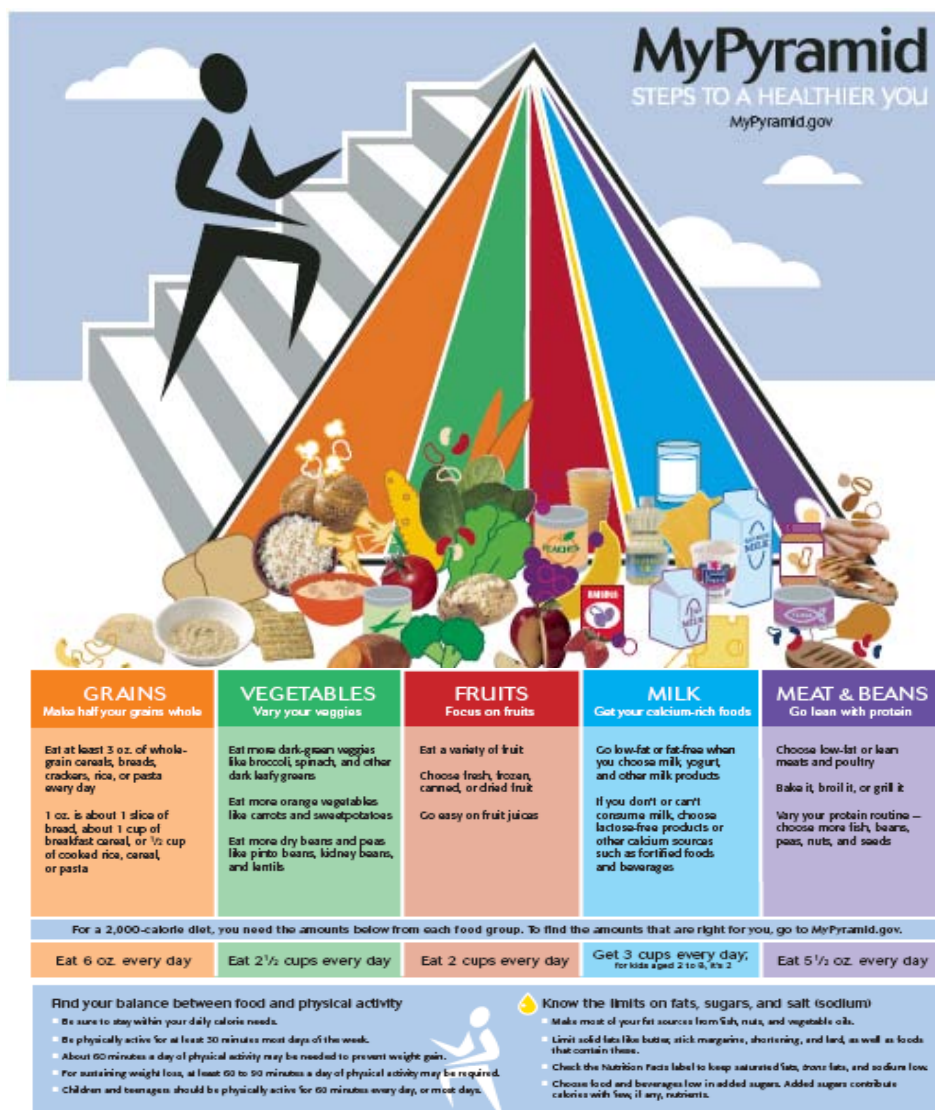
Remember that each of us should be getting at least four to five servings of fresh fruit and vegetables every day. However, nine out of 10 Americans do not meet these recommendations. As a result, many people should consider some form of supplementation, according to Jeff Zwiefel, president of Life Time Fitness' Health Enhancement Division. "While the goal for everyone should be four to five portions of fresh fruits and vegetables per day, many people simply do not have the time or opportunity to get there," said Zwiefel.

Make it social

One of the great things about exercise is that it doesn't need to be done alone. Find a friend with a similar fitness level and goals; having a partner helps you both stay motivated. You can use your exercise time to catch up on each other's lives.

Boredom is the number one killer of good health and fitness regimens. Exercising with a friend puts the fun back into your workout.

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FEC Fall 2005 Calendar

Fall term begins

Monday, September 26

FEC Closed

Veterans Day

Friday, November 11

Thanksgiving Weekend

November 24-27

Last Day To Workout For Credit During Fall Term

Saturday, December 3