

# Stall Talk

Your source for healthy events, news, & tidbits

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## Elements of Fitness

### Cardiovascular:

3-5 days per week for 20-60 minutes in target heart rate zone.

### Muscular Strength:

2-3 days per week for 8-12 repetitions for each major muscle group.

### Flexibility:

2-3 days per week stretch each major muscle group for 10-30 seconds & then repeat 2-4 times.

## Did you know...

PEOPLE WHO EXERCISE REGULARLY FALL ASLEEP FASTER, SLEEP LONGER, AND WAKE UP LESS OFTEN DURING THE NIGHT THAN PEOPLE WHO ARE SEDENTARY.

YOUR PRE-WORKOUT MEAL IS THE SECOND MOST IMPORTANT MEAL OF THE DAY, TOPPED ONLY BY THE POST-WORKOUT MEAL.

IT IS RECOMMENDED TO DRINK 1 CUP OF WATER FOR EVERY 15 MINUTES OF EXERCISE THAT YOU ENGAGE IN.

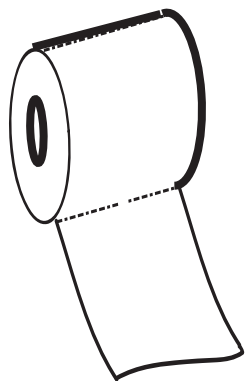
## Fact vs. Flush

1. Abdominal crunches will help me flatten my stomach.
2. Excessive exercise can become a serious problem leading to injury, fatigue, and poor performance.
3. Muscle turns to fat when you stop working out.
4. Running on a treadmill puts less stress on your knees than running on asphalt or pavement.
5. Regular exercise strengthens your immune system.

Fact : 2,5 Flush: 1,3,4

## Wellness Wipes: For the Long Run

Join a club or organization that incorporates physical activity into your weekly routine. LMU offers Men's & Women's Club Volleyball, Soccer, Aquatics/Waterpolo, Lacrosse; Men's Rugby, Baseball, Surf Club, Ice Hockey; and Women's Basketball.



Exercise that keeps your heart rate elevated will help burn excess fat. Try taking a Cardio Fusion Group Exercise class at Burns Rec Center.

Try walking or biking to class instead of driving.

## THINK ABOUT IT:

Why does bottled water have an expiration date?

In the average lifetime, a person will walk the equivalent of 5 times around the equator.

## BURNS REC ETIQUETTE

- Bring a towel or buy one for \$1 at the Front Desk.

- Hydrate & Eat at the *Pro Shop!* Purchase gatorade, energy bars, and protein shakes to refuel.

- Group X classes are free and accommodate all fitness levels. Please be courteous and arrive on time.

## SEPTEMBER MISSION:

**AIM TO WALK OR RUN FOR 30 MINUTES 3-5 TIMES PER WEEK!!**

## TOILET TALK TRIVIA

You burn more calories sleeping than you do watching TV.

## TRUE OR FALSE?

THE ANSWER WILL BE FEATURED IN THE NEXT ISSUE OF STALL TALK

## Intramural Deadlines

Are you interested in putting an intramural team together? Register at Burns Rec Center.

Entry Deadlines are as follows:

Flag Football - Sept. 9

Volleyball - Sept. 16

Golf - Sept. 16

B-Ball Billiards - Sept. 23

### WELLNESS WEDNESDAYS:

Massage therapy every Wednesday; only \$20 for a 30 minute massage.

Methods of payment: credit card, check, cash, or student account. Call 310-338-1720 to make your appointment.

THINK PINK: 5K run/walk in support of the Susan G. Komen Breast Cancer Foundation on October 11th. Register at Burns Rec Center.

### MIXED MARTIAL ARTS CLASS:

Sign up for a 6-week instructional class. Mondays, 9/22 - 10/27 8:30-10pm in Studio I at Burns Rec Center. Call 310-338-4430 to sign up today! Cost: \$40 for students and \$50 for members.

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