

Stall Talk

Your source for healthy events, news, & tidbits

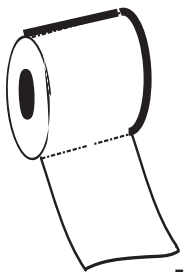
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Did you know...

LAUGHING FOR AT LEAST FIFTEEN MINUTES CAN INCREASE YOUR BLOOD FLOW AND IMPROVE HEART HEALTH.

ONE FIFTH OF THE "VEGETABLES" AMERICANS EAT TODAY ARE POTATOES INCLUDING FRENCH FRIES AND POTATO CHIPS.



Wellness Wipes: Mix it up

When exercising, try to avoid getting in a rut. Make sure to incorporate each of the following in your weekly fitness routine.

1. Strength or muscular endurance: short bursts of intense muscle activity like sit-ups, push-ups, or weight lifting.
2. Cardiovascular or aerobic exercise: running, walking briskly, swimming laps, cycling, etc.
3. Flexibility: after you cool down take time to stretch each major muscle group for at least 10-30 seconds.

Top 5 New Year's Resolutions of 2009

1. Lose weight
2. Fix your finances
3. Get a better job
4. Get fit
5. Eat right

TOILET TALK TRIVIA

WHAT PERCENT OF PEOPLE ARE LIKELY TO KEEP THEIR NEW YEAR'S RESOLUTION FOR MORE THAN 6 MONTHS?

- A. 72% B. 28% C. 46% D. 9%

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

5 Steps Toward a Healthier Weight:

1. Think about a rainbow when filling your plate. Choose fruits/veggies that are vibrant in color.
2. Focus on how much you eat by watching your portion sizes!
3. Choose "nutrient-dense" forms of foods to help maintain fullness.
4. Get Moving!! Aim for 150 minutes of moderate physical activity each week.
5. Track your progress by keeping a food and exercise log.

MISSION OF THE MONTH:

CREATE A TANGIBLE GOAL INSTEAD OF A LARGE NON-SPECIFIC HOPE.

MOTIVATE YOURSELF WITH THIS PLAYLIST:

1. Poker face by Lady Gaga
2. Circus by Britney Spears
3. One Step Closer by Linkin Park
4. Kids by MGMT
5. Lose Yourself by Eminem
6. Get Over It by OkGo
7. Hot & Cold by Katy Perry
8. So What by Pink
9. Swing by Savage
10. Krazy by Pitbull
11. Whatever You Like by T.I.
12. Let's Get it Started by Black-eyed Peas
13. Right Round by Flo Rida ft. Kesha

THINK ABOUT IT:

Skipping breakfast may cause over-eating later in the day.

Eating breakfast helps maintain high energy levels throughout the day.

Try peanut butter on whole wheat toast and a glass of orange juice for a well balanced breakfast that will keep you fueled until lunch!

Fact vs. Flush

1. A lower rate of obesity, diabetes, cancer, depression, anxiety, and mortality are among the benefits of exercise.
2. The best diets are ones that eliminate at least one entire food group.
3. It is better to eat saturated fats than unsaturated fats.
4. Exercise is one of the best ways to alleviate stress.
5. Cold weather and lower body temperature cause "colds."

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

FITWELL CENTER

Get the year started off right- check out what the FitWell Center has to offer:

- Personal Training
- Exercise Orientations
- Body Composition Analysis
- Nutrition Consultations
- Customized Wellness Presentations
- FREE Group-X Classes
- Massage Therapy

Come visit us on the first floor of Burns Rec Center or call 310-338-3049 for more information regarding services and up-coming events!

Brought to you by: The Porcelain Princess

Print your own copy of Stall Talk from www.lmu.edu/campusrec at Fitness and Wellness

• Burns Recreation Center • Phone 310-338-3049 •