

Summer Wellness

EDUCATIONAL WORKSHOPS

Join The Movement at BU FitRec

These free wellness lectures are designed to educate participants on current fitness trends and provide information to enhance health and well-being.

SUMMER 2016 CALENDAR

MAY	JUNE	JULY	AUGUST
YOUR BODY ON EXERCISE Presenter: Shannon Chipman Wed. 5/25 • 4:30-5:30PM Location: FitRec 221 How exactly does weight training and cardiovascular exercise effect the body? Take a closer look at the changes occurring in your body once you begin an active lifestyle!	COOKING DEMONSTRATION Presenter: Lauren O'Brien (Lunch and Learn Workshop) Tues. 6/7 • Noon-1:00PM Location: FitRec 221 Learn how to create a well-balanced, easy to prepare taco recipe to help fuel you for activity. This delicious recipe can be tailored to your taste preference and fitness goals. MINDFULNESS AT WORK Presenter: Karen Brouhard (Lunch and Learn Workshop) Wed. 6/8 • Noon-1:00PM Location: FitRec 222 In this age of frequent distractions and long hours, it's difficult to find even a few moments of time to reflect. Mindfulness, non-judgmental present moment awareness, has been shown by a growing number of studies to have beneficial effects on health, productivity and wellbeing. This workshop offers a primer on the basic principles and practices of mindfulness and practical tools for using mindfulness in the workplace.	WEIGHT TRAINING 101 Presenter: Shannon Chipman (Hands-On Workshop) Tues. 7/5 • 4:30-5:30PM Location: FitRec Level 1, Fitness Center Don't be intimidated by the weight room! Take your training to the next level with this hands on workshop demonstrating exercise technique and recommendations by one of our personal trainers! SAFETY FIRST: Eye Protection at Home, Work and Play Presenter: Dr. Tony Cavallerano (Lunch and Learn Workshop) Tues. 7/19 • Noon-1:00PM Location: FitRec 122 Don't be one of the 300,000 people who visit emergency rooms for eye injuries. Ninety percent of injuries are preventable and this workshop will show you the important things you can do to keep your vision healthy throughout your life by protecting your eyes from injury during sports related activities.	AVOIDING KNEE PAIN Presenter: Gianna Roselli (Lunch and Learn Workshop) Tues. 8/16 • Noon-1:00PM Location: FitRec 222 Finding yourself sidelined by aching knees every time you walk, run, jump or even stand? You can do something about it! This educational workshop will look at some of the common and remediable causes of knee pain so you can get back to moving about your life the way you want to! ROCK CLIMBING for BEGINNERS Presenter: Sean Kurnas (Hands-On Workshop) Wed. 8/24 • Noon-2:00PM Location: Climbing Wall Rock Climbing for Beginners will give participants a 2 hour window to come and try out the wall at whatever level they are comfortable with. Equipment is included and no prior experience is necessary. Come and go as you please within the 2 hour window.

Lunch and Learn workshops are reserved for BU employees only, all others are open to the entire BU community. Lunch will be provided at the FitRec noon-time Lunch and Learn workshops to employees that RSVP to the workshop date indicated. Please note that quantities are limited.

For more information and to RSVP to a workshop contact bewell@bu.edu or visit us at bu.edu/fitrec/fitness/wellness



Fitness & Recreation Center