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

<table>
<thead>
<tr>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
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</thead>
<tbody>
<tr>
<td>YOUR BODY ON EXERCISE</td>
<td>COOKING DEMONSTRATION</td>
<td>WEIGHT TRAINING 101</td>
<td>AVOIDING KNEE PAIN</td>
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<tr>
<td>Presenter: Shannon Chipman</td>
<td>Presenter: Lauren O’Brien (Lunch and Learn Workshop)</td>
<td>Presenter: Shannon Chipman (Hands-On Workshop)</td>
<td>Presenter: Gianna Roselli (Lunch and Learn Workshop)</td>
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<tr>
<td>Wed. 5/25 • 4:30-5:30PM</td>
<td>Tues. 6/7 • Noon-1:00PM</td>
<td>Tues. 7/5 • 4:30-5:30PM</td>
<td>Tues. 8/16 • Noon-1:00PM</td>
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<tr>
<td>Location: FitRec 221</td>
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<td>Location: FitRec Level 1, Fitness Center</td>
<td>Location: FitRec 222</td>
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How exactly does weight training and cardiovascular exercise affect the body? Take a closer look at the changes occurring in your body once you begin an active lifestyle!

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.

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!

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!

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.

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.

In 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!

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

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915 Commonwealth Avenue

BU Fitness & Recreation Center

(617) 358-3760 | bu.edu/fitrec