

# New Mexico State University

**Health Talks** (brown bag luncheon)

**Strengthening the Lower Body:**

**A practical approach**

**May 16, 2006 (Tuesday) 12:00-12:50 pm**

The Brown Bag Health Talks are an informal and interactive way to provide practical information on health issues that may affect you or a member of your family.

On May 16, 2006, Dr. J.M. Berning, Director of the Exercise Physiology Laboratory, NMSU, will discuss and demonstrate exercises relevant to this topic in the NMSU Safety Training Facility, room 110, in Academic Research C.

This on-hands session will provide you will several exercises that can be performed at work or at home, at one time or throughout the day and ultimately allow you to enhance your lower body strength. Whether you already exercise routinely or don't exercise at all, this session is for you. Bring a fellow employee or family member, wear loose fitting pants or some form of comfortable exercise clothing (e.g. shorts, sweats) and lets strengthen those legs.

The Brown Bag Health Talks are a monthly event designed for the individual who wants to understand more about various health issues in an informal setting with easy access during the lunch hour.

For more information on these topics and a location map, check the safety news section on the NMSU Safety website at <http://www.nmsu.edu/safety> or call Environmental Health & Safety.

**Live, Learn and Thrive.**

