

New Mexico State University

Health Talks (brown bag luncheon)

Strengthening the Lower Body:

Easy Parking Lot Circuit Training

December 14, 2006 (Thursday) 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 December 14, 2006, Dr. J.M. Berning, Director of Exercise Physiology Lab, Physical Education Recreation & Dance, will perform and lead exercises relevant to this topic in the parking lot by NMSU Safety Training Facility, Academic Research C.

Due to the high demand from previous class, we are repeating a previous lower body exercise class but this time with a twist. This class will allow you to participate in a 30 minute parking lot exercise circuit training program. This is a one of a kind luncheon. Come release the stress of finals and get some exercise prior to holiday break. Come ready to participate outside so dress appropriately for the weather.

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. Whether you exercise routinely or don't exercise at all, these sessions are for you. We highly encourage everyone, to come with fellow employees and participate.. 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.

