

# New Mexico State University

**Health Talks:** (brown bag luncheon)

**Exercising While You Work:**

**Maximizing your day**

**March 28, 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 March 28, 2006, Dr. J.M. Berning, Director of the Exercise Physiology Laboratory, NMSU, will discuss and show exercises on this topic in the NMSU Safety Training Facility, room 110, in Academic Research C.

For many, getting to the gym to exercise on a daily basis can be difficult. The session will introduce you to various exercises for the entire body that you can perform throughout the day while working. This is an on-hands session so you will actually perform all the exercises provided. In addition, handouts will be provided to help you structure your future workdays with various exercises.

The Brown Bag Health Talks are for the individual who wants to understand more about various health issues in an informal setting with easy access during the lunch hour. We encourage departments to send groups or request specific dates. Bring your lunch and engage in learning things that will help 'YOU' to better manage your health.

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.**

