

# New Mexico State University

**Health Talks** (brown bag luncheon)

**How Many Calories:**

**Do You Need To Do That?**

**November 30, 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 November 30, 2006, Dr. J.M. Berning, Director of Exercise Physiology Lab, Physical Education Recreation & Dance, will discuss this topic in the NMSU Safety Training Facility, room 110, in Academic Research C.

Join us and learn how to estimate how many calories it takes to play 9 holes of golf, run a mile, mow the grass, wash your car or anything else you may be interested in computing. This class will show you how to estimate calorie expenditure. Satisfy your curiosity and learn the truth about how the body burns calories (don't forget your lunch).

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.**

