

FITNESS CENTER NEWS



October Covered Topics:

- Faculty Profile
- Fitness Action Quizzes
- Fitness Lecture Series
- Fitness Center Fundraiser

- Fitness Awareness Week

- Fitness Assessments

- Fitness Tip for the Month

**UPDATED
ACTIVITIES IN THE
FITNESS CENTER:**
The fitness center provides a wonderful opportunity for students and faculty to improve their overall fitness in the areas of flexibility cardiovascular efficiency, muscular endurance, muscular strength and body composition.

Fitness Center Faculty Profile

Jennifer Aase received her B.A. in Psychology and her M.S. in Counseling from Cal State Fullerton. She currently serves as the Counselor for the Athletics Department here at City College. In her free time, Jennifer enjoys walking and participating in yoga.

Fitness Action Quizzes

Throughout the semester students have the opportunity to read informative articles provided in the center and take a quiz. Those students who score a perfect 5/5 are eligible to enter a raffle and win a \$25 gift certificate to Movin Shoes running store. Our most recent winner is **Gil Sanchez**.

Fitness Center Lecture Series

Our next lecture this semester is scheduled for Thursday, November 13th at 5:00pm in the Harry West Gymnasium classroom 206. The speaker will be JoAnn Onorio and the topic will be **“Antioxidants? Friend or Foe?”**.

Fitness Center Fundraiser

All are welcome to join us on November 8th at 7:30am for the fourth annual 3 mile run/walk at Morley Field. There is day of race registration only and the cost for the event is \$10. Proceeds from this event go to the fitness center.

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Fitness Awareness Week

During the week of November 3 – 8th the fitness center is hosting its 2nd annual fitness awareness week. Blood pressure and body composition testing are two of the services offered during this week for anyone who walk in. These activities provide great exposure to the fitness center so we look forward to seeing you next week. For more information please go to <http://www.sdccity.edu/athletics/fitnesscenter.asp>

Fitness Assessments

Fitness Assessments are available to students enrolled in PE 153. They are assessed in the areas of blood pressure, flexibility, cardiovascular endurance, body composition and muscular endurance.

Fitness Tip for the Month

Water is a great thirst quencher and is essential for all bodily functions. During sedentary or light-active occasions, water can meet your hydration needs. However, during any activity that causes you to work up a sweat, water's great thirst-quenching properties and its lack of taste and flavor can make it challenging for active people to drink enough to stay properly hydrated. In fact, research shows that active people tend to replenish only about half of the fluids they lose during a workout when they drink only plain water. Next month the benefits of fitness waters will be addressed along with other hydration alternatives it has on the body.