

FITNESS CENTER NEWS



November Covered Topics:

- Faculty Profile
- Fitness Action Quizzes
- Fitness Center Fundraiser
- Fitness Lecture Series
- Fitness Center DVD's and T Shirts Available
- 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

Lori Ray received her B.S. in Kinesiology from SDSU and her M.A. in Physical Education from Azusa Pacific University. She currently serves as the Athletic Trainer for the Athletics Department here at City College. In her free time, Lori enjoys playing golf.

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 **Matthew Moore**.

Fitness Center Fundraiser

The fourth annual 3 mile run/walk at Morley Field was held on November 8th and the event generated \$1,297.50 for the center. Over 200 walkers and runners participated in this fun filled activity whereby the importance of health and wellness was emphasized. This fundraiser capped off a week long series of fitness related activities whereby students participated in our second annual Fitness Awareness Week. We look forward to hosting these events again in 2009.

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Fitness Center Lecture Series

Our final fitness lecture this semester is scheduled for Wednesday, December 10th at 5:00pm in the Harry West Gymnasium classroom 206. The speaker will be Rusty Tassinari and the topic is **“Injury Prevention and Treatment”**. Rusty is a certified athletic trainer and has a private practice in Pacific beach. Rusty’s professional experience has spanned for over 20 years and he is recognized as one of the best in Sports Medicine.

Fitness Center DVD's and T Shirts Available

Fitness center DVD's and t shirts are available in the college bookstore. Feel free to purchase these great items and the purchases of these items all go toward the fitness center.

Fitness Tip for the Month

Sports drinks are ideal for active people who want to replace what they lose in sweat and supply their muscles with fuel during a workout, training or competition. When you sweat, you lose more than just water – you also lose electrolytes, particularly sodium, the most critical electrolyte lost and a key component of hydration. When exercising intensely for longer than approximately 45 minutes, it's important to replace what you lose in sweat to maintain proper rehydration, and after exercise, sports drinks containing sodium will further help promote rehydration.