

# FITNESS CENTER NEWS



## September Covered Topics:

- Faculty Profile
- Fitness Action Quizzes
- Fitness Center Lecture Series
- Faculty/Staff Registration
- New Treadmill Addition
- 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**

**Bobby Andreasen** received his BA from San Francisco State in Psychology and his MA in Physical Education from Chico State. He is currently the assistant basketball coach here at City College. In his free time, Bob enjoys the gym, cycling and golfing.

## **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 **Adrian Garcia**.

## **Fitness Center Lecture Series**

This semester both students and faculty have the opportunity to attend a fitness lecture and receive credit for each lecture they attend. Our first lecture this semester is scheduled for Wednesday, October 8<sup>th</sup> at 5:00pm in the Harry West Gymnasium classroom 206. The speaker will be Philip Dunn and the topic will be **“Spend an Afternoon With a 2008 Olympian”**. Philip competed in this year’s 2008 Beijing Olympics in the 50K race walk where he finished in 39<sup>th</sup> place for United States.

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## **Faculty/Staff Registration**

Participating in a regular exercise program reduces stress. A healthy body makes for a healthy mind. FLEX credit will be awarded at the end of the semester based on the number of sessions attended. Please feel free to visit the fitness center and register for this fall semester.

## **New Treadmill Addition**

A new treadmill located at the Harry West Gymnasium has replaced the 18 year old treadmill that broke down last summer. This newly added aerobic machine provides students a great cardiovascular workout and is easy to use. This machine has been placed in the fitness center warm-up area.

## **Fitness Tip for the Month**

Staying properly hydrated during exercise is essential to help you feel and perform at your best. Research shows that just a small loss of body weight, caused by dehydration, can place a strain on your body during exercise. One study showed that approximately half of all exercisers arrived at their gyms inadequately hydrated before they even began their workout. Fortunately, you can prevent dehydration by understanding how much you need to drink in order to replace fluid loss during exercise. Signs of dehydration include noticeable thirst, muscle cramps, weakness, decreased performance, headaches, nausea, fatigue and lightheaded feeling of dizziness. It’s critical to stay hydrated.