

FITNESS CENTER NEWS



September Covered Topics:

- Student Profile
- Fitness Action Quizzes
- Fitness Center Lecture Series
- Fall 2009 Faculty/Staff Registration
- Fitness Center Website
- 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 Student Profile

This semester **Jennifer Larsen** has perfect attendance in Jim Colbert's class on Tuesdays and Thursdays. Jennifer started attending San Diego City in the fall of 2007 and is planning on transferring to SDSU in the near future. Jennifer also enjoys 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 **Veronica Alcaraz**. A new winner is announced every two weeks throughout the semester. This activity provide students a great educational opportunity.

Fitness Center Lecture Series

This semester both students and faculty have the opportunity to attend a fitness lecture and receive 1 attendance make-up hour or FLEX credit for each lecture they attend. Our first lecture is scheduled for Monday, October 12th at 5pm at the Harry West Gym, Room 206. The speaker will be **Brooke Joanna Benlifer** and the topic is entitled "High Performance Nutrition".

September, 2009 * Issue 40

Fall 2009 Faculty/Staff Registration

Participating in a regular exercise program reduces stress. A healthy body makes for a healthy mind. We hope to see you in our fitness center in the near future. FLEX credit will be awarded at the end of the semester based on the number of sessions attended. For just \$20 you can be part of something special. Please feel free to visit the fitness center and register for this fall semester. If you have any questions please contact Paul Greer at (619)388-3704 or pgreer@sdccd.edu

Fitness Center Website

The fitness center website is available for everyone interested in obtaining more information regarding the fitness center. Links provided on this site include program review, how to join, policies and procedures and faculty contacts. The website is found at the following address:
<http://sdcity.edu/athletics/fitnesscenter.asp>

Fitness Tip for the Month

Provided are tips on stretching. When stretching, make sure you feel the tension in the muscle you are stretching. Do not bounce. Hold the stretch until you feel the muscles relax, usually between 20 and 30 seconds. It's best to stretch warm muscles but its ok to stretch gently when you have not warmed up. It's important to realize when stretching is part of the treatment for an injury, then it's a good idea to stretch several times a day.