

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Health AWAREness at the Center for Health and Well-Being

DECEMBER 9, 2013

Winterizing Your Workout

DID YOU KNOW THAT REGULAR EXERCISE BOOSTS YOUR MOOD, HELPS YOU COMBAT STRESS, AND HELPS PREVENT HEALTH CONCERNS LIKE HIGH BLOOD PRESSURE, HEART DISEASE, AND CERTAIN TYPES OF CANCERS? IT ALSO BOOSTS YOUR ENERGY, PROMOTES BETTER SLEEP, AND EVEN HELPS YOUR SEX LIFE!



Don't let a little snow get in the way of physical activity!

Braving the elements

Layer Clothes

THE FIRST THIN LAYER SHOULD REMOVE PERSPIRATION FROM THE SKIN. THE SECOND LAYER PROVIDES WARMTH AND THE THIRD PROTECTS AGAINST WIND AND RAIN. DRESS SO THAT YOU ARE COOL WHEN YOU FIRST GO OUTDOORS. AS YOU TO START EXERCISE YOU SHOULD WARM UP!

Shoes

WEAR WATERPROOF SHOES THAT OFFER GOOD TRACTION AND SHOCK ABSORPTION, ESPECIALLY WHEN RUNNING ON FROZEN GROUND. SHOES SHOULD HAVE A LITTLE EXTRA SPACE INSIDE TO TRAP WARM AIR. WHEN IT'S REALLY COLD, YOU SHOULD WEAR THICKER OR A SECOND PAIR OF SOCKS.

Warm Hands

MITTENS ARE WARMER THAN GLOVES SINCE THEY KEEP FINGERS TOGETHER AND HAVE LESS SURFACE AREA FROM WHICH HEAT CAN ESCAPE.



Scan the QR code above to receive more information about Recreation or visit www.iup.edu/recreation.

Late Night Rec includes swimming!

Center for Health and Well-Being
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Updated by Lena Holderman, Peer Educator

Outdoor Alternatives

Go To The Gym or Swim

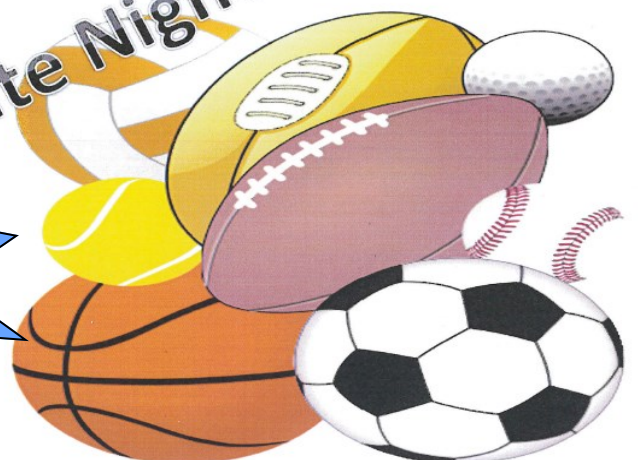
THE HUB FITNESS CENTER IS OPEN 7 DAYS A WEEK AND OFFERS MANY EXERCISE OPTIONS AND CLASSES THROUGHOUT THE DAY. YOU CAN ALSO CHECK-OUT THE RECREATION WEBSITE FOR OTHER FITNESS CLASSES, DROP-IN GAMES, AND OPEN SWIM TIMES ON CAMPUS.
www.iup.edu/recreation

Stay Home

TURN YOUR RESIDENCE HALL OR APARTMENT INTO YOUR HOME GYM. EQUIPMENT SUCH AS FITNESS BALLS AND FREE WEIGHTS CAN BE PURCHASED INEXPENSIVELY, AND MANY FITNESS DVDS ARE AVAILABLE. TRY ONE OUT AT THE LOCAL VIDEO RENTAL STORE!

Late Night Options

Late Night!



Every Thursday until Midnight!

Zink Gym A/B and Lepley Natatorium

Sources: <http://www.mayoclinic.com/health/exercise/HQ01676>