



Wellness Wipes



Provided for your enjoyment from the Student Rec Center

TRX Suspension Training

This class combines our personal training with group exercise to create the perfect workout! The TRX is a suspension based training system designed to give you strength, balance, and core stability. Our instructors will provide you with a challenging four-week workout designed to make your body a machine!

To find out more and to register contact Angie at X3702

Upcoming REC Closing Dates and Break Hours

Closed

- May 10 for Graduation
- May 23-25 for Memorial Day



Break Hours

Monday-Thursday 9am-9pm, Friday 9am-8pm, Saturday 10am-8pm, Sunday, 12-8pm

- May 9
- May 11-22
- May 26- July 2



Toledo Heart Walk

Where: Glass Bowl Stadium

When: May 16, 2009

Time: 8:30 am-12:00pm

Website: <http://www.utoledo.edu/pharmacy/about/Start%21Walk.html>



Kick-Off Event: April 8, 2009. Start Walking Day at UT-Health Science Campus, Noon Skyview Cafe. Join us for a healthy lunch and a walk.

For More information,

Contact: Valerie.Vanravenswaay@utoledo.edu

2 FIT 2 QUIT

APRIL 13-19

COME SAMPLE THE "2 FIT 2 QUIT CLASS OF THE DAY" AND RECEIVE A CHANCE TO WIN A FUN FITNESS PRIZE! ALSO, ATTEND EDUCATIONAL SESSIONS THROUGHOUT THE WEEK ON FITNESS AND WELLNESS TO HELP MAINTAIN YOUR HEALTHY HABITS! CHECK THE WELL WALL FOR MORE INFO!

All-Star Instructor Training

Boost confidence and cultivate the skills to teach like a fitness pro! All-Star Instructor Training was created to enhance each participant's potential to take any class from good to great!

Dates: April 25 & 26

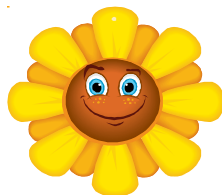
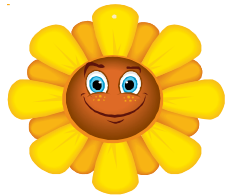
Days: Saturday & Sunday

To Register and for Pricing Info: Call Angie @ 419.530.3702 or e-mail at angela.green@utoledo.edu



Who Should Take the ASIT?

- * **Anyone interested in teaching group fitness**
- * **Anyone who wants to learn or improve cueing and music skills**
- * **Those who are Turbo or PiYo™ Trained and are waiting to begin teaching**



**Attention Rocket-Ex Participants:
There will be no Rocket-Ex classes Sunday, April 12
due to the Easter Holiday.**

Hydrate with H2O

Are you one of those folks who loathes the taste of water? Sure, you could hydrate with juice or sports drinks, but water is actually the way to go, so to help you get the stuff down, we've come up with a few simple tips.

- ✦ **Get fruity.** A twist of lemon, lime, or orange goes a long way toward giving water a little zing. It's almost calorie free, and you get a bonus blast of vitamin C.
- ✦ **Herbify yourself.** Make yourself a big tub of caffeine-free, herbal tea, or "tisane," as the French call it. Mint and raspberry are a couple of our favorites.
- ✦ **Minty fresh.** Crushed mint is another great way to liven up your water. If you want to get the most out of the leaves, put them in the glass first and grind them down. This will release a ton of flavor. Mix the mint with the lemon for a real taste sensation!
- ✦ **Filter flavor.** Sometimes the filtration process can alter the taste of tap water. Try a Brita filter or similar brand. Even if the flavor doesn't change, you'll be drinking purer stuff.
- ✦ **Brush your teeth.** A good scrub of your teeth and tongue overpowers the taste of almost everything you put in your mouth. Take this opportunity to knock back a glass of H2O. You won't taste a thing!
- ✦ **Cucumber Mellow.** This one is a little wacky, but if you like new tastes, give it a shot. Chop up a cucumber and add it to a pitcher of water and chill it for 2 to 3 hours so that the cucumber flavor can permeate.