Freed-Hardeman University
Teaching how to live and how to make a living.

# FHitness for U Newsletter

Freed-Hardeman University
Wellness Program

Volume 1, Issue 1, Fall 2006

## Welcome to the FHitness for U Wellness Program!

We are happy that you have chosen to become a part of this program. By joining, you have made a decision that you will benefit from physically, mentally, emotionally and spiritually.

The Power of Fruits and Vegetables Article

## Where can I exercise?

- The Main Street Gym
  Hours of Operation: See page 45 of the Alpha Chi.
  Note: the gym is open from 11-1pm on M,W,F (great time to work out - during lunch!
- The Sports Center
  Hours of Operation: Monday-Saturday, 6am-10pm, Sunday, 1pm-4pm
- FHU Swimming Pool
  Hours of Operation: Men: M, T, R, 8-9pm, women, 6:30-8pm, men: S, 3-5pm, women: 1-3pm. First 45 minutes: lap swim.
- Water Aerobics @ FHU
  Hours: Monday, Tuesday, Thursday, 5:15-6:15pm

American Council on Exercise

**Create a caption contest!**

Write a catchy or funny caption that goes along with our wellness program to be used with this picture. The top pick will win a prize! We'll publish the winning phrase in next month's newsletter. Email captions to repperson@fhu.edu

**Don't dig your grave with your own knife and fork.**
- English Proverb

If you have questions or comments, feel free to email me. repperson@fhu.edu

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## What People Are saying about FHitness for U:

"[Because of the wellness program] I feel less tired in the afternoons." -Sue Hayes

Kira Jones says, "Thanks to my daily lunchtime walks in Loyd Auditorium, my back pain has all but disappeared."

## Facts about the Program:

- There are currently 147 participants on campus.
- Most of these participants are completing four days of exercise a week and five days of Bible reading.
- There are three Wellness Seminars scheduled for this fall (see side box). These seminars will include such topics as, the difference between good and bad cholesterol, how to read your blood pressure, depression, dietary plans, nutrition information
- Follow the link below to go to the American Heart Association's Delicious Decisions website. This website has over 200 heart-healthy recipes, a guide to eating out and snacking, and information on how to read food labels.

Delicious Decisions Website

**Newsletter Spotlight:**

Wellness Seminars
4:00pm
Ayers Auditorium

October 10

October 30

November 28

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