

Stressed?

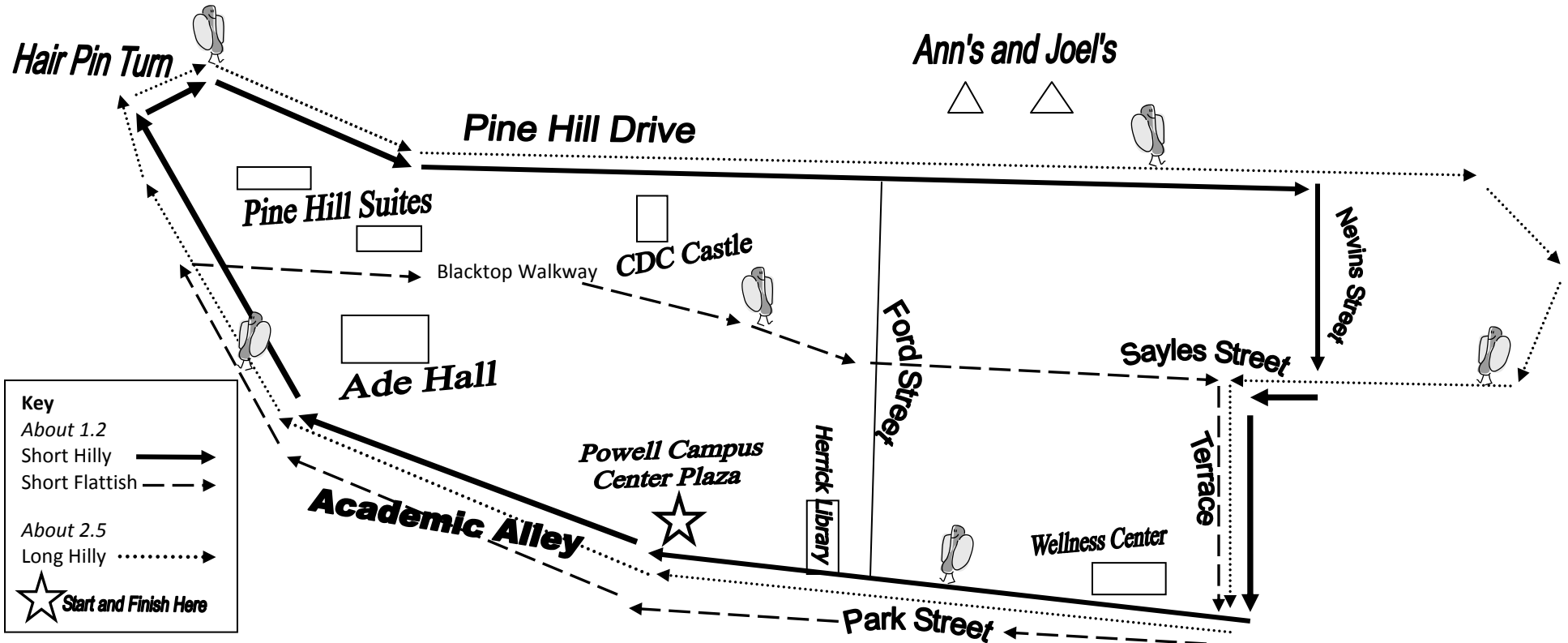
Move it to lose it!

Join the Wellness Center for a 30 Minute Energy Booster!

Beginning March 15, meet us at 12:15 weekdays at Powell 1st Floor Entrance Plaza. Sign-in 10 times to earn a free Fun Bun Walk or Run registration and a t-shirt for participating in the Fun-Bun on Hot Dog Day.

Sun or Snow it's a GO, Rain or Sleet it's a NO!

Students, Faculty, and Staff! Select a route from the map below. Each route takes about 20 to 30 minutes of moderate paced walking; of course you can go longer!



After expending energy through exercise, you'll find that your muscles, heart, and breathing slow down to a level that is lower than when you started! This is called the *RELAXATION RESPONSE*. The *RELAXATION RESPONSE* counteracts the *STRESS REACTION*! (Stress Management for Dummies, by Allen Elkin, PhD)