



APR 6 - MAY 18

TOTALLY GET ^ ^ FIT!

Embrace good health. Come to interactive workshops as a team of two to learn about nutrition, exercise, and managing time and stress -

PLUS, compete to win the grand prize!

MONDAYS ■ 4-5PM ■ HUB 269

◀ No sign-ups -- just show up as a team of two to get fit and have fun! ▶

GET TOTALLY FIT!

APR 6 - MAY 18 ■ MONDAYS ■ 4-5PM ■ HUB 269

FREE! COMPETE FOR GRAND PRIZE!

THE GET TOTALLY FIT SPRING QUARTER PROGRAM

SESSION	DATE	WORKSHOP
1	April 6	Orientation and Goal Setting
2	April 13	Let's get Physical-ly Fit
3	April 20	You're Gonna Hear My (Stomach) Roar
4	April 27	Come on Get Happy
5	May 4	Sexy and I Know It – Now Show It
6	May 11	Wave after Wave – of Stress
7	May 18	Check-up/Wrap-up

Your Journey STARTS HERE:

Come to the orientation on April 6 to find out what it's all about and join as a team of two to get healthy and fit, have fun, and compete for a grand prize. Throughout this 7-week series, everybody wins by learning about improved fitness, nutrition, menu planning, stress management, and time management.

GRAND PRIZES:

2 JAWBONE UP WELLNESS TRACKERS!



For more information, contact **Dr. Ken Stewart**, UCR's Preventive Care Specialist, at (951) 827-2741. Also visit us online at studenthealth.ucr.edu.