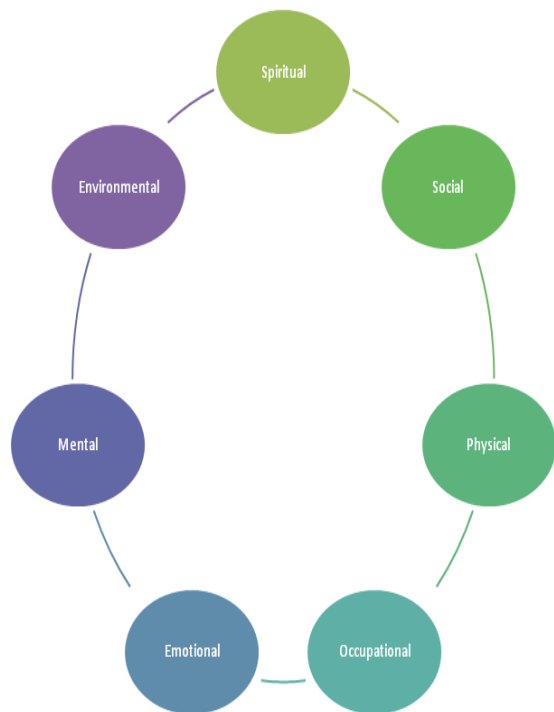




Dimensions of Wellness



Wellness is an active process of making personal choices toward a more healthy and fulfilling life.

- APSU Wellness Task Force

QUICK REFERENCE

Cooking Concepts

Sept. 8, Foy 202, 12:15 & 5 p.m.
 Oct. 4, Foy 202, 12:15 p.m.
 Nov. 9, Foy 202, 5 p.m.

Fitness Fundamentals

Sept. 14, Foy 202, 12:15 & 5 p.m.
 Oct. 11, Foy 202, 12:15 p.m.
 Nov. 17, Foy 202, 5 p.m.

Cycling 101

Sept. 13, CS, 12:15 & 5 p.m.
 Oct. 13, CS, 12:15 p.m.
 Nov. 16, CS, 5 p.m.

Healthy Eating Essentials

Sept. 15, Foy 202, 12:15 & 5 p.m.
 Oct. 12, Foy 202, 12:15 p.m.
 Nov. 15, Foy 202, 5 p.m.

Keys to Climbing

Sept. 7, CW, 2:30 p.m.
 Oct. 6, CW, 2:30 p.m.
 Nov. 8, CW, 2:30 p.m.

Simple Stress Management

Sept. 6, CS, 12:15 p.m.
 Oct. 5, CS, 12:15 p.m.
 Nov. 10, CS, 5 p.m.

CW=Climbing Wall, CS=Cycling Studio

www.apsu.edu/recreation
 (931) 221-7564
peayrec@apsu.edu

WELLNESS CLASSES

Fall 2011



Austin Peay State University, a Tennessee Board of Regents institution, is an equal opportunity employer committed to the education of a non-racially identifiable student body.



Cooking Concepts

Come join us for a basic cooking class. This is a basic cooking class to teach you how to make easy meals that are good for you. You will learn how to cook meals on a budget for your family. The class length is 30 minutes.

What to wear:

Comfortable clothing

Class dates and times:

Sept. 8, Foy 202, 12:15 & 5 p.m.

Oct. 4, Foy 202, 12:15 p.m.

Nov. 9, Foy 202, 5 p.m.

Instructor: Kaili Purrington/Danielle Lax



Healthy Eating Essentials

Learn how to identify what you need to eat to lose, gain or maintain your current weight. We will show you how to make healthier food choices from every food group and give you suggestions on how to get the most nutrition out of your allotted daily calories. You will learn how to balance your “energy in” with your “energy out,” and we will show you resources that you can use for the rest of your life. The class length is 30 minutes.

What to wear:

Comfortable clothing

Class dates and times:

Sept. 15, Foy 202, 12:15 & 5 p.m.

Oct. 12, Foy 202, 12:15 p.m.

Nov. 15, Foy 202, 5 p.m.

Instructor: Lauren Wilkinson/Amber Laney/Chris Brown



Fitness Fundamentals

Gain knowledge of the components of fitness, proper exercise technique and the benefits of physical activity. Exercise session components will be reviewed as well as the F.I.T. (Frequency, Intensity and Time) principle and basic principles of training. Participants will learn how to determine their maximum heart rate and their target heart rate range. They will also learn to identify major muscles in the body and estimate their 1 rep max. The class length is 30 minutes.

What to wear:

Comfortable clothing

Class dates and times:

Sept. 14, Foy 202, 12:15 & 5 p.m.

Oct. 11, Foy 202, 12:15 p.m.

Nov. 17, Foy 202, 5 p.m.

Instructor: Lauren Wilkinson/Amber Laney/Chris Brown



Keys to Climbing

Join us for this introduction to rock climbing! You will learn basic techniques and skills such as belaying, knot tying and spotting. Our trained lead climbing staff will show you some basic climbing tips and wall etiquette. The class length is 30 minutes.

What to wear:

Comfortable clothing that allows you full range of motion

Class dates and times:

Sept. 7, CW, 2:30 p.m.

Oct. 6, CW, 2:30 p.m.

Nov. 8, CW, 2:30 p.m.

Instructor: Jefferson Defago/Casey Clark



Cycling 101

Indoor cycling is a group exercise class done on stationary bikes and set to stimulating music. This exercise format first started in the 1980s when cyclists wanted a way to continue to train during inclement weather. Since then, it has grown to be a regular part of fitness around the world. Not only is indoor cycling a great cardiovascular workout, it is also good for muscle endurance! Learn how to set up the bike properly for you. Practice basic cadence and resistance variations so you are more comfortable joining a longer class. The class length is 30 minutes.

What to wear:

Comfortable clothing that will allow you free range of motion in both upper and lower body while seated

Class dates and times:

Sept. 13, CS, 12:15 & 5 p.m.

Oct. 13, CS, 12:15 p.m.

Nov. 16, CS, 5 p.m.

Instructor: Lauren Wilkinson/Amber Laney



Simple Stress Management

Stress is your body’s way of responding to any kind of demand. It can be caused by both good and bad experiences. This class goes over how to handle stress in healthy ways. Different methods of stress relievers will be taught including Yoga, breathing techniques, etc. The class length is 30 minutes.

What to wear:

Comfortable clothing

Class dates and times:

Sept. 6, CS, 12:15 p.m.

Oct. 5, CS, 12:15 p.m.

Nov. 10, CS, 5 p.m.

Instructor: Lauren Wilkinson/Amber Laney/Chris Brown