Mission of the Month: Live Today to Make a Better Tomorrow

Wake Up! Dehydration is the #1 Cause for Afternoon Fatigue

Cinnamon is a potent antioxidant that can help reduce the risk of blood clots, control blood sugar, and improve insulin sensitivity; the latter two help prevent fat gain and diabetes.

Dumbbell Leg Circuit
- 10 Front Squats
- 10 Deadlifts
- 10 Side Lunges*
- 10 Single-Leg Calf Raises*
  ~ Repeat ~
  *each leg

Do as many rounds as you can in 10 minutes!

September Intramural Sports
Flag Football Season Registration:
Monday, August 31st – Tuesday, September 15th
6x6 Indoor Volleyball Season Registration:
Monday, September 14th – Tuesday, September 29th
For more info contact: lmuisports@lmu.edu or (310)568-6623

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