Mission of the Month:
This season, turn over a new leaf

12:30 P.M.  SUNDAY, NOVEMBER 15
AT THE BIRD NEST

FALL INTO
Spa Day

15-minute massages for $5

PLANKsgiving
30 days of Thanks and Planks

Day 1: 20s  Day 10: rest  Day 20: rest
Day 2: 30s  Day 11: 1 min  Day 21: 1m45s
Day 3: 30s  Day 12: 1 min  Day 22: 1m45s
Day 4: 35s  Day 13: 1m10s  Day 23: 2 min
Day 5: rest  Day 14: 1m20s  Day 24: 2 min
Day 6: 40s  Day 15: rest  Day 25: rest
Day 7: 45s  Day 16: 1m20s  Day 26: 2m15s
Day 8: 45s  Day 17: 1m30s  Day 27: 2m15s
Day 9: 50s  Day 18: 1m30s  Day 28: 2m30s
Day 19: 1m45s  Day 29: 2m45s
Day 30: 3 min

Top Three Workout Tips for Cold Weather

Wear Layers
Absorbent layer first, then add more!

Warm Up
Get your body moving before you go outside!

Hydrate
Before, during, and after your workout!

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www.pinterest.com/burnsreccenter

Contact the FitWell Center for More Information @ 310-338-3049

- Personal training, group fitness classes, nutrition consultations, In-Body composition testing, presentations, and more!
- Relax in the Stacks: $20 (students); $25 (faculty/staff) for a 30 minute table massage, Wednesdays from 6-8 pm in Room 324 in the William H. Hannon Library. Visit www.lmu.edu/fitwell to schedule an appointment!

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LMU Burns Recreation Center
@BurnsRecCenter

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• FitWell Center located in the Burns Recreation Center • Phone 310-338-3049 •