Feeling Good
Finals Week Doesn’t Have to be Stressful!

Maker Space
Crafts, Legos, K’nex, mandala coloring, pop-up button making station, puzzles, & more!

Tuesday, Dec. 8th – Thursday, Dec. 17th
William H. Hannon Library Lobby

Yin Yoga
De-stress, relax, and feel rejuvenated with this all-levels yoga class!
Sunday, Dec. 13th @ 4:30pm
Burns Rec Center, Studio 1
Visit www.lmu.edu/fitwell for a schedule of group fitness classes

Milk & Cookies
Enjoy warm, home-made cookies while studying
Monday, Dec. 14th @ 9pm
William H. Hannon Library Lobby

Table Massages
$10 for a 20-minute massage (students only).
Monday, Dec. 14th – Wednesday, Dec. 16th @ 5pm
William H. Hannon Library Lobby
Visit the FitWell Center or lmu.edu/fitwell to book your appointment.

Therapy Dogs
The perfect stress-reliever! Take photos & play with dogs.
Monday, Dec. 14th – Wednesday, Dec. 16th @ 12-1:30pm
William H. Hannon Library Lobby

Progressive Muscle Relaxation Exercise
Assume a comfortable position, close your eyes, and quiet your thoughts.

Forehead - Wrinkle your forehead, try to make your eyebrows touch your hairline for five seconds. Relax.

Eyes and Nose - Close your eyes as tightly as you can for five seconds. Relax.

Lips, cheeks and jaw - Draw the centers of your mouth back and grimace for five seconds. Relax. Feel the warmth and calmness in your face.

Hands - Extend your arms in front of you. Clench your fists tightly for five seconds. Relax. Feel the warmth and calmness in your hands.

Forearms - Extend your arms out against an invisible wall and push forward with your hands for five seconds. Relax.

Upper arms - Bend your elbows. Tense your biceps for five seconds. Relax. Feel the tension leave your arms.

Shoulders - Shrug your shoulders up to your ears for five seconds. Relax.

Back - Arch your back off the floor for five seconds. Relax. Feel the anxiety and tension disappearing.

Stomach - Tighten your stomach muscles for five seconds. Relax.

Hips and buttocks - Tighten your hip and buttock muscles for five seconds. Relax.

Thighs - Tighten your thigh muscles by pressing your legs together as tightly as you can for five seconds. Relax.

Feet - Bend your ankles toward your body as far as you can for five seconds. Relax.

Toes - Curl your toes as tightly as you can for five seconds. Relax.

More information at lmu.edu/studentlife/spc.htm

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

• 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!

Follow us on Pinterest, Facebook, & Twitter! www.pinterest.com/burnsreccenter

Brought to you by: The Porcelain Princes
Print your own copy of Stall Talk from www.lmu.edu/fitwell

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