### Mission of the Month:
**Make 2016 the happiest, healthiest year you’ve ever seen!**

### “What’s Your Number?” Workout
Use your phone number to complete this high intensity circuit:

<table>
<thead>
<tr>
<th>10 Pull Ups</th>
<th>20 Squats</th>
<th>30 Dead Lifts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>ABC</td>
<td>DEF</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dips</th>
<th>Push Ups</th>
<th>Planks</th>
</tr>
</thead>
<tbody>
<tr>
<td>GHI</td>
<td>JKL</td>
<td>MNO</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mountain Climbers</th>
<th>Leg Press</th>
<th>Total (10 min)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>TUV</td>
<td>9 X WXYZ</td>
</tr>
<tr>
<td>PQRS</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>10 Tricep Dips</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
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</tbody>
</table>

### Groups at SPS

**Student Psychological Services offers a variety of groups to help reach your goals and connect with others. Please call (310) 338-2868 for more info.**

Most groups require a consult before joining.

**Social Confidence: Transcending Social Anxiety (6 weeks)**

begins Thursday, January 21st @ 1PM

Want to increase your confidence and socialize more freely?

Learn to manage your anxiety, practice new skills, and confront anxiety-provoking situations.

**Break Free From Your Anxiety (10 weeks)**

begins Monday, February 1st @ 2PM

Develop the skills to effectively manage anxiety.

Reduce your overall anxiety and learn how to face your fears.

**RIO: Recognition...Insight...Openness (3 weeks)**

Group 1 begins Wednesday, February 3rd @ 1PM, Group 2 begins Tuesday, February 9th @ 10AM, Group 3 begins Wednesday, March 9th @ 1PM

Gain a deeper understanding of your issues and become aware of your moment-to-moment experiences.

Take the first steps towards becoming more open and create a roadmap based on personal values & goals.

**Grief & Loss Support Group (10 weeks)**

begins Friday, February 5th @ 11AM

Learn about the stages of grief and other useful tools for coping with bereavement.

Experience comfort and support from other young adults who are also grieving a significant loss.

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Brought to you by: The Porcelain Princes

Print your own copy of Stall Talk from [www.lmu.edu/fitwell](http://www.lmu.edu/fitwell)

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

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**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](http://www.lmu.edu/fitwell) to schedule an appointment!

Follow us on Pinterest, Facebook, & Twitter! [www.pinterest.com/burnsreccenter](http://www.pinterest.com/burnsreccenter)

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**Contents:**

- **Plain Water**
  - 8 Glasses (≈ 2 quarts)
- **Whole Grains**
  - 6–11 servings (≈ 4 cups)
- **Vegetables**
  - 3–5 servings (≈ 2½ cups)
- **Lean Protein**
  - 2–3 servings
- **Fats**
  - Low

May this year be filled with...

- 12 months of happiness,
- 52 weeks of fun,
- 365 days of success,
- 8,760 hours of good health,
- 525,600 minutes of love,
- **AND**
- 31,536,000 seconds of joy!