**Mission of the Month:**
**Love yourself, Love others, Love life**

**Body Image Awareness Month 2016**

**February 2016 | Volume 1 | Issue 2**

**Valentine’s Day Partner Workout**

**Upper Body Push/Pull**
Partner A will do 10 reps of the push exercise while Partner B will do 10 reps of the pull exercise, then switch. Do three rounds total of each pair of exercises. Chest presses + Double arm neutral rows Pushups + Bent over reverse flies

**Cardio**
Lateral shuffles each way, mirroring each other, 90 seconds

**Lower Body Push/Pull**
Partner A will do 10 reps of the push exercise while Partner B will do 10 reps of the pull exercise, then switch. Do three rounds total of each pair of exercises. Goblet squats + Stability ball hamstring pull ins Step ups to overhead presses + Single leg romanian deadlifts

**Cardio**
High five burpees, 90 seconds

**Core Work**
Standing back to back medicine ball twists, 60 seconds each direction Seated medicine ball hot potato (both directions) or slush toss, 60 seconds Straight arm plank claps, 60 seconds Straight leg medicine ball crunch and pass, 60 seconds each direction Hooked arm sit ups, 60 seconds

**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!

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**February is American Heart Health Month**

**Tart Cherries**
One cup of tart cherries has 19% of your daily vitamin A.

**Tomatoes**
Tomatoes are high in lycopene, a powerful antioxidant.

**Red Lentils**
Just one cup of red lentils has 18 grams of protein.

**Beets**
Beets contain betaine, a compound used to protect blood vessels from artery-clogging plaque.

**Strawberries**
One cup of whole strawberries provides 14% of your vitamin C intake.

**Red Potatoes**
Get 30% of your daily 6-8 and 46% potassium in a single, large red potato.

**Kidney Beans**
You can get 44% of your daily amount of fiber with one cup of kidney beans.

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**FEBRUARY IS AMERICAN HEART HEALTH MONTH**

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