Mission of the Month:
Bring new life to your health and happiness this spring!

Spring Spa Day

Sunday, March 20th
12-3:30 p.m.
at the Bird Nest

Spa Day Includes:
- Aromatherapy
- Paraffin treatment
- Manicure station
- Snacks & music

*15-minute table massages for $5
with a certified massage therapist

*Appointment required
Visit or contact the FitWell Center at (310) 338-3049 to book your massage!

BRC Group Fitness Spring Challenge

1. Pick up your punch card at the BBC front desk
2. Attend five group fitness classes
3. Drop-off your completed card to the BBC front desk by April 22nd to be entered to win!
4. Pick up a new card & play again! (unlimited entries allowed per participant)

March is Women’s History Month

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.”
- Mother Teresa -

Fruits
- Apricots
- Cherries
- Grapes
- Fruit
- Kiwi
- Lemons
- Mango
- Pineapple
- Strawberries
- Rhubarb

Vegetables
- Artichokes
- Arugula
- Asparagus
- Fava beans
- Leeks
- Lettuce
- Mint
- Morel mushrooms
- Pea greens
- Radish
- Ramps
- Spinach

In-Season Produce for Spring

Spring Shape Up
- 15 Squats
- 15 Push Ups
- 15 Second Plank
- 15 Mountain Climbers
- 15 Second Plank
- 15 Push Ups
- 15 Squats

Try this workout for some spring fitness fun! Repeat for as many rounds as possible!

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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