

FHfitness for U Newsletter

Volume 3, Issue 2, Spring 2008

The FHfitness for U Program

It's warmer outside, spring is here, and that means that your exercise options have really opened up. There are many outdoor activities that you can get involved in, such as yard work, playing with the kids, and team sports. Try changing up your normal routine with a new workout, or try exercising outdoors. Yoga, although a year round exercise, is a great choice for spring, and a fresh way to get in shape or stay in shape this season.



The 10 Minute Yoga Workout

If you're looking for a low-impact, high-results workout, you'll find it in yoga. Yoga provides many health benefits, and can be easily performed by many individuals.

Denise Austin has written an article for Prevention magazine introducing the 10 minute yoga workout. The article offers 10 different yoga positions, each using an exercise ball to increase effectiveness. Here is an excerpt from the article. Go to the link to learn more. ([The 10 Minute Yoga Workout.](#))

"Everyone I speak with feels fantastic after doing yoga. This great form of exercise stretches and strengthens your muscles simultaneously. Adding in the ball and band allows beginners and advanced students alike to explore yoga postures in a new way.

The yoga exercises run in a flow sequence, and you can do the entire sequence as a 10-minute routine, holding each move for up to 1 minute. You can also deepen and hold each pose longer for added benefits--a great alternative when you have more than 10 minutes for your routine. "

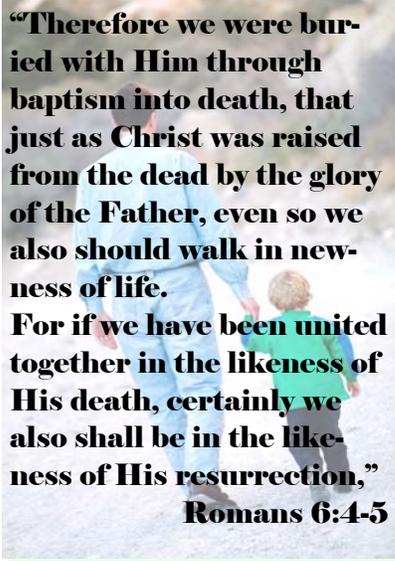
If you have questions or comments, feel free to email me. [Email Russell.](#) Russell Epperson, HR Director
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**Wellness Seminar:
April 17th @ 4pm in
Ayers Auditorium**

"Much may be done in those little shreds and patches of time which every day produces, and which most men throw away."

Charles Caleb Colton

Quotable Quotes



“Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.

For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection,”

Romans 6:4-5

Wellness Seminar & Events

- ◆ Our April wellness seminar will feature Dr. David Johnson, who will discuss Bone and Joint Health. You can hear Dr. Johnson on **April 17th** in Ayers Auditorium at 4pm.
- ◆ The School of Education will be hosting a 5K Run/Walk for Education on **April 26th**. It starts at 9:00am, behind the Henderson Church building. The fee is \$10, which goes to support the school. Contact Tom Hughes (thughes@fhu.edu) for more. Participation adds 20 points to your FHitness goal.

Healthy Bites: Wellness Tidbits

- ◆ Check out Prevention's [Walking Calculator](#) to determine how many calories you burn by doing everyday activities, such as walking the dog.
- ◆ If you would like to find out how many calories other activities burn, look at The American Cancer Society's [Calorie Counter](#).
- ◆ Discovery Health's [Exercise Quiz](#) will evaluate your knowledge of exercise principles. It will debunk several common myths and misconceptions. Plus, it's fun!
- ◆ Curious about your Body Mass Index? Check out Prevention's [BMI Calculator](#). It will tell you your Body Mass Index, as well as give you some helpful tips and info.
- ◆ If you are looking for some ways to cut out extra calories, Prevention has [100 Ways to Cut 100 Calories](#). The list includes tips for every meal of the day, even eating out!
- ◆ Test your physical awareness with a [Fitness quiz](#) from the Mayo Clinic. See how much you know, or thought you knew, about fitness.
- ◆ If you're feeling like you don't know where to get started when it comes to being more active this spring, read [10 Ideas to Get Active](#) from the President's Challenge webpage to give you some simple ideas for everyday exercise.

If you have questions or comments, feel free to email me. [Email Russell.](#)

Russell Epperson, HR Director

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