

Freed-Hardeman University  
Teaching how to live and how to make a living.

## FHitness for U Newsletter

Freed-Hardeman  
University  
Wellness Program

Volume 1, Issue 5, Spring 2007

### It's the April Newsletter!

It's now officially spring, and although it may not feel like it at times, we're in for warmer, sunnier weather. Now is the perfect time to be outside, so it's the perfect time to step up your exercise program. There are also a lot of fresh fruits and vegetables that are in season now, so it's a great time to start adding some healthy produce to your diet. Below are a few seasonally appropriate activities to help you spring into health this month!

### Some Ideas for a Healthy Spring:

- Find a park that has a scenic walking trail and take advantage of the beauty of nature!
- Play outside with your kids is a great way to have fun and exercise, by simply playing a game of baseball or tag with your kids. It will help all of you stay in shape!
- Start a garden: this serves several healthful purposes: you can exercise, de-stress, and grow your own food!
- Now is the perfect time to work on some of those projects around the house. Whether it's spring cleaning or do-it-yourself home improvement, working outside and inside helps you get some exercise and get some stuff done!



### Newsletter Spotlight:

#### Wellness Seminar

4:00pm  
Ayers Auditorium

April 20

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

Russell Epperson, Director of Human Resources

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### Wellness Seminar Preview



This month, there will be three exciting events for you to attend. The first will be a wellness seminar, Friday, April 20th, at 4:00pm in Ayers Auditorium. Kristi Davidson of Star Physical Therapy will be speaking on exercise. We are also encouraging everyone to attend the Faculty Forum April 23 in BK 109 at 6:30pm discussing the book [In Praise of Slowness](#). Lisa Beene, Steve Johnson, Linda Gibson, and Kevin Moore will be hosting this forum which discusses the book's theme of slowing down the pace to live a happier, healthier, more productive life. Seminar points will be awarded to those who attend.

We are planning one additional seminar for this month. Please check your email for details.



### Scripture Spot

### Psalm 103:15-18



15 As for man, his days are like grass; as a flower of the field, so he flourishes. 16 For the wind passes over it, and it is gone, and its place remembers it no more. 17 But the mercy of the LORD is from everlasting to everlasting on those who fear Him, and His righteousness to children's children, 18 To such as keep His covenant, and to those who remember His commandments to do them.

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