



Midland College Fitness Center

November 2017 – Fall Edition –
Newsletter



C.H.A.P. Fit

November Classes

Monday & Wednesday

Brazil Butt Lift Carnivale

Tuesday & Thursday

Tai Cheng

starts @5:20)

C.H.A.P. Fit Hours

Monday-Thursday

7:00am–8:00am

12:00pm-1:00pm

5:00pm–6:00pm



Fitness Center Hours: New Fall Hours

Mon-Thu: 5:30 am—10:00 pm

Fri: 5:30 am—6:00 pm

Fitness Center Contact Info:

Front Desk

Phone: 685-6897

MOVEMBER

During Movember (formerly November), join men all over America as they begin growing their "mo's"—Aussie slang for moustache—to raise funds and prostate-cancer awareness on behalf of the Prostate Cancer Foundation.

Throughout Movember, guys—or Mo Bros—grow their moustaches, while raising awareness and money for the fight against prostate cancer. At the end of the month, these Mo Bros gather at special gala parties throughout the U.S. to compare moustaches and battle it out for Man of Movember!

Mo Sistas (women who support their Mo Bros) are also encouraged to participate by raising money and awareness for male health. To learn more, go to <http://us.movember.com/>.

The Five F's of Fitness

FAT

1. Cut down on dietary fat, yet don't go hog wild on fat free fare.
2. To find out you maximum fat intake (in grams), take you desired body weight and divide by
3. (For example, a 150 lb. person should eat no more that 50 grams of fat daily.)

FIBER

1. Increase dietary fiber.
2. Add more fruits and vegetables, more whole grains such as oatmeal and 100% whole wheat bread and more beans.

FIVE A DAY

1. Eat at least 5 servings of fruits and vegetables daily, but some studies are saying more. This is a good rule of thumb.
2. A serving is: a piece of fruit or a cup of fruit, a cup of vegetable, a potato (5-8oz), a half-cup of cooked beans, three cups of salad greens.
3. How can you eat that much? Try this: 1-2 servings at breakfast, 1 at lunch, 2 at dinner. Munch on fruits and veggies between meals instead of cookies and cakes even if they are fat free. You can also eat fruit as a dessert.

FITNESS

1. Create a daily exercise routine. Build up 45-60 minutes daily. This can be broken down into several sessions each day. Try to challenge yourself every time you exercise to keep your body guessing.
2. Vary your activities for fun as well as for using different muscle groups. For example, if you walk several days a week, try a water-fitness class or swimming on some of the other days.
3. Know yourself well enough so that you will plan on your activity for a time when you will get it done. Morning may be best before you get involved in other activities.

FUN

1. People who eat well and who are physically active age successfully and are able to do more with family, friends, etc.
2. Find fun activities that fill your spirit with enthusiasm.

