**Hours thru Feb. 10**

Mon: 8am-1am  
Tue-Thur: 8am-10pm  
Friday: 8am-1am  
Sat-Sun: 12pm-7pm

**Announcements**

Session II fitness classes starts Feb. 12th! Be sure to check out the new schedule for changes.

Cardinal Adventures will be running ski trips every Wednesday through February.

**Tip of the week**

Try working avocados into your diet! Every avocado contains nearly 20 vitamins, minerals, and phytonutrients—nutrients derived from plant material that provide a defense against cancers, heart disease, and signs of premature aging.

**Muscleandfitness.com**

**10 Min. Workout**

**Featured from Crossfit**

1. Kettleball Swings  
2. Box Jumps  
3. Burpees

Go through each exercise for one minute three times. It’s a short workout but it’ll get your blood pumping!

**“Success is simple. Do what's right, the right way, at the right time.”**  
- Arnold H. Glasgow

**Eat Your Way to a Healthier Lifestyle!**

I’m sure all of you have, at one time or another, heard the saying, “You are what you eat.” Sure, if you only eat carrots for every meal, every day, for the rest of your life, you may be the same color as an oompa loompa, but there are worse things. (Right?) On a more serious note, eating healthy is a must for an overall healthy lifestyle. Basic nutrition will help you stay away from crash diets and get you into a healthy lifestyle.

Your first step into a healthy lifestyle is eating breakfast. Breakfast is the most skipped meal of the day (I’m guilty of it too), and it shouldn’t be! Lots of people think skipping breakfast is one way to lose weight. Wrong! Eating breakfast is a fantastic way to lose and maintain weight. You will be consuming calories when your body can burn them best, and you’ll have a satisfied appetite longer, allowing you to stray away from over-eating.

Next step, drink water! Think of your body like a plant. Plants need water to survive and if they are deprived of it, they wilt. Sulk- ing is the last thing you want to do, so feed your body water. Not only does it quench your thirst, but according to the CDC, it regulates your body temperature, cushions your joints, and protects your spinal cord. The best way to stay hydrated is by drinking plain water, but other beverages also contain water; they just have added sugars. If you’re trying to cut some calories, stay away from soda and sweetened ice teas or lemonades. If you need some flavor, have water with lemon, lime, or even a slice of orange in it.

Make sure you get more fruit into your diet than just the slices you put in water. Fruits and veggies are super beneficial to a healthy lifestyle. The top three things the CDC notes about fruits and veggies is that they may reduce the chance of cancer and chronic diseases, they are packed with vitamins, minerals, and fiber, and they are low in fat and calories. Need to know how many fruits and veggies you should be eating? Check out fruitsandveggiesmatter.gov and use their calculator!

Eating healthy isn’t always an easy thing. We are always tempted to grab the quick fix, which is usually high in calories, carbs, and fat. If you take time to take these steps into consideration, and combine them with some exercise, you’ll be on your way to a healthier lifestyle. Not only will you look great, but you’ll feel great too. If you want to learn more about basic nutrition, visit some of these websites: cdc.gov, nutrition.gov, choosemyplate.gov, and nutritiondata.self.com.

A quick peak at how your plate should be divided up.

**Fitness Class Schedule available at**  
KaneCenter.cua.edu

Like Kane Center on Facebook for class updates, cancelations & event reminders!
5 Tips to Eating Healthy for College Students

- **Smart Snacking**: Choose 100 calorie packs by Nabisco. There are tons of options and you are aware of how much you are consuming.

- **Limit Caffeine**: Although it keeps you awake, there is a healthier alternative. Try eating lean meats, fruit and veggies, and milk.

- **Everything in Moderation**: Do not deprive yourself of your favorite treats; everything is good in moderation. If you do deprive yourself, you could become a binge eater!

- **Eat in**: Eating out all the time takes a toll on your wallet and your health. Grocery shopping is cheaper, and you can choose what kinds of food you can cook with.

- **Be Creative**: Don’t be afraid to mess around with a prepackaged meal. Ramen is a classic college meal; add some veggies, maybe some chicken, and drain some of the broth!

Thanks to jdf.org for their tips!

Get Some Miles In!

An Intense Cycling Workout

<table>
<thead>
<tr>
<th>Time</th>
<th>What to do</th>
<th>Talk Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 minute warm up</td>
<td>Pedal Moderately</td>
<td>Chatty</td>
</tr>
<tr>
<td>10 second 1 minute</td>
<td>Pedal hard, seated recovery</td>
<td>No talking Light talking</td>
</tr>
<tr>
<td>20 seconds 1 minute</td>
<td>Pedal hard, seated recovery</td>
<td>No talking Light talking</td>
</tr>
<tr>
<td>30 seconds 2 minutes</td>
<td>Pedal hard, seated recovery</td>
<td>No talking Light talking</td>
</tr>
<tr>
<td>10 seconds 1 minute</td>
<td>Pedal hard, standing recovery</td>
<td>No talking Light talking</td>
</tr>
<tr>
<td>15 seconds 1 minute</td>
<td>Pedal hard, standing recovery</td>
<td>No talking Light talking</td>
</tr>
<tr>
<td>20 seconds 2 minutes</td>
<td>Pedal hard, standing recovery</td>
<td>No talking Light talking</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Moderately</td>
<td>Light talking chatty</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Cool down</td>
<td></td>
</tr>
</tbody>
</table>