

Exercise Is Medicine

October 2-6

Week



Every event increases your chance to win one of two \$100 prizes!

Monday, October 2nd – 7:30 – 10 am

Maverick Activities Center Entryway

Breakfast at the front of the MAC. Stop by and grab a granola bar and some fruit and learn about the role of exercise in a healthy lifestyle!

Tuesday, October 3rd – 12 – 2 pm

Maverick Activities Center – Fitness Center Floor

Fitness Challenge – who can get the most push-ups, pull-ups, or squats? Try it out and win a prize!

Wednesday, October 4th – 12 -1 pm

Lonestar Auditorium

Anderson lecture series – Lonestar Auditorium

Thursday, October 5th – 12 – 2 pm

Maverick Activities Center Entryway

Measurement day! Test your blood pressure, measure your body fat, and learn from exercise science students about the benefits of exercise for your health!

Friday, October 6th – 12 – 1 pm

Lonestar Auditorium

Career day – stop by and ask our panel of exercise science alumni about their careers! Learn what they did to get where they are and get ahead on the path to YOUR career!



College of Nursing and
Health Innovation

Department of
Kinesiology