

Issue 15

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BUCKNELL UNIVERSITY  
OFFICE OF ATHLETICS AND RECREATION

Towel Talk

# Exercise Shortcuts For Busy People



A normal day for most people is a constant string of tasks that have to be done: go to work, go to class, get the kids, do the dishes, ect. There are many pressures on how we spend our bit of free time. However, the quality of the exercise done often trumps the quantity of it. Here are some ways to get the most out of your few minutes of exercise time.

## 1. Take a Walk

If you have few options, taking a 10-15 minute walk over lunch break is a nice way to relax and get your daily exercise. It also has added benefit of not being terribly strenuous, so you shouldn't come back to the office dripping with sweat

## 2. Forget the Gym

It takes both time and money to dedicate to working out at a gym. If you don't mind the being outdoors, pick up your running/walking shoes and step out your front door. This is the most relaxing way to unwind after a stressful day. Also you can purchase an exercise DVD that you could do in the comforts of your own home.

## 3. Skip the Elevator

This is the easiest way to get some good, quick exercise. Simply take the stairs each day. There is a reason athletes run up and down stairs all the time.

## 4. Back to School

One other way to make sure you are able to exercise is to take a college or community sponsored class. Many institutions have classes for Pilates, some sports, dance, yoga, and weight training. Any of these would be an interesting way to try something new and keep exercise fun. Another benefit is that taking the class will make sure that you have time already set aside for your daily routine.

## 5. Walk to Work, School, or Class

If you live close enough to work, one other option is to walk or ride a bicycle to work for the day. If the weather is warm where you live, it might be a good idea to keep your work clothes at your destination and change once you are there. That way you don't have to worry so much about working up a sweat. An added bonus for this is that you don't use any gas that day. This could save a sizable amount of money in a few years.



### Recreation Services Contacts:

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#### **Annette Stutzman**

*Fitness/Strength Assistant*

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### What To Look For At The KLARC:

⇒ Fitness/Exercise Consultations: Questions about your workout, want to begin a workout, or want something fresh. Contact Annette Stutzman via e-mail to schedule an appointment. annette.stutzman@bucknell.edu

⇒ Fitness/Wellness Instructional Programs:  
Thursday, February 10 Introduction to Kettlebells. 12pm-12:45pm. February 24 Fitness & Exercise, how to incorporate all modes of exercise to get in the best shape you've ever been. 12pm-12:45pm. Both sessions will take place in the classroom on the 2nd floor of Gerhard Fieldhouse.

# New Group Fitness Offering This Fall!!!!



**Personal Training:** Are you interested in 1-on-1 personal training, want a boost in your energy levels, or are you in a workout rut? Schedule sessions with our personal trainer. Contact Derek Wetzel, Fitness Specialist via e-mail [dlwetzel@me.com](mailto:dlwetzel@me.com) or by phone at (570)809-5889. **There is a fee.**

## Fitness/Wellness Programming for February, 2011

### Fitness/Wellness Instructional Programs

**Introduction to Kettlebells, February 10:** Kettlebells are a great way to get a total body workout in. Do you have questions about the use of kettlebells or how to incorporate them into your workout program? Come to this instructional session where you will get demonstrations of various exercises. Come dressed to participate. This session will take place **Thursday, February 10 at 12pm-12:45pm.** If you are interested in attending this instructional session please contact Annette Stutzman via e-mail [annette.stutzman@bucknell.edu](mailto:annette.stutzman@bucknell.edu). 5 participants are needed for the program to take place. Space is limited so please reserve your spot ASAP!

**Fitness & Exercise, February 24:** An introduction to exercise and different modes of exercise. Get information on how to incorporate them to achieve your best level of fitness. This session will take place **Thursday, February 24 at 12pm** in the 2<sup>nd</sup> floor Fieldhouse Classroom (next to group fitness room). For additional information or to sign up please contact Annette Stutzman via e-mail [annette.stutzman@bucknell.edu](mailto:annette.stutzman@bucknell.edu). 5 participants are needed for the program to take place.

### Fitness/Exercise Consultations

Do you have questions about your workout, want to do something different, or how to get started on an exercise routine? **THIS IS NOT FOR A PERSONAL TRAINER!** It is a 30 minute to 1 hour consultation session with a fitness specialist that will answer any questions you have about exercise or fitness. This program is designed to help individuals get specific questions answered about workouts and exercise related information. This program is a first come first serve basis upon the availability of the fitness specialist. If you are interested please contact Annette Stutzman via e-mail [annette.stutzman@bucknell.edu](mailto:annette.stutzman@bucknell.edu).

## Group Fitness Schedule February 1— March 11



	Monday	Tuesday	Wednesday	Thursday	Friday
7am-8am	SPINNING Phil		SPINNING Phil		SPINNING Phil
8am-9am	PILATES Katrina	STEP Michelle	PILATES Katrina	STEP Michelle	
9am-10am	CARDIO PUMP Amy Jo		CARDIO PUMP Kelly	CARDIO PUMP Amy Jo	
10am-11am	H2O FITNESS Donna				H2O FITNESS Donna
12pm-1pm	HIT Kari	BOOTCAMP Emily	HIT Kari	BOOTCAMP Emily	HIT Kari
4pm-5pm	YOGA Olesya	KICKBOXING Tony		ZUMBA Grace	ZUMBA Grace
5pm-6pm	POWER YOGA Morgan	YOGA & ABS Morgan	ZUMBA Grace	LIGHTS OUT YOGA Morgan	YOGA Olesya
6pm-7pm	CARDIO PUMP Kelly	PILATES Katrina	SPINNING Laura	SPINNING Laura	SPINNING Laura