Just because the weather turns colder and the days are shorter doesn’t mean you have to stop running/walking outside. With a few minor changes and taking safety precautions your training can continue through the fall and winter months.

**Protect Yours Hands and Feet**
Thirty percent of body heat escapes through your hands and feet. On warmer fall/winter day wear running gloves that wick the moisture away. For colder days mittens would be a better choice to keep your fingers warmer. The mittens help you fingers share their body heat. You can also tuck heat packs into your mittens. For your feet you would want to add a wicking sock liner under a warm fleece or wool sock. Just keep in mind that you want to have enough room in your running shoes to accommodate the thicker socks.

**Dress in Layers**
Start with a thin layer that wicks the sweat away from your body. Stay away from cotton because it holds the moisture and will keep you wet. You would want to wear an outer layer of weather resistant material such as breathable nylon or Gore-Tex. This will help protect against the weather elements such as wind, rain, or snow, while still letting out heat and moisture to prevent overheating and chilling. If it’s really cold out you would need a middle layer, such as a fleece, for added insulation.

**Avoid Overdressing**
Always remember you are going to warm up once you get moving, so you should feel a little bit chilly when you begin your run. A good rule of thumb: Dress as if it’s 20 degrees warmer outside than it really is.

**Don’t Forget Your Head**
Approximately forty percent of your body heat is lost through your head. Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body. When it is really cold, wear a face mask or scarf over your mouth to warm the air you breathe and protect your face.

**Get Some Shades**
The glare from the snow can cause snow blindness, so wear sunglasses to avoid this problem. Polarized lenses are best when there is snow on the ground.

**Don’t Stay in Wet Clothes**
If you happen to get wet from rain, snow or sweat in the cold temps, you’re at an increased risk for hypothermia. If you’re wet, change your clothes and get to warm shelter as quickly as possible. If you suspect hypothermia (characterized by intense shivering, loss of coordination, slurred speech, and fatigue) get emergency treatment immediately.

**Stay Hydrated**
Even though it is cooler or very cold outside, you’ll still heat up and lose fluids through sweat. Cold air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water or a sports drink before, during, and after your run.
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 or by phone at (570)809-5889. There is a fee.

**Fitness/Wellness Programming for September, 2010**

**Fitness 101: Equipment Orientation**
Orinatations for pin select Life Fitness equipment and/or cardio equipment. Sign ups are not required for scheduled sessions. Interested participants should show up at the start time in the lobby of the KLARC. Sessions may last 30-60 minutes. Please come to the sessions with an idea of what machines you would like me to go over. It will make the sessions more informative for each participant. **There will be no equipment orientations/consultations outside of the posted dates and times!**

**Wednesday, October 6 @ 12:00pm**

**Free Weight Equipment Orientation**
If you have questions about any of our new equipment in the Berger Strength Facility please attend the session on **Tuesday, October 19 at 12pm**. Interested participants should show up at the start time in the lobby of the KLARC. Sessions may last 30-60 minutes. Please come to the sessions with an idea of what machines you would like me to go over. It will make the sessions more informative for each participant. **There will be no equipment orientations/consultations outside of the posted dates and times!**

**How To Instructional Programs:**

**Wednesday, Stress Management– Sign Ups Are Required**
Come and learn a few relaxation techniques before the end of the semester exams or the hustle and bustle of the holiday season. We will finish the session with a meditation exercise to help you relieve the tension and stress of the day leaving you energized and refreshed to face the rest of your day. If you have any questions or would like to reserve a space please contact Annette Stutzman via e-mail annette.stutzman@bucknell.edu. **SPACE IS LIMITED SO SIGN UP TODAY!** The time of the session will be determined based on all participants availability.

**Group Fitness Schedule August 25— December 7**

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<tr>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>7am-8am</td>
<td>SPINNING Phil</td>
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<tr>
<td>8am-9am</td>
<td>PILATES Katrina</td>
<td>STEP Michelle</td>
<td>STEP Michelle</td>
<td>PILATES Katrina</td>
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<tr>
<td>9am-10am</td>
<td>CARDIO PUMP Kelly</td>
<td>CARDIO PUMP Amy Jo</td>
<td>PILATES Katrina</td>
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<td>10am-11am</td>
<td>H2O FITNESS Donna</td>
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<td>12pm-1pm</td>
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<td>4pm-5pm</td>
<td>ZUMBA Grace</td>
<td>SPINNING Laura</td>
<td>ZUMBA Grace</td>
<td>CARDIO PUMP Kelly</td>
<td>ZUMBA Grace</td>
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<tr>
<td>5pm-6pm</td>
<td>SPINNING Laura</td>
<td>YOGA Andrea</td>
<td>SPINNING Laura</td>
<td>YOGA Andrea</td>
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<td>6pm-7pm</td>
<td>YOGA Olesya</td>
<td>KICKBOXING Tony</td>
<td>YOGA Olesya</td>
<td>KICKBOXING Tony</td>
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