MULTICULTURAL MOVEMENT MONDAYS

Who says fitness has to involve a treadmill or weights? The newest offering from Recreation Services and Multicultural Student Services blends the boundaries between fitness and dance in ways you've never seen before!

Created to showcase the different cultures represented here at Bucknell University through dance, each featured dance will be taught by a native or expert of that particular cultural dance. Participants will have the opportunity to learn the dance (s) and more about the culture through movement.

The last MMM of the semester: 11/12, Aerobics Studio (KLARC) at 7p—8:30p with Jessica Hess (Spanish Flamenco).

HOW 2 LUNCHEONS

Everyone's favorite lunchtime activity is back! During the month of October, bring your lunch down to the Fieldhouse Classroom (KLARC) for an enjoyable hour of food and fitness information. Luncheons begin October 17th!

10/17: “Where Do You Stand With Your Numbers?”
Calculating and interpreting Ideal Body Weight (IBW), Body Mass Index (BMI), number of calories needed/day and the subsequent conversion of those “calories” into real food choices and finally, setting up daily meal patterns. Participants will need calculators and scrap paper.

10/24, “Nutrition Myth Busters”
Hear the truth about today’s most popular diet fixes: potions, lotions, pills, etc. Learn how to interpret right from wrong.

10/31, “Portion Distortion”
Examine portion sizes of the past and present as well as real live food models depicting the ADA recommended portion sizes.

All sessions are BYOL (Bring Your Own Lunch).

All sessions are led by Clinical Nutritionist, Tanya Williams, MS, RD, LDN