GET INVOLVED!

Wanna join intramurals?
To sign up for team captain, pick up rosters and sign the team sign-up sheet in the Campus Rec office.

DID YOU KNOW?
That you burn more calories sleeping than you do watching television.

SCHREINER OUTDOOR ADVENTURE PROGRAM

Fall 2008
- Camping
- Hiking
- Kayaking
- Mountain Biking

HAVE ANY IDEAS FOR TRIPS? WANT TO START AN OUTDOOR ADVENTURE PROGRAM?
E-MAIL MATT!

How do I sign up?
Trip registration forms are in the Campus Rec office. Some trips do require a deposit that must be paid when you sign up for a trip.

DID YOU KNOW?
That the only “real” food that Astronauts are allowed to take into space are pecan nuts.
**Fitness Facts**

**Fitness Fact 1.** Fitness consists of four components: your body's ability to use oxygen as a source of energy, which translates into cardiovascular fitness; muscular strength and endurance; flexibility; and body composition.

**Fitness Fact 2.** To address all the components of fitness, an exercise program needs to include aerobic exercise, which is continuous repetitive movement of large muscle groups that raises your heart rate; weight lifting or strength training; and flexibility exercises or stretching.

**Fitness Fact 3.** No matter how poor your current level of fitness, you can start an exercise routine and become fitter and healthier. Even 90-year-old women who use walkers have been shown in studies to benefit from light weight training.

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**FITNESS CLASSES**

Fitness Classes will continue into Fall 2008

GOT ANY NEW IDEAS FOR FITNESS CLASSES?

E-MAIL MATT!

**DID YOU KNOW?**

That ketchup was sold in the 1830s as medicine.

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**CLUB SPORTS**

Schreiner Shooting Sports Society
President—James Heikkenen
jheikkenen@schreiner.edu

Mountaineer Racquetball
President—Steve Griffith
sdgriffith@schreiner.edu

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**TAKE OFF! GET FIT!**

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**FITNESS FACTS**

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**ASK MATT!**

Is something nagging at you?

Got a health question you’d like to get an answer to?

Then, ask Matt!

How?

Submit your questions to Campus Rec,
And one will be chosen to be featured in the next newsletter!
They can be hand-written, or typed up, anonymous or not.
Just send them in!