

We're here for you!

November

FREE Daily Programs!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|---|----------|
| 1 | 2 Move-It Mondays 2 - 3 pm From Sour to Power II Work on your lower-body workout. | 3 Tasty Tuesdays 1:30 - 2:30 pm Pick Me Ups Investigate the benefits and challenges of caffeine, sugar and artificial sweeteners. | 4 Wind-Down Wednesdays 3:30 - 4:30 pm Free stress-reducing 5-7 minute backrub, compliments of STRESSBUSTERS. | 5 Tranquil Thursdays 2 - 3 pm Stretch, Strengthen & Breathe! Intro to mindful, meditative yoga poses -- beginners welcome. | 6 First Drink Fridays 4 - 5 pm FREE Smoothies! Join us for a free smoothie and learn how to party smart. | 7 |
| 8 | 9 Move-It Mondays 2 - 3 pm Sport Shorts Train with exercises specific to your sport. | 10 Tasty Tuesdays 1:30 - 2:30 pm Eating NYC - It's a World of Food! Navigate ethnic dining to find tasty, healthful options. | 11 Wind-Down Wednesdays 3:30 - 4:30 pm Free stress-reducing 5-7 minute backrub, compliments of STRESSBUSTERS. | 12 Tranquil Thursdays 2 - 3 pm Stretch, Strengthen & Breathe! Intro to mindful, meditative yoga poses -- beginners welcome. | 13 First Drink Fridays 4 - 5 pm FREE Smoothies! Join us for a free smoothie and learn how to party smart. | 14 |
| 15 | 16 Move-It Mondays 2 - 3 pm Circuit City Navigate your way through circuit training. | 17 Tasty Tuesdays 1:30 - 2:30 pm Snack Time! Learn to pick the right snack for the right occasion. | 18 Wind-Down Wednesdays 3:30 - 4:30 pm Free stress-reducing 5-7 minute backrub, compliments of STRESSBUSTERS. | 19 Tranquil Thursdays 2 - 3 pm Stretch, Strengthen & Breathe! Intro to mindful, meditative yoga poses -- beginners welcome. | 20 First Drink Fridays 4 - 5 pm FREE Smoothies! Join us for a free smoothie and learn how to party smart. | 21 |
| 22 | 23 Move-It Mondays 2 - 3 pm Use It or Lose It! Determine your fitness level by engaging in fitness and flexibility tests. | 24 Tasty Tuesdays 1:30 - 2:30 pm Dining on a Dime Learn how to eat well on a budget. | 25 Wind-Down Wednesdays 3:30 - 4:30 pm Free stress-reducing 5-7 minute backrub, compliments of STRESSBUSTERS. | 26 Thanksgiving Recess | 27 Thanksgiving Recess | 28 |

29
30 Move-It Mondays
2 - 3 pm
Myths & Facts
 Explore the myths and discover the facts of fitness 101 with HPO Peer Educators.

NEW YORK UNIVERSITY

STUDENT HEALTH CENTER
Member of The Wellness Exchange

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