FITNESS & WELLNESS EXPO

JANUARY 17TH
4-7 PM
IN STATE GYM

FREE BLENDER BOTTLES
FOR THE FIRST 50 GUESTS!

NEW YEAR. NEW GOALS. NEW WAYS TO ACHIEVE THEM.

COME LEARN ABOUT THE RESOURCES AVAILABLE ON IOWA STATE'S CAMPUS TO HELP YOU FIND YOUR WAY TO A HOLISTIC, HEALTHY LIFESTYLE.

VISIT WITH THE FOLLOWING ORGANIZATIONS:

- GROUP FITNESS
- **PERSONAL TRAINING**
- OUTDOOR RECREATION
- **SPORT CLUB COUNCIL**
- STUDENT COUNSELING
- **STUDENT WELLNESS**
- EXERCYSE IS MEDICINE
- **CHAARG**

JOIN US FOR...

PERSONAL TRAINING ASSESSMENTS

SAMPLE FITNESS CLASSES

MEDITATION EXERCISES

OUTDOOR RECREATION CONTESTS

ACTION PLANNING

MINDFUL EATING EXERCISES

BE WELL · BE HEALTHY · BE MINDFUL · BE ACTIVE
BE IOWA STATE

ISU DINING

FREE WHIRLYBIRD SMOOTHIE SAMPLES!