



# Healthy Monday



Ben Says

## Snack Smart, Snack Simple

Snacking can boost nutrients & help you eat less at mealtime, or it can add unnecessary fat, calories & sodium; it all comes down to what you choose. When selecting a snack, stay away from prepackaged cookies and chips: even portion control bags are full of empty calories that will leave you feeling hungry later.

Print out our newsletter and keep it for a reminder of the exercises or cut out the exercise cards to keep it ready for work out time!

## Trainer's Corner



Dumbbell Military press  
5 sets of 10 each

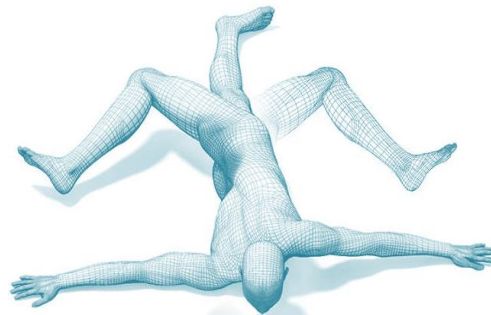


## Nutritionist's Corner

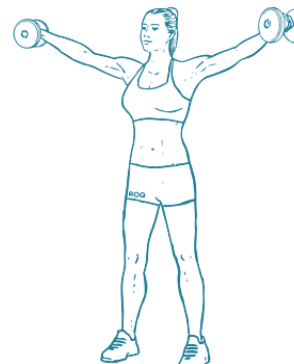
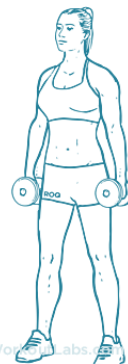
Don't limit yourself to healthy eating just one month out of the year; enjoy a healthy lifestyle. It includes a wide variety of foods, physical movement, fresh air, and sunshine. We are fortunate because NSU and the surrounding area offer all of these. Expand your food preferences by visiting the Farmer's Market on campus and trying new fruits or vegetables. Go to the RecPlex and take a new group exercise class. Put on your walking shoes and cruise around Gold Circle Lake on a sunny day. I hope to see you there!

- Dr. Gordon

Scorpion Stretch  
10 each side



## Stay Hydrated



Dumbbell Lateral Raise  
4 sets of 15 each