

Be Fit

...in the winter too!

Brrr! Now what?

You don't have to go into hibernation. The following Be Fit programs will give you ideas and motivation for staying active this winter.

To Register

Contact Mandi Weis, Wellness Coordinator, at mandi.weis@mu.edu or 288-4581. Visit www.marquette.edu for more details.



How to Stay Fit in the Winter

January 11, Noon – 1pm

An overview of indoor and outdoor ideas
Presented by Mandi Weis, Wellness Coordinator
Raynor Library, Beaumier Suites B&C
Limit: 50



Be Fit 5 Week Winter Challenge

January 11 – February 14

30 minutes. 5 days per week.
Beginner or Already Active Program
Win an I-POD, RecCenter/Plex membership, or a Wii Fit!
Free stainless steel water bottle for the first 100 employees who register!



One Week FREE Trial to the MU Rec Center/Plex January 11 – 18

Just bring your MU ID and sign in at either facility!

Monthly Price to continue:

MU Rec Center: \$10 (Single) or \$14.42 (Family)
MU Rec Plex: \$12.50 (Single) or \$18.83 (Family)