Physical Activity Guidelines

We know that exercise is a great way to maintain our health & well-being. But how much of exercise should we be getting? And what should we be doing? Here’s what the American College of Sports Medicine recommends:

- **What Should I Do?!** - Try to find a program that has cardiorespiratory, resistance, flexibility, and balance training beyond your activities of daily living.

- **Cardiorespiratory Training** - Most adults should engage in at least 150 minutes of moderate intensity exercise per week or 75 minutes of vigorous intensity exercise per week. A combination of both works, too.

- **Resistance Training** - Find exercises to target all of your major muscle groups at least 2-3 times a week. Be sure to get at least 48 hours of rest between resistance training sessions of the same muscle group.

- **Balance Training** - Look for exercises that will target balance, agility, and coordination. Practice these 2-3 times a week.

- **Flexibility Training** - Flexibility exercises will help you keep a great range of motion around your joints. Try 60 seconds per exercise at least 2 days a week.

- **Too Much?!** Even if you don’t complete all the recommended amounts of exercise, you still earn the benefits as long as you train.

- **Check Yourself!** - Though the benefits of exercise outweigh the costs, it is still recommended to consult a physician before starting a new program to ensure safety when exercising.

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**Happening @ The LFC**

**Gentle Yoga Workshop**

*Monday, April 4 @ 12 pm in KIN 110B*

Experience this relaxing, restorative gentle yoga session with LifeFit guest instructor Tanya Edgley!

**Is Sitting Really the New Smoking? Workshop**

*Thursday, April 28 @ 12 pm in the Learning Center*

Recent scientific research has suggested that sitting for prolonged periods is particularly harmful to our health. Join Dr. Ralph Rozenek as he reviews the evidence pointing to the adverse effects of physical inactivity and offers practical suggestions for being active. This is one you won’t want to miss!

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**Yelp if You Love LifeFit!**

*This month, share your review of the LifeFit Center on Yelp & earn a chance to win 1 free month of membership!*

**How does it work?**

Leave us a review on the LifeFit Center @ The Beach Yelp page any time from April 1-30. At the end of the month, we'll randomly select the winner of a free month of LFC membership (or the equivalent value in LFC credit).

**Not sure how to use Yelp?**

Ask anyone at the Service Desk, or stop by Emily's office for a quick tutorial. We'll get you squared away!

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LFC Phone: 562-985-2015
Website: www.csulb.edu/lfcbeach
Email: lifefitcenter@gmail.com
Director's Message - Dr. Ayla Donlin
Greetings LifeFit Members, Staff, and Interns,

April is Exercise is Medicine month at LifeFit! One of the great joys in my role as director is hearing the wonderful stories about how exercise has been medicine for you! In the last month, I have heard stories about members being taken off of medications they have been taking for years, stories about members feeling more energetic and alive, and stories about members being in better shape than ever before.

Please keep sharing these wonderful stories and testimonials with us! Please let us know if you give us permission to post these stories on our Facebook page and/or website. We would really like to share how exercise has been medicine for our members at LifeFit.

In Health,
Dr. Ayla Donlin
Director, LifeFit Center @ The Beach

LFC Staff & Intern Plank Challenge
Thanks to everyone who participated in the Plank Party last month! Our staff & interns were so motivated by all of your planks - they began challenging each other to plank in creative ways. Check out a few of their challenge entries!

**We do not recommend trying some of these at home - our staff members are clearly pretty daring folks!**

IN-TRINITY Private Training
Sign up for IN-TRINITY Private Training today! For more information, contact LifeFit Director Ayla at 562-985-2087 or ayla.donlin@csulb.edu.

Parking Update
We want to give you a heads up that Lot 7, a large lot on upper campus, will close on April 1 and is expected to reopen in August 2016 due to an expansion project. This should not impact LifeFit parking in Lot 10A. Please continue to communicate with us if you have any questions or comments regarding parking.

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