Happening @ the LFC

How to Survive the Holiday Dinner Table Workshop

**What:** Join Registered Dietitian Shelby Yaceczko as she shares a handful of favorite holiday recipes with a healthy twist. Learn how to implement realistic tips to ensure that your health goals aren’t overlooked!

**When:** Wednesday, December 9 @ 11 am

**Where:** Learning Center at the LifeFit Center (KIN 106A)

Salsa Party!

**What:** Join us for a fun, exciting lesson with the CSULB Salsa Club! We’ll have a blast learning the essentials of Salsa dancing – just in time to show off our moves for the holidays! Please wear comfortable shoes and clothes – you’ll be dancing!

**When:** Wednesday, December 16 @ 10:00 – 11:15 am

**Where:** KIN 110B at the LifeFit Center

Annual Holiday Potluck!

**What:** Celebrate the holidays with the LifeFit Center! Bring your family, friends, and a dish of your choice to share. Get ready to socialize, eat great food, and play a fun game of jeopardy!

**When:** Wednesday, December 16 @ 11:30 am – 1:30 pm

**Where:** Learning Center at the LifeFit Center (KIN 106A)

December is Healthy Holidays Month!

The holidays are upon us! This time of year brings lots of delicious food, time with family and friends, and cold weather. Here are some tips on how to stay healthy this holiday season:

1. **Wash your hands often.** With flu season in full effect, regularly washing your hands with soap and water will help to prevent the spread of germs.

2. **Manage your stress.** Maintain your workout routine, get enough sleep, and connect with your social support network to minimize your level of stress this month.

3. **Don’t drink and drive or let others drink and drive.** Be safe and responsible by choosing not to drive after consuming that adult egg nog. Remind your friends and family to do the same.

4. **Bundle up to stay dry and warm.** Protect yourself from colder temperatures by wearing layers and warm clothing.

5. **Be smoke-free.** Smoking and inhaling second-hand smoke put you and your family at risk for a whole host of diseases. Encourage your loved ones to develop new healthy habits this season.

6. **Fasten your seat belt.** The holidays present more reasons to drive to visit relatives and friends. Always wear your seat belt when driving and ensure that your passengers are also secured. Buckle up every time – no matter how short the trip!

7. **Practice fire safety.** Fireplaces, stoves, heaters or candles left unattended can be fire hazards. Most residential fires occur during the winter months. Have an emergency plan in place.

8. **Prepare food safely.** Wash hands and cooking surfaces to avoid cross-contamination. Cook foods at proper temperatures and refrigerate them promptly.
**Director’s Message – Dr. Ayla Donlin**

Greetings LifeFit Members!

What a wonderful time of year! All of us at LifeFit wish you and your family a very Healthy, Happy Holiday Season. This is a time to be especially grateful and celebrate! As we are in our fourth year of operation at LifeFit, we are grateful that you have chosen us as your community.

“Gratitude is not only the greatest of virtues, but the parent of all the others.” – Cicero

In Health,

Dr. Ayla Donlin
LifeFit Center @ The Beach Director

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**Team Member of the Month – Anthony Bautista**

Our team member of the month for December is Anthony Bautista! Anthony joins us as a work study student. He is studying Health Care Administration and has a love for fitness. Anthony is always willing to take on extra tasks and has even helped to develop new programs for us (stay tuned for more details!). Stop by the Service Desk on Monday and Wednesday evenings to chat with Anthony. Be sure to ask him about his reading list – he has some awesome recommendations!

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**LFC Parking Reminder**

As you may have noticed, parking enforcement has been patrolling Lot 10A more vigilantly - a good thing in terms of protecting our LifeFit 10A spaces - though, to prevent any of you from receiving parking tickets, here are a few things to keep in mind:

- If you need to renew your membership or parking stickers, please leave your permit in your car. We can give you stickers or a new permit at the Service Desk.
- Please regularly check the status of your parking permit to ensure it is up to date.
- Make sure that you are parking in "Lot 10A Permit Only" spots. You will receive a ticket if you are parked in an "Employee Permit Only" spot.
- If you invite or refer a friend to the LifeFit Center, let them know that they are welcome to park in a "Lot 10A Permit Only" spot and we will provide a temporary parking permit at the Service Desk.

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**LFC Towel Service**

Our free towel service will continue through 2015. Starting January 4th, 2016, members will be able to pay $20 for towel service for the year.

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**Holiday Closures at the LFC**

We will close on Wednesday, December 23rd at 2 pm and will reopen on Monday, January 4th. Happy Holidays!

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**Sign Up for the New Strength for Living Level I Cohort!**

A new Strength for Living Level I cohort will begin on Monday, January 18, 2016. Led by Certified Personal Trainer Carly Maxwell, this cohort will meet at 10:15-11:30 am on Mondays, Wednesdays and Fridays.

The deadline to register for this cohort is Friday, December 18.

To sign up, see the Service Desk during your next visit. To learn more about Strength for Living, check out our website.

**Do you want to do Strength for Living in the afternoon?**

If so, contact LifeFit Assistant Director Emily Sopo at emily.sopo@csulb.edu.