Happening @ The LFC

New Strength for Living Cohort

A new Strength for Living Level I/II cohort will begin on Monday, July 11. Led by Certified Personal Trainers Carly Maxwell & Scott Fagan, this cohort will meet on Mondays, Wednesdays & Fridays at 10:15 - 11:30 a.m.

Space is limited! The deadline to register to Wednesday, June 15. Visit the Service Desk to sign up today!

Mindful Flow Yoga Workshop

with Linda Meng

Tuesday, June 7 @ 12 pm in KIN 110B

Relax, stretch, and regroup during this hour of yoga with our very own LifeFit intern, Linda Meng.

Exercise Intensity Workshop Series

with Dr. Ayla Donlin

Part I: Exercise Intensity - What is it & Why is it Important?

Wednesday, June 22 @ 12 pm in the Learning Center

Do you monitor the intensity of your workouts? If not, you might be missing many of the benefits to be gained from exercise. Learn about intensity related to various components of fitness (cardio, resistance training, flexibility, and balance). We will also discuss the role of exercise intensity in losing weight and improving fitness.

Cardiorespiratory Fitness Overview

What is Cardiorespiratory Fitness?

Cardiorespiratory fitness is an important component of overall health and wellness! It is the ability of the body’s circulatory and respiratory systems to supply fuel and oxygen during physical activity. It is a measure of how well the body is able to transport oxygen to the muscles during exercise.

As we grow older, our cardiorespiratory fitness declines. In order to combat this, it is important to have an exercise program that incorporates cardio training to stay fit and healthy!

Benefits of Cardiorespiratory Fitness:

- Increased blood flow to the active muscles and the heart
- Increased oxygen carrying capacity
- Reduced risk of cardiovascular diseases and cancer
- Reduced symptoms of depression and anxiety
- Increased motivation and confidence
- Decreased resting heart rate
- Better control of body fat

What can I do to get my Cardio in?

Cardio fitness can be enhanced through any training that repetitively uses major muscle groups and increases your heart rate. Examples of exercises include cycling, swimming, jogging, running, circuit training, and more! LifeFit classes that will work your cardiorespiratory system include Fit Camp, Building Strength, Fit & Fun, Krank Circuit, and Krank Fusion!

Parking during the Special Olympics

The Special Olympics is coming to CSULB June 11 & 12! With setup and the weekend of events, Lots 10A and 10 will be affected. Please give yourself plenty of time to find parking on June 9-13.

Here's where LifeFit members with a LifeFit-issued parking permit can park June 9-13:

- **Thursday, June 9th & Friday, June 10th:** Lot 10 (West End)
- **Saturday, June 11th:** Lot 11A or B or Parking Structures*
- **Monday, June 13th:** Lot 10 (West End) until Lot 10A is open, and then Lot 10A (should be open around 10/10:30 am).

*Remember, you can always park in Lots 11A & 11B and in Parking Structures 2 & 3 off of Palo Verde*

Thank you for your understanding!

LFC Phone: 562-985-2015
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June 2016 Newsletter (cont’d)
Cardiorespiratory Fitness

Director's Message - Dr. Ayla Donlin

Greetings LifeFit Members, Staff, and Interns,

June is cardiorespiratory fitness month at LifeFit! You are probably familiar with the recommended guidelines for cardiorespiratory fitness as we frequently share them at the LifeFit Center. The American College of Sports Medicine (ACSM) recommends that healthy adults accumulate 150 minutes of moderate intensity or 75 minutes of high intensity cardiorespiratory exercise per week (or a combination thereof).

We have PLENTY of group fitness classes and cardio equipment to assist you in achieving these guidelines. Further, we offer the MYZONE Heart Rate Training system to assist you in measuring your activity. You can purchase a MYZONE MZ-3 bluetooth heart rate monitor at the Service Desk and use it ANYWHERE!

I will be offering a three-part workshop series covering intensity and heart rate training this summer at the LifeFit Center. Keep an eye out for flyers coming soon!

June 22nd @ 12 pm
Part I: Exercise Intensity – What is it & Why is it Important?

July 13th @ 12 pm
Part II: Heart Rate Training 101 & 201 – The Basics and a Little Bit More.

August 10th @ 12 pm
Part III: Purposeful Intensity – The Key to Long Term Results.

In Health,
Dr. Ayla Donlin
LifeFit Center Director

Team Member of the Month
Cecilia Guerrero

Cecilia joined us last year and has been an amazing addition to the LifeFit team! As a personal trainer and group fitness instructor, Cecilia always gives her best effort. She is a true professional. You can find Cecilia on our group fitness schedule or sign up to train with her today. Be sure to wish her congratulations - she just graduated!

Introducing LifeFit
Member of the Month

Who inspires you?

We are so inspired by LifeFit members, we want to celebrate you!

Starting in July, we will feature one LifeFit member in our newsletter, and we want YOU to nominate them. Visit the Service Desk starting this month to tell us who inspires you!

Private Yoga Training

with Kaitlyn Jones

Packages are available for One-On-One, Buddy, & Small Group Yoga Training!

To learn more about purchasing a package & to schedule your first session, contact Kaitlyn at kjones5164@gmail.com or 562-522-5217.

Refer a Friend in June!

This month, refer a friend* and you will each receive 50% off of one 4-pack of Buddy Training!

*Referred friend must be a new (first-time) LifeFit member & purchase their membership in June 2016.

Summer Savings!

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