ONLY 4 WEEKS Until Spring Break!

Avoid the “Bikini Binge” & the “Cut-up Cram”

Escape the negative consequences of over exercising and unhealthy eating choices.

Get fit the right way!

Diet Tip of the Week
Don’t skip meals, especially breakfast! The result is low energy, cravings for sweet foods, high intake of cookies and treats, and often undesirable weight gain!

Spot Reduction Myth
Spot reduction (losing weight from a particular area of the body, like the abs) is not possible. There are NO exercises that will eliminate fat from just one area of the body. When you expend calories through exercise fat is burned throughout the whole body not at one specific site. Do workouts that include cardiovascular, resistance, and flexibility training and incorporate all of your muscles!

For more information and tips on diet and exercise go to: campusrecreation.binghamton.edu