ONLY

6
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!

Exercise Tip of the Week

Strength Training
Technique is Important!
Learn proper form before you begin-ask for help. Exercise both sides of your body-front and back, and train all major muscle groups. Breathe! Exhale during the hardest part. Train in control. Don’t let momentum move the weight.

Diet Tip of the Week

Rev Up Your Metabolic Rate
• Eat breakfast, lunch, snack and dinner on a consistent schedule. Your body will learn to use the food as fuel instead of storing it as fat.
• Eat nutrient dense foods—that’s fresh fruit, raw veggies and whole grains. Eliminate processed foods.
• Eat enough protein (.6-.9 grams of protein per pound of body weight). Fish, beans, eggs, nuts, soy products, dairy and lean meats.
• Drink plenty of water.

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