ONLY 9 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**

Although crash dieting can result in large amounts of weight loss, it is muscle mass, glycogen stores, and water, not excess body fat that is lost. This can lead to electrolyte imbalances, anemia, mineral/vitamin deficiencies, and reduced endurance/performance. A person should not lose more than two pounds per week. Reducing caloric intake by 500 calories per day and increasing activity to burn an additional 500 calories per day will likely result in a loss of two pounds by the end of the week.

**Exercise Tip of the Week**

**Cardiovascular Training:**
- 20-60 minutes
- 3-5 days per week

**Full Body Strength Training**
- 1-2 sets of 8-15 reps
- 2-3 days a week

**Flexibility Training**
- Hold each stretch 12-30 seconds twice
- 2-7 days per week

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