

DECEMBER

NEWSLETTER

Exercise Testing

If you are new to Fitness for Life this year, or you are a returning member who missed testing in Spring 23, you are eligible for testing. Please be sure to complete your medical form before testing.

Personal training is also available Monday through Thursdays.

Testing for the Fall 23 semester will conclude on Dec. 7th. The spring session will begin again after January 22nd. Please email one of the Graduate Assistants or contact Dr. Kullman to schedule your test or a training session!

- [Click here](#) for the medical form

Ways to Get Inspired This Month

Workouts available on FFL website

We've added several workout plans to the Fitness for Life website to help keep you on track with your fitness goals! Plans include:

- Couch to 5k run/jog plan
- Swimming workouts
- Lifting and Crossfit
- Walking for fitness

For links to the plans, [click here](#)!

CSU Athletics

Get inspired and cheer on our top-notch Division 1 student-athletes! Teams that are currently in-season include: Swim and dive, basketball, and wrestling. Check out the [CSU December Athletics Schedule](#). Go Vikes!!



Looking for exercises for your travel schedule?

Incorporate these 7-minute exercise routine into your travel schedule-at the airport, while you are pumping gas, during commercial breaks, or to start your morning!

- The Cleveland Clinic provides this high intensity routine: [Should You Try the 7-Minute Workout?](#)
- For each exercise, complete as many repetitions for 30 seconds, then rest for 10 seconds. Have more than 7 minutes? Repeat the workout two or three times.
- Complete the exercises in the order they are listed:
 - Jumping jacks
 - Wall sits
 - Push-ups
 - Crunches
 - Step-ups
 - Squats
 - Tricep dips
 - Planks
 - High Knees
 - Lunges
 - Push-ups with rotation
 - Side planks



Challenge Exercises

Snowman

- Squats
- Mountain Climbers
- Plank
- Jumping jacks

Mittens

- Step-ups
- Curtsy Lunges
- Pogo jumps
- Running arms (Body is stationary while arms move in running motion)

Snowflake

- Alternating lunges
- Flutter kicks
- Push-ups
- A-skips

Choose your level:

- Level 1- One round of exercise
- Level 2- Two rounds of exercise
- Level 3- Three rounds of exercise
- Level 4- Four or more rounds of exercise
- *Exercise for 20s, rest for 10s*

Pump and Praise for 31 Days Challenge

The holidays can bring busy schedules and distractions which is the perfect time to pause, empower loved ones, and keep your healthy habits on track. "Pump" those muscles and give praise to someone you are appreciative of in your life each day of the challenge. Exercise gives physical and mental benefits!

Each week will contain exercises that can be done at home, the gym, or even the airport on those travel days. Additionally, each day think of someone who did something praiseworthy that day or who you have been thankful for. Send them a text, give them a call, write them a letter, talk to them in person-reach out and share those praises.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 REST	6	7	8	9
10 REST	11	12	13	14	15 REST	16
17	18	19	20 REST	21	22	23
24	25 REST	26	27	28	29	30 REST
31						

Cleveland December Fun Runs

Looking to add some fun runs or walks into your schedule this December? Cleveland has several races scheduled-below are a few of the many opportunities to support a cause and/or get some exercise in at the same time:

- [Park Run Saturdays](#)
- [Reindeer Run: 12/3](#)
- [Resolution Run: 12/31](#)

Exercise Cards

Don't forget to turn in your exercise cards at the end of every month. Tracking your exercise is a great motivational tool to keep you on track. You can email cards to: e.kullman@csuohio.edu Exercise cards can be found [here](#).

If you need to schedule your initial fasted blood test and Fitness for Life Testing or have other questions about testing, scheduling, the lab, or the workout areas, please contact one of the lab graduate assistants at:

Cristina Cross: c.cross22@vikes.csuohio.edu

Marlee Kovalik: m.j.kovalik@vikes.csuohio.edu

Please send exercise cards to Dr. Kullman (e.kullman@csuohio.edu) every month!

Find the exercise cards [HERE](#).