

# Fitness Center Newsletter

## Fitness Center Turkey Trot

Grab a tracker card at the Fitness Desk and complete **at least 10** of the squares as you participate in many forms of physical activity, and get rewarded for all that hard work just in time for the holidays! The boxes include biking, running/walking, strength training, stretching, fitness assessments. Once completed, you can choose from our Prize Box!



### Ocelot Café

**Hours:**

**Monday-Friday**

4:00-8:30 pm

**Saturday-Sunday**

9:00am-4:30pm

Enjoy healthy meal options including protein packed smoothies, salads, wraps and more!



## Fall Frenzy—Thank you!

We would like to extend our sincerest thank you to all of our community members, students, faculty, and staff that participated in the 2017 Fall Frenzy Competition. We fell in the Semi-Finals to SUNY-Binghamton by just 1.4 miles, but we look forward to competing in 2018!



### Top 5 Riders:

#1: Jim Seay (622 miles) **[3<sup>rd</sup> Place in the ENTIRE competition]** #2: Michael Waldyke (401 miles)  
#3: Billy Smythe (275 miles) #4 Patrick Casey (247 miles) #5: Jack Washka (178 miles)

### Important Dates to Remember:

- Free Fitness Assessments  
November 6-9
- Turkey Trot Challenge  
November 6-22
- Closed for Thanksgiving  
November 22: Close at 3pm  
November 23-26: Closed

### Health Article: 3 Strategies for Having Healthy Food Available

**Article Link:** <https://www.precisionnutrition.com/meal-planning-strategy>

Try these 3 strategies for meal planning to help you keep healthy food available when you need it! Whether it is a Sunday

ritual, daily planning and prep, or having healthy meals *made* for you, try to keep your healthy meals in stock.

Most importantly, do what works best for YOU!



## Schoolcraft College

18600 Haggerty Rd.  
Livonia, MI 48152

Phone: 734-462-4348

E-mail: SCFitnessCenter@schoolcraft.edu

Website: schoolcraft.edu/fitnesscenter

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and Instagram!



## Free Equipment Orientations

Did you know we offer group orientations to help with our cardio and strength equipment? Check out the times below!

### Weekly Equipment Orientation Times:

Monday: 10 AM | Tuesday: 6 PM | Wednesday: 5 PM |  
Thursday: 8 AM | Saturday: 11 AM

*(Sign Up at the Front Desk)*

## Commit to Get Fit-January!

Back by popular demand, our Commit to Get Fit weekly email program will be back on

**January 16th!**

Sign-up at the Fitness Desk with your name and email, and we'll provide weekly exercise, nutrition, and health tips to kick-off the new year through the week of March 26th!

### Topics include:

*Goal Setting*

*Nutrition Habits*

*Fitness Technology*

*Cardio Training*

*Strength Training*

*Travel Workouts*

*Exercise for Different Age Groups*

## Fitness Center Hours

### Fall/Winter Fitness Center Hours

**Monday-Friday: 5:30AM-9:00PM**

**Saturday: 7:00AM-5:00PM**

**Sunday: 10:00AM-4:00PM**

### Thanksgiving Weekend Hours:

**Wednesday Nov. 22nd: 530am-3pm**

**Thursday Nov. 23rd: CLOSED**

**Friday Nov. 24th: CLOSED**

**Saturday Nov. 25th: CLOSED**

**Sunday Nov. 26th: CLOSED**



*Have a Great Holiday!*

## At Home Workout for the Holidays

Need an idea for workout to do while home for the holidays?

Try this interval workout for a quick sweat at home!

Complete 3-5 Rounds: 1:00 minute on / :30 seconds rest between

Bench or Box Step Ups

Plank

Side Lunges

Pushups

Jumping Jacks

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