

KickStart

your Fitness Success

Join us for a complimentary fitness lecture
led by personal trainer alumnus Shawn O'Brien '98:


Tuesday, Oct. 14, 2008

7 p.m.,

Warner Hall,
Midtown campus

Refreshments will be provided.

This Homecoming event is free and
open to the entire university community



Attend this lively discussion about the importance of exercise and nutrition and how to fit these into your busy schedule. The talk is great for students majoring in HPX and for everyone looking for information about fitness and nutrition.

Topics will include:

- Fitness trends
- Fast Food doesn't have to be bad food
- The importance in today's society of eating healthy and exercising properly
- Obesity in the United States today
- The fitness field and options available for students entering the fitness profession
- How to find a – Personal Trainer, Gym/Fitness Center or Home Program?



Shawn O'Brien is a personal trainer and co-owner of
Excel Fitness in West Hartford, Conn.



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