

Winter Warm-up January 21 – 27

* **FREE** programs * **FREE** services * **FREE** food

Winter Warm-up is an annual tradition of the Department of Athletics and Recreation that kicks off the new year; showcasing a variety of programs, services and facility offerings. The entire university community is invited to participate in this **free fun-filled** time of health and fitness.

Group Fitness Program

Look and feel your best in the new year with NU Group Fitness. With a wide variety of over 50 classes a week offered, interested participants can attend classes for **FREE** 1/21-1/27 ~ total body workout, aqua fitness, yoga, pilates, cardio box, step mix, body strength, cycle challenge, cardio blast, interval training, and more. Call (847) 491-4303 for a schedule of classes.

Wellness screenings

Find out how your posture is the window to your spine, and your feet are the foundation to your entire body. Chiro One Wellness Centers will be providing posture and spinal screenings, and foot scans. Pre-registration not necessary. (lobby)

Monday 4:00-7:00pm
Saturday 10:00-12:00noon

Foot screenings

Provided by the Foot & Ankle Clinics of America, Dr. Tim Kruse will be available to answer questions and provide free foot screenings. Pre-registration recommended. Appointments made in 10-minute intervals. (lobby)

Tuesday 5:00-7:00pm

Injury and flexibility screenings

Provided by AthletiCo, licensed physical therapists will be on-site to provide injury screenings and answer questions on injury prevention and rehabilitation. (lobby)

Tuesday 4:00-7:00pm

NU Million Step Activity Challenge

Lace up your walking shoes and GET FIT Northwestern! Come find out about the NEW, all-encompassing, ACTIVITY PROGRAM for the university community ~ ideal for all ages, fitness levels, abilities and interests! Program includes pedometers, walking maps, incentive prizes and more. Take the challenge! Visit the Ask the Trainer booth or call (847) 491-4303 for more details on the program and how to register. (lobby)

Monday 7:00-9:00am, 5:00-7:00pm
Wednesday 12:00-1:00pm; 5:00-7:00pm
Thursday 7:00-9:00am
Saturday 10:00-12:00noon

Healthy refreshments

Healthy refreshments offered throughout the week, compliments of Dominick's Finer Foods, Einstein Bros. Bagels, Great Harvest Bread and Rollin' in Dough.

Ask the Trainer

Looking to start a fitness program? Interested in evaluating the effectiveness of your current program? Speak to a member of our fitness staff and learn about the many services offered to help you reach your goals. **FREE** blood pressure measurements and body composition analysis offered. (lobby)

Monday 7:00-9:00am, 5:00-7:00pm
Wednesday 12:00-1:00pm; 5:00-7:00pm
Thursday 7:00-9:00am
Saturday 10:00-12:00noon

Amp up the Power of your Workout!

Come see the latest in fitness...the NEW POWER PLATE NU Fitness has added to their offerings. The Power Plate has created a revolution in the fitness, health, wellness and anti-aging industries and is one of the most efficient training devices available anywhere. The NU Fitness staff will be available to answer questions and provide demos at the days and times below. (lobby)

Monday 7:00-9:00am, 5:00-7:00pm
Wednesday 12:00-1:00pm; 5:00-7:00pm
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"Normal" Aging: Is it possible to stop?

The way an individual ages is often based on lifestyle choices made throughout their life. Join Dr. Jonathan H. Maks, MD and learn how exercise and healthy lifestyle habits can significantly help slow or stop the "normal" aging process. A not-to-miss presentation for all ages!

A FREE LIGHT LUNCH will be available to those in attendance. Pre-registration desired. (tennis center balcony)

Wednesday 12:10-12:50pm

Spinal Screenings

Everyone can benefit from naprapathetic therapy, especially people suffering from repetitive stress, muscle soreness, back and neck pain, headaches, and musculoskeletal pain. Come for a free spinal screening and mini spinal treatment provided by the *In Balance Health Center*. Dr. Dawn Olson will check for muscle imbalances, spinal misalignments and postural abnormalities. (lobby)

Wednesday 4:30-7:30pm

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