



# WELLNESS WEDNESDAYS

September 3<sup>rd</sup>-Body Fat Testing

September 10<sup>th</sup>-**Minute to Spin it:** Do you have what it takes to complete the most insane tasks in one minute? Complete the task and beat the clock to avoid spinning the tortious Wheel of Workout.

September 17<sup>th</sup>-**Trivia Challenge:** We know you work your biceps, now we want to see you work your brain! Answer correctly and you can dish out exercises to our staff.

September 24<sup>th</sup>-Flexibility Testing

**New  
Extended  
Hours**

EVERY WEDNESDAY  
IN THE WELLNESS  
CENTER LOBBY

10AM-4PM

LEARN ABOUT  
UPCOMING FITNESS  
CONTEST & EVENTS

PRIZES

DEMOS

LSUHSC WELLNESS  
CENTER

Stanislaus Hall  
3rd & 4th Floors

[wellness@lsuhsc.edu](mailto:wellness@lsuhsc.edu)