

Campus Wellness Event

The Energy Balance Equation

All things being equal, what comes in (food), should go out (energy).

In this session, learn about:

- ◆ the nature of calories from food
- ◆ the nature of calories from exercise
- ◆ there are no bad foods, only bad diets
- ◆ comparison of life-styles before and after the Industrial Revolution
- ◆ the nature of physical activity recommendations
- ◆ a simple way to calculate the food calories you need each day

Speaker: Dr. Green Waggener, Associate Professor, Kinesiology & Physical Education. Green teaches courses in Exercise Physiology and Health & Physical Education for Valdosta State University. His special interests are in Martial Arts physiology, psychology, and plyometric activities; sport nutrition supplements; healthy aging and physical activity across the life span; experiential education; and outdoor activities such as bicycling, canoeing, and camping.

Join us Friday, August 25th, 2006
from 12:30 to 1:30 p.m.

in the Faculty Dining Room
Palms Dining Center

For \$6.42, or a meal plan, pay the Palms Cashier
and enjoy a special buffet lunch.
Limited to the first 25 attendees.

Asian Slaw
Asian Chicken Wraps
Oriental Salmon Salad
Oriental Noodle Salad
Minted Lemongrass Sorbet

