

Campus Wellness Event

PRESENTS

Which Comes First, Diet or Exercise? Meet the "MET!"

Using simple math and the metabolic equivalent, listeners will learn how (exercise scientists) calculate "the kilocaloric cost" of exercise or during simple daily activities. In order to make the presentation practical AND personal, each person should bring a simple and inexpensive calculator to the luncheon.

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, November 7, 2008
from 12:30 to 1:30 p.m.
in UC Executive Dining Room

Enjoy a special buffet lunch for \$7.49, or a meal plan swipe.

Space is limited to the first **36** attendees.

Please RSVP by calling 259-5105
or online at www.valdosta.edu/finadmin/training

Menu

Burgundy Pork Tenderloin
Cajun Style Baked Sweet Potato
Arugula Salad with Cheery Tomatoes
Green Beans with Almonds
Sour Cream Chocolate Cake

