

Get Moving at the RAC!

Walking Tour with RAC Staff Members



Three Separate Fall Sessions Available:

Friday, September 25th

Friday, October 30th

Friday, November 20th

12:00—1:00 p.m.

RAC Lobby



Are you ready to start a physical fitness regimen?

Are you curious about the services at the RAC?

Would you like to know some easy fitness tips to help you incorporate physical exercise into your busy day?

Join RAC staff for an in-depth walking tour of the RAC and discussion about the importance of physical fitness. One of UMBC's employee benefits is free membership to the RAC and there are lots of ways to use the facilities to fit your schedule. On this interactive tour, you will learn the following:

- How to fully utilize the RAC and services offered.
- Ways to become more comfortable working out.
- Tips for how to incorporate exercise into your work day.
- Nutritional information and facts about the benefits of exercise.

Past participants have said...

"It will be easier for me to use the RAC while I am on campus, and I feel MUCH more informed about areas of the RAC I have not used because of lack of experience."

"It is nice to see the fitness professionals also need to push themselves to stay fit. They were encouraging and conveyed the notion that they and others at the RAC are there to help you."

This event is sponsored by the RAC and offered as part of UMBC's Wellness in the Workplace Initiative



Spaces are limited and the registration deadline is 4 days before the program date.
Register at: www.umbc.edu/training/community

Questions? Call Mike D'Archangelo at ext. 5-6883 or email miked@umbc.edu