

PRIME FITNESS

MARCH/APRIL 2025

SPRING INTO ACTION!



**JUMP INTO A NEW HEALTHY HABIT
THIS SPRING**



**AS WE ENTER THE
SUNNIER MONTHS,
CONSIDER MAKING
SOME NEW AND
HEALTHY LIFESTYLE
CHANGES! THERE ARE
COUNTLESS WAYS TO
DO SO INCLUDING
FITNESS CLASSES,
PERSONAL TRAINING,
AND MORE!**

Take a Walk!

With the sun coming out, it's a great time to take a walk around campus, at one of our local parks, or even around town! Walking is a fun and easy way to incorporate physical activity into your day. It can be social too- invite your friends out!

National Walking Day is April 2nd. Keep an eye out for announcements from the Wellness team about an outing!



Digging Happiness Daily!

We're entering that wonderful time of the year where everyone is back outside tending to their garden. Gardening is a great way to spend time outdoors and be active!

Earth Day is April 22nd. You can make your impact on a healthier Earth simply by doing what you love, gardening!



Contact Wellness Coordinators Antonina and Emilie for more information about fitness classes or personal training at (503) 375-5905.