



Tips for Exercise Success

Swimming, cycling, jogging, skiing, aerobic dancing, walking or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles. Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart.



Here are some tips for exercise success:

- * If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.
- * Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.
- * Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.
- * Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.
- * Use music to keep you entertained.
- * Surround yourself with supportive people. Decide what kind of support you need. Do you want them to remind you to exercise? Ask about your progress? Participate with you regularly or occasionally? Allow you time to exercise by yourself? Go with you to a special event, such as a 10K walk/run? Be understanding when you get up early to exercise? Spend time with the children while you exercise?
- * Share your activity time with others. Make a date with a family member, friend or co-worker. Be an active role model for your children.
- * Don't overdo it. Do low- to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising on most days of the week for 30-60 minutes.
- * Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

Source: <http://www.americanheart.org/>

RHA's ResHall Week

March 31-April 5th: The events are as follows



Monday	Decorate your Hall Judging Starts at 5:00pm
Tuesday	Volleyball Tournament RAC Volleyball Courts, 6:00pm
Wednesday	Mr. and Ms. ResHall Russell Union Theatre, 7:00pm
Thursday	Hall Appreciation Day Attend the programs in your halls!
Friday	Deadline Day Scavenger Hunt, Programs, and Pop-Tabs all due by 5:00pm
Saturday	Field Day Location still TBA, 2:00-6:00pm

If you have any questions please contact your Hall Council!



President's Corner

Sometimes we forget that we all possess a very powerful tool: our voice. It is most important to make sure that you are holding your student representatives accountable and making sure they are producing the results you desire. As the end of the semester nears, you have an opportunity to make sure you are getting the representation you want. This opportunity is the Student Government Association (SGA) Elections. Elections this year will take place April 7-9. I encourage each and every one of you to learn about the candidates who are running to become the 2008-2009 SGA. It is key to remember that these students will be making many important decisions for our university and that all of these decisions affect each and every one of us. Ask questions, demand answers, and form opinions. This is your university and each of us deserves to be heard!



Let's make every week amazing.

Your RHA President, Deborah Swofford

If any of you have ideas for RHA to help improve your community, email me at rha_deb@yahoo.com.

"Up Til Dawn" comes to GSU

Up 'til Dawn is dedicated to helping St. Jude Research Hospital. This organization helps raise money and awareness for the hospital. St. Jude costs over 1 million dollars a day to run and treats children with terminal illnesses. It runs on donations only and helps children, regardless of their families' inability to pay. Throughout the year, Up 'til Dawn hosts events and programs to get more Georgia Southern University students involved with this amazing cause. They host letter writing parties, carnivals, and more to spread the word about St. Jude's.



This year we are challenging our students to raise twice that amount! Want to get involved? Grab 5 of your friends, classmates, or coworkers and fill out the application. This year, let's GO WILD FOR A CURE! For more information, please contact the office of Student Leadership at 871-1435.

Weekly Volunteer Opportunities

Each week, the Office of Student Leadership and Civic Engagement offers **opportunities** for students to go out and volunteer in the community.



Mondays

1:30 – 3:00pm - Health and Rehabilitation --Go to a local nursing home to visit and play games with the residents.

Wednesdays

1:30 – 3:00pm - Health and Rehabilitation --Go to a local nursing home to visit and play games with the residents. 5:30 – 7:15pm – Go to Joseph's Home for Boys. Hang out with the boys at the home and be positive role models for them.

Fridays

2:00pm – 4:00pm –Tutoring at after-school program.

Be a Volunteer Leader!

The Volunteer Involvement Board (VIB) seeks new members! The VIB grants students the opportunity to gain leadership skills and service hours by planning and implementing volunteer programs. Members will learn:



- skills in communication
- critical-thinking
- teamwork

All while serving and having fun! Students will choose four committees a year on which to serve; each committee will plan a service event. The events can vary from something as small as a visit to a nursing home to something as big as a fundraiser dance.

Applications for the VIB will be available March 27th in the Office of Student Leadership & Civic Engagement (Russell Union 2022). They will be due by April 11th.

Questions? Contact Diana at 871-1435 or dhensley@georgiasouthern.edu.

Career Corner

The **College-to-Career Fair** will be held on **Tuesday, April 8, 2008** at the **Cobb Galleria in Atlanta**. The fair will run from 11am-3pm. Companies from across the region will be on hand to collect resumes. Don't miss this great networking opportunity! **You MUST bring your student ID to attend.** For information on companies attending, please go to: www.gace.org/careerfair. If you have any questions, contact Career Services at 912-681-5197.

