HEALTH & KINESIOLOGY Celebration WEEK

OCTOBER

MONDAY 10/28:

28 - November 1

Student Appreciation Cookie Day!
Free Cookies in Lambert Lobby

TUESDAY 10/29:

Get Up and Move Day!
HK CHALLENGE OBSTACLE COURSE!
Fitness, Fun, Games, Trivia & Prizes!

WEDNESDAY 10/30:

Smoothie Power!
Pedal Your Way to a Free Smoothie!

THURSDAY 10/31:

Charles L. Cowell Lecture
Featuring Dr. Lynda Bonewald
"The Muscle Metabolite, β-aminoisobutyric acid, L-BAIBA,
Enhances the Effects of Exercise"

Athletic Training Day!
2nd Annual
Ankle Taping Championship!
Ready, Set, Tape!

PURDUE HK
DEPARTMENT OF HEALTH & KINESIOLOGY

Healthy Ideas In Motion...

Have some FUN at Lambert!