**HEALTH & KINESIOLOGY**

**Celebration WEEK**

**OCTOBER**

**MONDAY 10/28:**

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!
10am - Noon on the Lambert Lawn

**WEDNESDAY 10/30:**

Smoothie Power!
Pedal Your Way to a Free Smoothie!
10:30 - 11:30 in Lambert Lobby

Charles L. Cowell Lecture
Featuring Dr. Lynda Bonewald
"The Muscle Metabolite, β-aminoisobutyric acid, L-BAIBA, Enhances the Effects of Exercise"
3:30 pm ARMS B071

**THURSDAY 10/31:**

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

**PURDUE HK**

DEPARTMENT OF HEALTH & KINESIOLOGY

Have some FUN at Lambert!

Healthy Ideas In Motion...