

Western Illinois University presents:

# Love Your Body Day 2008

October 15th



## Wednesday, October 8th

**11 a.m. - 3 p.m., Union Concourse:** Resource table and distribution of Bare It All postcards. Pick one up and share your secret!

## Wednesday, October 15th

**11 a.m. - 2 p.m., Donald S. Spencer Student Recreation Center:**

Free fitness assessments offered on a walk-in basis, including: \*3-minute step test  
\*Sit-and-reach measurement \*Push-up test \*Body fat measurement

**11 a.m. - 3 p.m., Union Concourse:** Resource tables and display of Bare It All postcards. See what secrets people have shared (or share your own)!

**11 a.m. - 6 p.m., Donald S. Spencer Student Recreation Center:** Massages offered for \$1 per minute. Walk-ins or scheduled appointments available.

## Monday, October 20th

**7 p.m., Horrabin Hall Gym:** See a demonstration of belly dancing types by Banat Casablanca and receive a brief lesson in belly dancing techniques!

## On-going in October and November

**By appointment, Kinesiology Dept., Brophy Hall:** Free Health Screening for Women 18-70. Please call (309) 298-1067 or e-mail BA-Ewing to set up a 30-40 minute appointment so you can find out and have counseling on these important health numbers!

\*Body Mass Index \*Body Fat Percent \*Ideal Caloric Intake \*Resting Metabolic Rate  
\*Waist-to-Hip Ratio \*Weight \*Height

