

The Wellness Clinic presents:

Talks at the Treadmill



"FITNESS MYTH BUSTERS"

Ever wonder if that energy drink you've been downing really provides benefits? Is there really such a thing as the "runner's high" Is all that workout gear really necessary to work out in?



Have you ever wondered what's **fact** and what's **fiction** about exercise and fitness? Wonder no more! On 10/18 find out the answers as fitness myths are busted and the truth is uncovered!

Wednesday Oct 18th
7:00am, 12 noon, 5:00pm

Please email any questions you might want answered to Tina Hunt (thunt1@ithaca.edu) or Kyle Golden (kgolden1@ithaca.edu)