

HEALTH & KINESIOLOGY

Celebration

WEEK

OCTOBER

28 - November 1

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

THURSDAY 10/31:

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

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

PURDUE
HK

*Have some FUN
at Lambert!*

DEPARTMENT OF HEALTH & KINESIOLOGY

**Healthy
Ideas
In
Motion...**