

LOWER COLUMBIA COLLEGE

RED DEVIL WELLNESS

ISSUE NO. 3 | JANUARY 2020

Kick-off the new year by crushing your goals! Check out these fitness classes offered at LCC:

- Spin / Indoor Cycling with Jodi Reid (free) - Mondays & Wednesdays from 4:00- 5:00pm in Gym 210.
- Fit Class (free) - Mondays, Wednesdays, & Fridays from 9-10am in the Fitness Center.
- Yogilates (continuing education course, \$65) - Tuesdays & Thursdays from 12:10-12:50pm in Gym 210.





STAY ON TRACK WITH THESE APPS!

Google Calendar - Did you know Google Calendar has a built-in goal setting feature? Check out this [tutorial](#) on how to utilize this awesome tool and stay motivated to hit your goals!

Nike Training Club - This is a free app with over 85 workouts for every fitness level! You will also get access to tips on nutrition, mindset, recovery and sleep.

AllTrails - Stay active by getting outside this year! AllTrails displays hiking, biking, and running trails closest to you or gives you the option to search a specific area.

Read this: [Goal Setting: A Scientific Guide to Setting and Achieving Goals](#)





ALL THE RECIPES YOU NEED TO STAY HEALTHY IN 2020!

RECIPE OF THE MONTH!

Jessica Kooiman made a Mediterranean Three-Bean Salad for the Fall Quarter Cookoff and was one of the winners! [Check out her recipe!](#)

We are always looking to feature new recipes! If you have a favorite recipe that you're dying to share send it to ssanford@lowercolumbia.edu to be featured!



OTHER HEALTH AND WELLNESS RESOURCES

- <https://lowercolumbia.edu/red-devil-wellness/index.php>
- <https://smarthealth.hca.wa.gov>
- <https://business.kaiserpermanente.org/thrive/monthly-health-topics>

DON'T FORGET! LCC'S GOT TALENT IS JANUARY 23RD, 2020. SIGN UP HERE BY JANUARY 10TH!

