



# Fitness 101

with,

## Jane Vaganek

Jane Vaganek, Fitness & Wellness Director at Yates Field House will do a one-hour presentation on “what is fitness?” Exploring beyond physical fitness, she will inform the audience about positive lifestyle changes including changes in exercise habits, physical activity, and self-talk for the New Year. She will also discuss different types of fitness options from Yoga to eating healthy and taking up physical fitness challenges.

Ms. Vaganek will discuss against quick fixes and diets and inform us about the positive impact of gradual lifestyle, and suggest realistic methods to achieve fitness goals. Q & A to follow the presentation.

Date: 12 – 1PM: Thursday, January 31, 2008

Place: Leavey Program Room (Leavey Center; beside the bookstore)

The presentation is free and requires no reservation. All GU Faculty, Staff and Students are welcome. If you have any other questions or concerns, please contact Sandy 7-2409 or send an email to [sw287@georgetown.edu](mailto:sw287@georgetown.edu).

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**Wellness Programs 2008**

**Faculty and Staff Assistance Program. Department of Human Resources**