JOIN US IN OCTOBER AS RUTGERS CELEBRATES EXERCISE IS MEDICINE ON CAMPUS MONTH!

BENCH PRESS COMPETITION • THURSDAY, 10/26

Join us as we bring back our annual bench press competition at both Werblin Rec Center & College Avenue Gym!

Werblin Fitness Center @ 12–3PM:
Registration & weigh-ins to determine weight class will begin @ 11:30am

College Ave Gym Fitness Center @ 5–8PM:
Registration & weigh-ins to determine weight class will begin @ 4:30pm

Participants must complete 8 reps of the bench press at the following percentages to earn a t-shirt:

MALES: 125% of body weight
FEMALES: 60% of body weight
MX – ALL GENDER IDENTITIES: 90% of body weight

Additional prizes and recognition will be awarded to those with the highest repetitions in each weight class.

METABOLIC & BODY COMPOSITION ASSESSMENT

Sign up for one of our sessions offered by our certified personal trainers!

Wed., 10/4 • 2–4PM: College Ave Gym, Fitness Center

Tues., 10/10 • 2–4PM: Werblin Recreation Center, Fitness Center

Mon., 10/16 • 2–4PM: College Ave Gym, Fitness Center

Tues., 10/24 • 2–4PM: Werblin Recreation Center, Fitness Center

Going beyond the bathroom scale with the InBody Assessment will give you valuable information including: body fat, lean body mass, total body water, and resting metabolic rate.

Sessions in October will be offered at a reduced rate of $5 (normally $10). Use Promo Code Inbody50 at check out!

PLANK CHALLENGE • THURSDAY, 10/26

Attend one of our plank challenges and hold a plank for 2 minutes or more to win a t-shirt!

1:00–1:30PM: Werblin Recreation Center, Multipurpose Room
4:30–5:00PM: C/D Recreation Center, Multipurpose Room
6:00–6:30PM: College Ave Gym, Upper Gym
6:00–6:30PM: Livingstone Recreation Center, Multipurpose Room
7:00–7:30PM: Werblin Recreation Center, Fitness Center

• Hold the plank for 5 minutes or more to earn a water bottle.
• The longest plank for each time slot will win a $50 Amazon Gift Card and your name on the digital boards throughout the rec centers!

Exercise is Medicine® On Campus (EIM-OC) calls upon universities and colleges to promote physical activity as a vital sign of health. EIM-OC encourages faculty, staff and students to work together toward improving the health and well-being of the campus community!

*Persons with disabilities who anticipate needing accommodations or who have questions about physical access may visit go.rutgers.edu/rurec