MONSTER MASH HALLOWEEN BASH

October 22 | 10:00 PM - 1:00 AM
Student Recreation Center

Come to the Student Recreation Center for a scary good time! The event includes free snacks, a lantern tour of BGSU’s haunted buildings, a live DJ, cornhole, painting pumpkins, Zombie Zumba, mask decorating, costume contest, and giveaways.

FITNESS CHALLENGE OF THE MONTH

Have what it takes to be a Falcon Fitness Champ? Each month, Falcon Fitness develops a new challenge open to all students, faculty, staff, and community members. Complete the challenge, either with the fastest time or the most repetitions, and win a Falcon Fitness Champ t-shirt.

 Jacobs Ladder Challenge: How many feet can you climb?
Climb the Jacobs Ladder as fast as you can to see how many feet you can climb in one minute.

How to Participate:
Stop by the Personal Training Office on Mondays from 6:30 PM - 8:30 PM or schedule an appointment to complete the challenge with a personal trainer. A trainer demonstrates proper form, provides guidance, and times or counts for the challenge.

INTRANURAL T-SHIRT DESIGN CONTEST

Design the next Intramural Champion T-Shirt! Open to all BGSU Students.
Submission Deadline: November 1

Rules:
1. Design may be created by hand drawing or electronically.
2. Submit to imsports@bgsu.edu as a JPG, PDF, EPS, GIF. Hand draw designs must be scanned and attached to email.
3. Layout size: 11” x 11” maximum
4. Screen printed design, using a maximum of 2 colors of ink, including a front and back design on a single color t-shirt.

View complete rules online: bgsu.edu/recwell/intramural-sports

Prizes:
Winner 1: $50 gift card to Buffalo Wild Wings
Winner 2: $50 gift card to Panera Bread

For More Information:
Perry Field House | 419.372.2464

LOVE YOUR BODY WEEK

Super Foods with BGSU Dining
Wednesday, October 14 | 11:30 AM - 1:00 PM
Bowen Thompson Student Union Tables

Body Image Presentation
Thursday, October 15 | 6:00 PM - 7:00 PM
Business Administration Building Room 103

Discovering Dysfunctional, Dislocated Diverse Bodies
Friday, October 16 | 1:00 PM - 2:30 PM
Hanna Hall - Women’s Center Room 107

I Love My Selfie
Monday, October 19 | 1:00 PM - 3:00 PM
Bowen Thompson Student Union Tables

Yoga Under the Stars
Tuesday, October 20 | 9:00 PM
Lawn North of Memorial Hall

I Am Me - Peer Education Presentation
Wednesday, October 21 | 11:30 AM
Lawn North of Memorial Hall

Zombie Zumba
Thursday, October 22 | 10:00 PM
Student Recreation Center

FITNESS CHALLENGE OF THE MONTH

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OUTDOOR PROGRAM

Day Rappelling
October 17 | Hocking Hills, OH

BGSU Student $40.00
Faculty/Staff/Alumni $50.00
Community Member $65.00

For More Information:
Jackie LaFave
jlafave@bgsu.edu
419.372.2146
bgsu.edu/recwell/outdoor-program

A Wellness Connection Publication
214 Student Recreation Center | www.bgsu.edu/recwell
wellness@bgsu.edu | 419.372.WELL (9355)
@bgsuwellness
/bgsuWellnessConnection

Did you know?
75% of BGSU students perceive that having 5 or more drinks once or twice per week is a moderate or great risk?

For More Information:
Faith Yingling | faithy@bgsu.edu
Follow us on Twitter: @FalconsFlock