# Get Fit, Stay Fit Presentation Schedule

## Dates

<table>
<thead>
<tr>
<th>Presentation</th>
<th>Dates</th>
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<tr>
<td><strong>The Biggest Loser: A Real Weight Loss Story</strong>&lt;br&gt;Presented By: Jerry Lisenby, a successful participant on season four of NBC’s “The Biggest Loser”</td>
<td>Wednesday 1/26 at 5 pm</td>
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<td><strong>How MyPyramid.gov Can Help You Reach Healthy Lifestyle Goals</strong>&lt;br&gt;Presented By: Lexy Pyles &amp; Jasmine Roberts, Get Fit Stay Fit Wellness Interns</td>
<td>Wednesday 2/9 at noon</td>
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<td><strong>Changing Your Behaviors</strong>&lt;br&gt;Presented By: Deb Fischer, Director, Center for Learning Assistance</td>
<td>Tuesday 2/15 at noon, Tuesday 2/15 at 5 pm</td>
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<td><strong>Managing Stress Eating</strong>&lt;br&gt;Presented By: Allison Tallyn &amp; Catherine Young, Bradley Dietetic Interns/Graduate Students</td>
<td>Tuesday 2/22 at noon, Wednesday 2/23 at 5 pm</td>
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<td><strong>Free Taste Testing!</strong>&lt;br&gt;Danielle Gehrke, Dining Services Wellness Director and Bradley Dietetic Interns/Graduate Students</td>
<td>Thursday 3/3 stop by between 2-4 pm&lt;br&gt;<em>Come to Markin Center entrance by Jerry’s Juice Bar</em></td>
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<td><strong>Bodyworks</strong>&lt;br&gt;Presented By: Allison Douglas, Dietetic Student, Bodyworks President</td>
<td>Wednesday 3/2 at 5 pm, Thursday 3/3 at 5 pm</td>
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<td><strong>Cancer: The Role of Prevention, Early Detection, Nutrition, and Physical Activity</strong>&lt;br&gt;Presented By: The American Cancer Society</td>
<td>Tuesday 3/8 at noon</td>
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<td><strong>Nutrition For A Healthy Athlete: Distance Running</strong>&lt;br&gt;Presented By: Sandy Selby, Bradley Dietetic Intern/Graduate Student</td>
<td>Tuesday 3/22 at noon, Thursday 3/24 at 5 pm</td>
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<td><strong>Nutrition Topic with Cooking Demo (to be determined)</strong>&lt;br&gt;Presented By: FCS 307 Dietetic and Nutrition &amp; Wellness Students</td>
<td>Tuesday 3/29 at noon, Thursday 3/31 at 5 pm</td>
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<td><strong>Exercise Program Design</strong>&lt;br&gt;Presented By: Cody Roberts, Head Strength and Conditioning Coach</td>
<td>Tuesday 4/5 at 5 pm</td>
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<td><strong>Weight Loss Tips from a Biggest Loser</strong>&lt;br&gt;Presented By: Scott Senti, successful participant on NBC’s &quot;The Biggest Loser&quot;</td>
<td>Presentation: Wednesday 4/13 at 5 pm&lt;br&gt;Cardio Class following presentation</td>
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All presentations will be in Markin Center Room 38

Students, Faculty and Staff can attend any one of the times listed per week to receive points

Continue to check the Get Fit website for updates! [http://www.bradley.edu/campuslife/campusrec/GetFitStayFit/](http://www.bradley.edu/campuslife/campusrec/GetFitStayFit/)

Questions? Contact Danielle Gehrke dgehrke@bumail.bradley.edu or Melissa Sage-Bollenbach sage@bumail.bradley.edu