



HEALTHY SNACKS

Frozen Grapes

String Cheese

Strawberries

Mixed Nuts

Smoothie Drinks

Dark Chocolate

Nut Butter Packets



WELCOME TO OUR
**SMOKE-FREE AND
TOBACCO-FREE
-CAMPUS-**



SMOKING AND THE USE OF
TOBACCO PRODUCTS ARE PROHIBITED.



Mississippi Valley State University is committed to promoting and providing a safe and healthy working and learning environment for its faculty, staff, students, volunteers, and visitors and hereby adopts a tobacco and smoke free policy.



**VALLEY
IN MOTION**

Made Possible Through A Grant From



Blue Cross & Blue Shield of Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



From new exercise equipment and free fitness classes to farmer's markets, healthy food demonstrations and after-school programs—as its name suggests, Mississippi Valley State University's Valley in Motion health initiative has been on the move.

Funded by a \$208,423 grant from the Blue Cross & Blue Shield of Mississippi Foundation, Valley in Motion is a program designed to help increase healthy living outcomes on MVSU's campus, in local schools and surrounding communities.

DAILY ERGONOMIC GUIDELINES

- Avoid being still:
 - Stand up
 - Walk around
- Sitting at desk:
 - Computer monitor to eyes distance = 40-75 cm
 - * Head, neck and back in neutral position
 - Desk height from floor = 72-75 cm
 - * Elbows at a 90 angle
 - Seat height = 38-55 cm
 - * Knees at a 90 angle

DESK STRENGTH EXERCISES

- Bicep curl
- Tricep extension
- Stationary lunge
- Side leg raise
- Calf raise

DESK STRETCHES

- Reverse shoulder rolls
- Neck rolls
- Forearm stretch
- Side to side stretch
- Hamstring stretch
- Glute stretch
- Upper back stretch

EASY EXERCISES

LEG LIFT

Step 1: Lie on your back with your palms down and hands underneath your behind. Crunch up and hold your upper abs tight so that your shoulder blades are off the ground. Lift your legs about 2 inches off the ground.

Step 2: Keep your abs tight and chin up, and breathe slowly and rhythmically as you lift your legs through a count of 10 seconds.

Step 3: Hold and squeeze at the maximum tension point for 2 seconds.

Step 4: Lower your legs to the starting point through a count of 10 seconds.

Step 5: Repeat three times without resting.

SUPERMAN

Step 1: Lie face down with your body completely extended, arms parallel to one another and legs straight.

Step 2: Breathe slowly as you simultaneously lift your arms and legs through a count of 10 seconds.

Step 3: Hold and squeeze for 2 seconds at the maximum tension point.

Step 4: Return to the starting position through a count of 10 seconds.

Step 5: Repeat three times without resting.



SIDE PLANKS

Step 1: Lie on your side with your legs extended and left arm resting in front of you. Prop up your upper body with your right forearm against the floor.

Step 2: Exhale as you lift your hips off the floor, balancing your body weight on your right forearm and outer edge of your right foot.

Step 3: Hold for 30 seconds.

Step 4: Switch sides and repeat for 4 repetitions.

SQUATS

Step 1: Stand between two sturdy chairs with your feet shoulder-width apart.

Step 2: Squat down, keeping your back straight, abs tight, chest up and knees over your ankles, through a count of 10 seconds.

Step 3: At the maximum tension point, hold for 2 seconds, and then return to the starting position through a count of 10 seconds.

Step 4: Without resting, repeat three times.

TOE TOUCHES

Step 1: Lie on your back. Cross your legs, flex your feet, and raise your legs to a 90-degree angle. Extend your arms and keep your chin up.

Step 2: Breathe slowly as you crunch up, reaching toward your toes through a count of 10 seconds.

Step 3: Hold for 2 seconds at the maximum tension point, then lower yourself back to the starting point through a count of 10 seconds.

(Note: Try to keep your upper back from touching the ground.)

Step 4: Repeat three times without resting.

ACTIVITIES

Monday-Thursday- Aerobics 6-7 p.m.

Monday-Friday- Cardio and Abs 2-7 p.m.

Weekly Walk Run

Weekly Bike Ride

Personal Trainers will also be provided.

FITNESS HOURS OF OPERATION:

Monday - Thursday

5 am - 8 pm

Friday

5 am - 4 pm

Saturday - Sunday

Closed