

# Fit Fitness Into Your Workday

With Maggie Thomson,  
ACSM-certified exercise physiologist  
and Syracuse University adjunct professor

## FOR FACULTY AND STAFF

### Get Moving!

Do you sit the majority of your workday? Join us to learn some realistic, fun, and effective ways to add more movement into your workday and life, such as:

- Walking meetings
- Change your mindset to “carve out time” for movement, not “find” it
- Desk stretches and seated exercises

#### Monday, September 26

12:10–12:40 p.m.

Hall of Languages, Room 500

#### Wednesday, September 28

12:10–12:40 p.m.

Skytop Office Building,  
Large Conference Room, 2nd floor

Healthy snacks and giveaways!

Brought to you by the Syracuse University Wellness Initiative.

[wellness.syr.edu](http://wellness.syr.edu)

### Register

Visit [wellness.syr.edu/fitfitness](http://wellness.syr.edu/fitfitness) for details and to register.

### Stay up to date!

Get information about the latest wellness events and programs. Subscribe to our email list at [wellness.syr.edu](http://wellness.syr.edu).

### Questions?

Email [wellness@syr.edu](mailto:wellness@syr.edu)  
or call **315.443.5472**.