Fit to be Me Week

February 23—February 27

Come join the fun and celebrate ‘Fit to Be Me Week’, a week to focus on total fitness from the inside out.

**Prizes and Giveaways!**

Monday, February 23rd

Mindful Eating Booth
3:00 - 7:00 pm
KSU REC Center

Break free from diet confusion! Stop by our display and find out how mindful eating can help you achieve a saner and healthier path to better nutrition.

Tuesday, February 24th

Exploring Body Image
7:00 - 8:00 pm
Flint Hills Room
Student Union

Let’s get dramatic! Don’t miss this interactive session with KSU Drama Therapy department! You will leave with a renewed appreciation for the skin you are in.

Wednesday, February 25th

Zumba your way to Better Body Image
7:00 - 8:00 pm
KSU REC Center

Celebrate ‘No-Weigh Wednesday’ and step away from the scale! Take a breath and remember that the number on the scale does not define you as a person nor does it tell the whole story of your overall fitness. Come and shake it off in this Zumba class! Move your body with internationally inspired dance steps. Have a blast and get a great cardio workout! (All levels)

Thursday, February 26th

From Body Hater to Body Celebrator
Featuring Amber Krzys
7:00 - 8:00 pm
Little Theater, Student Union

Have you ever wished your body was different? Maybe you just know that if you were taller, you’d be more popular. Or, if you were thinner or more toned you’d be dating ‘that’ guy or girl. Or, if your skin were clearer more people would listen to you. Amber Krzys is on a mission to help young men and women turn things around when it comes to body image, fat talk, and self degradation. Amber offers practical tools that will have you embracing what’s special about you, instead of what you perceive as inadequate. You have the power to stand forward and claim your “enoughness” now, says Amber. After her keynote, you will walk taller and feel better about the skin you are in.

Friday, February 27th

Dance Like Everyone is Watching
7:00 – 8:00 PM
KSU REC Center
Studio 2

Start your weekend off right and get down with some hip-hop moves guaranteed to make you feel awesome!

Does the Number on the Scale Make or Break Your Day?

Many college students struggle with the way they look or how they feel about their bodies, with one out of three normal dieters progressing to pathological dieting. By recognizing the symptoms and getting help, women and men can end their preoccupation with food and focus their efforts on developing healthy eating and exercise habits.

If your preoccupation with food, weight and your shape are keeping you from enjoying everyday activities such as attending classes, going to your job and affecting your relationships — you could be at risk for developing an eating disorder. Take an online survey to find out.

The survey is free to all K-State students, anonymous and completely confidential. It can help you quickly identify symptoms consistent with an eating disorder. Specific resources will be recommended if risk is determined. The screening takes approximately 5 minutes to complete and is available during Fall and Spring semesters.

Find the survey at mybodyscreening.org and select Kansas State University

Resources:
Lafene Health Center,
Nutrition Counseling
www.k-state.edu/lafene/nutrition.html

National Eating Disorders helpline: 800.931.2237
www.NationalEatingDisorders.org

Wanna be friends with our dietitian? Check our Lafene RD on Facebook!

College can be a difficult time to eat right! Lafene Health Center’s registered dietitian, Dianna Schalles, is here to empower students to achieve a healthy balance. Turn to Lafene RD for practical advice you can trust.

To schedule an appointment to see the dietitian, please call 785.532.6544!

‘Fit to be Me week’ is sponsored by:
WellCAT Ambassadors,
K-State Student Governing Association,
Wellness Coalition, KSU Drama Therapy Dept.