

EXPERIENCE THE WCC WELLNESS CENTER

**JUST FOR STUDENTS,
FACULTY AND STAFF!**

Hours of Operation:

7 a.m. till 9 p.m. (Monday – Thursday)
7 a.m. till 5 p.m. (Friday)

Be sure to visit the WCC Wellness Center, located in the Student Center. The types of equipment located in the center are listed below.

*Plate loaded exercise machines, including a vertical chest press, biangular shoulder press and leg extension/seated leg curl machine.

*2 Treadmills

*1 Stairclimber

*1 Recumbent Exercise Bike

Anyone planning to use the center must first complete a 30 minute orientation class. The dates and times that the class will be offered are posted at the entrance of the center.

The AM/PM Tune-up

Here's a 10-minute sequence of exercises that can help you rev up in the morning as well as unwind in the evening.

Start with a short meditation.

Sitting with eyes closed, repeat to yourself a phrase that is meaningful to you. This can be self-talk along the lines of "I am a valuable and productive person just the way I am." Or choose an inspirational passage from a favorite book or scripture.

Take a few deep breaths.

Standing with legs slightly apart, place your hands on your stomach with your elbows out. Inhale slowly to a count of five and hold each breath for a count of three, then exhale to a count of five. Feel the tension go out with the breath and imagine a warm light entering your body with each breath. Repeat three times.

Now do these stretches.

While doing them keep your shoulders back and relaxed, your buttocks slightly tucked and your center of gravity just behind your navel. Repeat each exercise three times.

- Still standing, clasp your hands behind your back and raise your hands, keeping your arms straight and your elbows relaxed, until you feel a comfortable stretch in your shoulders and upper arms. Hold for 10 seconds and relax.
- Stand with feet shoulder-width apart and your hands against a wall a few feet away. Being sure to keep your back flat—not arched or swayed—bend at your hip joints until you feel a comfortable stretch on the back of your thighs. Hold for 10 seconds and relax.
- In the same spot, lean toward the wall, bending your arms until you feel a stretch in the calves. Hold for 10 seconds and relax.
- Lying on your back with one leg bent, grasp the other leg behind the knee and bring it to the chest. Holding the back of the thigh, gently pull the leg toward your head until you feel a stretch through the lower back and buttocks. Repeat on the other side.
- Repeat the previous stretch, but this time straighten the leg you are holding until you feel a stretch on the back of the thigh.
- Still lying on your back with feet flat and both legs bent, cross your arms across your chest. Slowly curl upward, bringing your shoulders off the floor. Don't allow your lower back to arch up. Sit up, exhaling slowly through a count of five on the way up and five more on the way back to the floor.

**Get Fit For Life
At The
WCC
Wellness Center!!**



Look for the WCC Wellness Center Fitness Program to begin in January. Physical Fitness Assessment Sessions and lots of other "good stuff" will be offered in this new program. More information to come soon!