

# Fitness in the Workplace

Feeling Worn Out?

Come Work Out!



**Sitting at your Desk  
Burns Approximately  
106 Calories an Hour.**



**At  
Fitness in the Workplace  
You Burn Up To  
450 Calories an Hour!**

**Fitness in the Workplace  
Every Tuesday and Thursday  
in the Cardinal Room  
11:45am - 12:30pm**

**For More Information  
Call 692-3084  
[www.dsccmwr.com](http://www.dsccmwr.com)**

