



# How to Fit Exercise into Your Busy Schedule

**When:** Wednesday, January 30th Noon -1p.m.

(Come and go as your schedule allows)

**Where:** Non Trad Pad UC 133 (Mid-level by Connection Center)

*Jen Kaina*, UW-W Recreation Sports will help you find your groove for fitting some fitness in your busy lives. Students don't have time to exercise, they have to **MAKE** time and Jen will teach us how.