It's not just a workout, it's THE Party!

Try Zumba at Campus Recreation. It is a style of intense dance-aerobics workout with pulsating Latin music. Check out the Group Fitness Facebook page for the schedule. Other classes include Yoga, Pilates, Cycle Abs, Belly Dance, Simply Circuit, H2O Challenge, Turbo Kick, and MORE!!! For more info...

Keyword search: WIU Group Fitness Spring Schedule

Welcome WIU family to the new semester. It’s a perfect chance for new beginnings, old friendships, and lots of learning in and out of the classroom! Getting involved with your campus can help. Check out the Student Activities and Volunteer Fair Wednesday, Jan. 25 @ 3:00-5:00pm in the Union Grand Ballroom & Prairie Lounge.

Popular New Year's Resolutions

- Lose Weight
- Manage Debt
- Save Money
- Get a Better Job
- Get Fit
  - Get a Better Education
  - Drink Less Alcohol
  - Quit Smoking Now
  - Reduce Stress Overall
  - Reduce Stress at Work
  - Take a Trip
  - Volunteer to Help Others

usa.gov/Citizen/New_Years_Resolutions

How to make the New Year’s Resolutions Stick

S.M.A.R.T. Goals

Specific: A specific goal has a much greater chance of being accomplished than a general goal.

Measurable - Establish concrete criteria for measuring progress each goal you set.

Attainable – You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps.

Realistic - To be realistic, a goal must represent an objective toward which you are both willing and able to work.

Timely – A goal should be grounded within a time frame. With no time frame tied to it there’s no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? “Someday” won’t work. But if you anchor it within a time frame, “by May 1st,” then you’ve set into motion to begin working on the goal.

Interested in Joining Students T.A.L.K. Peer Educators (the group associated with STALL TALK)? Email Molly (ma-mckeogh@wiu.edu) for an application or find us at the Student Activities Fair.

"It is never too late to be what you might have been." - George Eliot

Getting Karma through Kindness

1. Put an extra quarter in someone’s parking meter.
2. If someone is wearing something you find appealing, give a compliment.
3. Anonymously send someone a small gift or nice note.
4. Leave your roommates a friendly note to find in the morning.
5. Smile at people for no special reason.

http://everything2.com/title/Random+acts+of+kindness

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Here we go again...

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Be Well!