



Full body workout involving swinging ropes as fast as possible



Running a mile a day keeps the doctor away



Squatting with weight builds strong, powerful legs

Creating a Fitness Routine for Overall Health

by Austin Head

Here at ASU Lake Havasu, we were gifted with a beautiful new fitness center. It allows us students to improve our health and gain strength. After a long day of studying and homework, we are able to get an exhilarating workout in. Working out allows us to improve our health which actually comes with many more benefits. These benefits include better sleep, better moods, and more energy throughout the day. I know this is true because I have witnessed these benefits within myself. I have taken working out seriously for the past couple of years. I would work out at gyms here around town, but none of them compare to ASU's gym. Ever since our gym has opened, I have gained more strength and lost body fat. This helps me build my physique and feel better about myself. Feeling better about yourself builds confidence, and that is amazing. This fitness center at ASU involves brand new equipment, areas to stretch, and the ability to build your mindfulness. I am very grateful for this new gym and glad all of us students have access to this. We are all very excited to better our health and fitness.