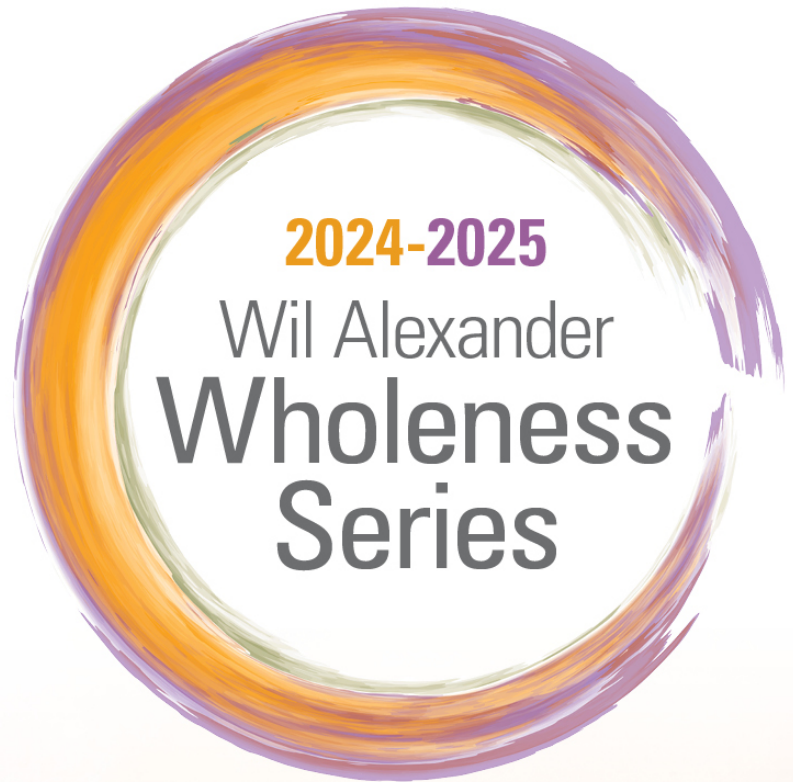




Jan.
15



Exercising on Empty: How to Microburst Your Way to Better Energy, Mood, and Focus in Just 30 Seconds!

Dr. Peter Bastian, MD, MPH

Physician, Preventive Medicine, Lifestyle Medicine, Obesity Medicine

Hear an inspirational message on the healing, rejuvenating and invigorating power of microbursts of physical activity that can be accomplished in as little as 30 seconds!

- Contrast the risks of sedentarism with the proven healing benefits of being active throughout our day.
- Learn ways to integrate rejuvenating physical activity while at work or studying, especially if one is experiencing limited energy levels.
- Explore how to incorporate “MICRO-dosed physical activity” right now!

Sponsored by: School of Public Health

Damazo Amphitheater, Centennial Complex, 5:00 – 5:50 pm

View workshops @ home.llu.edu/waws or <https://llu.tv>



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