

Good evening, and HAPPY THANKSGIVING BREAK!

Below is all of the upcoming information you need to know about the Exercise Science Club. Please read through the following announcements:

- I. **UPCOMING EVENTS:** Holiday Party (DECEMBER 8TH!!!) Our end of the year holiday party is December 8th at 7:15pm. This does count for 1 activity point and there will be prizes for people who participated in the social media challenges! There will also be free food and fun activities, let's finish this semester with a bang!
- II. **REPORTING SERVICE HOURS:** If you have represented us well at the Boys & Girls Club events this semester, through Habitat for Humanity, or out in the community in literally ANY way, THANK YOU! Your invaluable service not only helps spread awareness of our organization, but also makes this world we live in a better place. We'd love to reward you for it! As discussed in the Handbook and at the beginning of the semester, every two service hours completed counts as ONE Activity Point (and you *must* have 5 by the end of the semester). Secretary Makayla Johnson created a form that can be printed, filled out, and turned in at the Holiday Party on Dec. 8. The form IS NOW POSTED on our website or was emailed to you by Makayla!
- III. **UPDATED WEBSITE AND SOCIAL MEDIA:** Updates have been made to our Website, and Social Media is once again active! The Website has copies of all the past Newsletters, an up-to-date Calendar of events for this semester, an "Interact" page with a Workout of the Week (WOW!), live poll, forum, and more. Social media has Weekly Prize Challenges, fun tips and motivational sayings. **WE WANT TO HEAR FROM YOU.** *Please* interact with us on social media, and send in photos, videos, or blurbs about accomplishments and events in your life that we can promote. We also want to hear about any awesome articles you find related to Exercise Science, or any new information you learn in class.
- IV. **SAM WOODWORTH BOOK LINK:** If you are interested in purchasing the book that our fellow alumni, Sam Woodworth, wrote about foam rolling (see picture below), here is the link! There will be a "Cyber Monday" sale on his website after Thanksgiving so look then if you want to get a good deal. Another way to save money is by saving on shipping! This can be done by picking-up the book from his gym in Indianapolis. <https://squareup.com/store/sam-woodworth>
- V. **COMMUNITY SERVICE (ACTIVITY POINT) OPPORTUNITIES!:** We still have TWO more chances to do some community service, and earn an Activity Point or two. We will be doing one more trip to the Boys & Girls club, as well as a Habitat for Humanity build. If you are interested, please sign up with the following link: https://docs.google.com/forms/d/e/1FAIpQLSely4xm7TB5Qbq5a5KVEOXUuKbNNv1ri3JrPKheW1_6JUMrWA/viewform

- VI. **“WALK AND BIKE” TO SCHOOL FLYER:** The Carnegie Foundation Community Involvement Committee is looking for someone to redesign a flyer promoting a “Walk and Bike To School” Day in the spring. If you think you have what it takes, please email Mitch (mrprather@bsu.edu) for more information. The first Club member to respond, design the flyer, and submit it to Sarah Shore-Beck, will earn one Activity Point.
- VII. **ANY 5K WALK/RUN YOU PARTICIPATE IN:** Here is another activity point opportunity! There are SEVERAL options for a 5K walk/run on Thanksgiving Day. Send us a picture (myself or Mitch) of you in your running bib and we will give you one activity point. This offer does extend throughout the year for any 5K walk/run you participate in.
- VIII. **EXSC FOURTH MEETING MINUTES:** Here are the minutes from our last meeting of the semester for anyone who was not there or just wanted to recap what we discussed!

Finally, here are some links once again for important EXSCI Club-related things:

- Website: www.bsuexsciclub.weebly.com
- Facebook: www.facebook.com/BSUEXSCI
- Twitter: @BSUEXSCICLUB
- Instagram: @bsuexsciclub

If you have any questions, PLEASE do not hesitate to e-mail me! Have a FABULOUS Thanksgiving break!

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