

# Happenings

2017-2018



## Food and Fitness Expo

April 10, 2018

Student Health Services put on a Food and Fitness Expo in the Myers Field House for students to attend and learn more about health. There were various tables run by students from different departments promoting healthy food choices and exercise. Students had the opportunity to go from table to table and learn about healthy recipes, what foods are good and bad for a diet and tips on exercising.



Campus Dietitian, Lexi, and dietetics student, Maggie, ran the Mindful table. They had a fun health trivia game and offered healthy, roasted chickpea samples and recipes. "It's fun to be apart of the expo because it involves a lot of departments and offers education on all areas of health. It's a good way to spread nutrition education and healthy recipe samples," said Lexi. "I think a lot of people want to be healthy and they just aren't sure how to go about it, so we are here to help!" said Maggie. Students appreciated the opportunity to learn more about food and fitness. "I was interested in learning more about nutrition. The expo was helpful in educating me. I love learning about eating good!" said Jackson.



Maggie & Lexi



Jackson