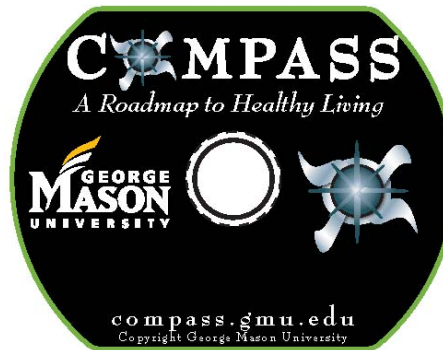


It's Spring!

It's Spring! While the cool mornings and chilly nights don't substantiate that last week marked the official beginning of Spring, the daffodils ARE up, the buds ARE on the trees, and flowers and mulch ARE being placed around campus. Spring is also a time that we want to be outdoors more – shaking off some of the winter 'blues' as well as some of those winter pounds. The days are longer, and the desire to get outdoors is high! A great way to kick off Spring is the annual **Health and Fitness Expo**. Three days of action, information and resources are found on two of Mason's campuses - - - so take advantage of these! This week on the Fairfax campus, you'll have the opportunity to climb a rock wall. You'll also have an opportunity to donate blood. Both this week and next week on the Prince William Campus, take advantage of healthy cooking demonstrations. And, we're told that you should be on the lookout for the "Pear" exhibit, a highlight of the 2007 Health and Fitness Expo.



COMING SOON! The brand new and improved **COMPASS CD-ROM!**

What you'll find are lots and lots and lots of exhibits – from campus activities to community services. You'll see demonstrations, pick up information, and learn numerous things that you may not have thought of before. Check out a sampling of those having displays in the box here, and see a full listing as well as more information on the website at <http://hfe.gmu.edu/>.

You'll also find an exhibit on **COMPASS: A Roadmap to Healthy Living**. Stop by and pick up some of the information, worksheets, and even a CD!! And say hello. Plus, if you want to be videotaped sharing your thoughts about your legacy – ask! We'll be doing some filming of students for posting on our website. You may be interested in a couple of challenges for yourself:

1. Identify three new insights, or 'take-away ideas' that you got while visiting the numerous booths.
2. Name three specific action steps that you might want to take – share these with us, and we'll include some in a future First-Year Forum.

HEALTH AND FITNESS EXPO BEGINS TODAY!

- **Wednesday, March 26 – noon to 6 p.m. – Dewberry Hall, Fairfax Campus**
- **Thursday, March 27 - 10 a.m. to 4 p.m. – Dewberry Hall, Fairfax Campus**
- **Thursday, April 4 - 10 a.m. to 4 p.m. - Bull Run Hall, Prince William Campus**

A sampling of exhibitors at the Expo include:
(see complete listing on the [Health and Fitness Expo website](#))

Break the Cycle
 Caring hands
 Chiropractic Family Health Centre
 Compassion Over Killing
 Crohn's & Colitis Foundation
 D.C. United
 Dental Cosmetix
 Diabetes Research and Wellness Foundation
 Function Drinks
 Great Harvest Bread Co
 Harrisburg Dairies
 Healthy Inspirations
 Honest Tea
 Juice Plus+
 Kaiser Permanente
 Mothers Against Drunk Driving
 National Capital Lyme and Tick-Borne Disease Association
 National Kidney Foundation of the National Capital Area
 Northern Virginia AIDS Ministry
 Paragon Pilates
 Pear Bureau Northwest
 Spinning For Life - Non-Hodgkin's Lymphoma Advocacy
 Therapeutic Massage Center of Fairfax
 Tigerlily Foundation
 Washington Regional Alcohol Program
 Washington Regional Transplant Community
 Whitman-Walker Clinic
 Y-ME National Breast Cancer Organization
 Z-CoiL Pain Relief Footwear

Whether or not you have the chance to get to any of these activities during the next two weeks, there are some helpful resources with COMPASS. As Spring unfolds, and you are more interested with exercise, check out the "Exercise or Supersize" article." Some exercise myths are:

MYTH 1: ALL EXERCISE IS CREATED EQUAL

MYTH 2: NO PAIN, NO GAIN

MYTH 3: THE MORE INTENSE, THE BETTER THE WORKOUT

TRUTH 1: 30 MINUTES IS ALL IT TAKES

TRUTH 2: A STRONG BODY MEANS A STRONG MIND

[Click here to check out the article](#) for the facts: the "Pearls of Wisdom."

In short, enjoy the Health and Fitness Expo! Most important, enjoy the messages that this offers - it's all about your health, your body, and your life!! Enjoy!!!