

# FITNESS at the SCHUMO CENTER

Just in time for **Wellness Week** at Albright College, visit our new website [www.albright.edu/wellness](http://www.albright.edu/wellness) for tips on staying healthy in all aspects of your life. Check out the intellectual section of the "wellness wheel" for a new puzzle each week.

Q N W Y P E K E V N G G E E T F E A S R D U F M R  
X G O F R J X M D Y N M N M L P E R G C X R I F U  
Y R A H J E M R F L I C D I H O W O U O J O E A N  
Y M U I R X H S A V X T U S M C W Y Y T Y A G V N  
E S K C L X F C U T O G R L W M R L K N L J D Y I  
K V I V Z L I H O T B C A E T R I P M V X Q I N N  
E S Y D B T A W I D K C N A A H D W M G V A T X G  
E V M E P F I B Z W C Y C U F D U D S I M Q C Y H  
K Q G I U W O Z T M I D E V Y D M I Z K Y J R C F  
A Q L N Y C B S C E K J A S D V L I I I O S M L U  
N L V I U W A H S B U T M Z O R S H L U Z T J Z J  
E K Q A A K X M C Y D Q N Y B P V U O L Y P J J E  
E Y T I L I B I X E L F C F I B L S B G W N M Q E  
Q M A D Q Z D W J H P X A A V W A L K I N G J S R  
A W N U T R I T I O N I H X R M Z P H U U Y A M T  
R P W J O V R L Z X N B L C T O I F T V B O M M S  
F D G T H O K E K E E W G A K T I L J O B B V Q U  
Q N K D A M K S W G M V E E T L P H B I W S E T P  
B R D A F D E C A O I D R A C E W X K S Y C C S R  
H T G N E R T S E H I K J U U K S I J Z A T O Y T  
A V K W G K S W B K G X M P H Y N A E H C M M S F  
F F Y L Z A Y V R Y Z D S C E G W A U H E N O O V  
Y D N E M V Z S U S P I U K O M J T N B L J N T N  
Y P G A O P W R J G E G I M D M P C H G S M H E I  
R T C D U B G W Q W F V H N R M L T W J R V R D X

BIKING  
BODYFAT  
CARDIO  
ELLIPTICAL  
ENDURANCE  
EXERCISE  
FLEXIBILITY  
KICKBOXING  
MASSAGE

NUTRITION  
PILATES  
RACQUETBALL  
RUNNING  
STRENGTH  
SWIMMING  
TREADMILL  
WALKING  
YOGA