Commit to Quit AND be Fit!

Grab a card at the SEFCU Fitness Center & log your exercises. Turn in completed cards at the desk by 11/30. You’ll be entered to win a Dave and Buster’s Game Card.

Honoring National American Smokeout Month:

- 42 Million Americans still smoke cigarettes.
  - Do 42 pushups twice OR 42 pullups once
- After 20 minutes of quitting your heart rate & blood pressure drop.
  - Use the Jacob’s ladder for a total of 20 minutes*
- Quit for 12 months, the risk of heart disease is ½ that of a continuing smoker.
  - Run/walk 12 miles*
- Quit for 5 yrs., the risk of cancer is cut in ½. Stroke Risk also diminishes.
  - Attend 5 group exercise classes
- 430,000 people are survivors of Lung Cancer.
  - Do 43 minutes of continuous exercise 3 times*
  
*May be done over multiple workout sessions

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