

Participant of the Month

Stacie Wright

Stacie has been a participant since October 2024! Her favorite piece of equipment is the treadmill! Keep up the great work Stacie we are so proud of you :)



Meet Our Summer Interns



Zeeshan

My name is Zeeshan Siddiqui, I was born and raised in Indianapolis, IN. I have two older sisters as well as a niece and nephew. In high school, track, cross country and swimming helped me develop my love for exercise. This love led me to Ball State and the incredible exercise science program that I am part of today. After completing my internship, I plan to attend Palmer College of Chiropractic in order to facilitate my dream of owning my own Chiropractic practice. I am excited to meet everyone and play a role in the Adult Fitness Program this summer.

Hello everyone, I am Brenden Mosier and I am finishing up my senior year at Ball State University. I am in the kinesiology field with a concentration in Athletic training. I plan to do my masters in Indy after getting some experience in various fields this next year. I am excited to get the opportunity to do my internship with the Clinical exercise Physiology and Adult Physical Fitness Programs.



Brendan

May Schedule

Closed the week of May 5-9th

Mothers Day May 11th

Closed May 26th for Memorial Day

Monday-Friday

6am-8:30am, 11:30am-1:15pm,
3:30-6:00pm



Tips for Managing Anxiety and Worry

TAKE FIVE

Even 5 minutes to take care of yourself can make a difference. Take deep breaths and relax.



BE ACTIVE

Take a walk, stretch, or do another physical activity that works for you.



CONNECT WITH OTHERS

Reach out to friends, family, neighbors, or your faith community.



TAKE A BREAK FROM THE NEWS AND SOCIAL MEDIA

Spending too much time watching or reading news can create feelings of distress.



GET HELP FROM A PROFESSIONAL, ESPECIALLY IF YOUR WORRY DOES NOT GO AWAY

If you think you have anxiety, a health care provider may help diagnose your symptoms and find the right treatment.