SPOTLIGHT ON ES AND AT MAJORS

Kate Bayes (SpAdm) recorded a game high 12 points with four rebounds and three steals as the Fort Lewis College women's basketball team posted a 39-point win at Western State Colorado University on December 19, 2015.

Joshua Blaylock (ExSp) led all scorers with 25 points after netting 9 of 15 from the floor, 2 of 4 from three-point range and all five free throw attempts as the FLC men's basketball team recorded a 90-84 win over University of Colorado - Colorado Springs on January 01, 2016.

Andrew Ike (ExPhys) was named to the 2015 All-National Football Foundation Colorado Chapter (NFFCC) second team on December 22, 2015.
Cade Kloster (K-12) scored a game high 23 points on January 2, 2016 as the FLC men's basketball team defeated MSU Denver for only the fifth time in program history.

Mary Rambo (AT) recorded her third double-double of the season after scoring 10 points and pulling down 10 rebounds (seven offensive) as the Fort Lewis College women's basketball team posted a 39-point win at Western State Colorado University on December 19, 2015.

Astrea Reed (ExSp) led all scorers with 16 points after making 7 of 11 shots from the floor as the FLC women's basketball team snapped a three game losing streak January 16, 2016, defeating Westminster College (72-62) on the road in Salt Lake City, Utah.
EXERCISE SCIENCE DEPARTMENTAL SCHOLARSHIPS

Recipient must have a declared major in the Exercise Science Department. Application should be obtained from the Exercise Science Website or the Exercise Science Administrative Assistant and returned to the Administrative Assistant, Exercise Science Department, 140 Gymnasium, (970) 247-7577. Application deadline is February 26, 2016.

- Minimum of 25 credit hours earned (at the time of application)
- Minimum GPA of 2.8
- Amount depends upon available funds
- Must be a declared Exercise Science student in one of the following majors: Exercise Physiology, Exercise Specialist, K-12 Teaching, Sport Administration or Athletic Training

JOAN SANDERS MEMORIAL SCHOLARSHIP

Recipient must have a declared major in the Exercise Science Department. Application should be obtained from the Exercise Science Website or the Exercise Science Administrative Assistant and returned to the Administrative Assistant, Exercise Science Department, 140 Gymnasium, (970) 247-7577. Application deadline is February 26, 2016.

- Full time student (15 or more credits per semester)
- 3.00 or higher cumulative FLC GPA
- Junior standing or higher
- Demonstrate participation in Exercise Science department activities, in particular - intramurals
- Up to $500 ($250 for fall, $250 for spring)
- Must be a declared Exercise Science Department student in one of the following majors: Exercise Physiology, Exercise Specialist, K-12 Teaching, Sport Administration, or Athletic Training.

DR. JO ANN SOIGNIER SPORT ADMINISTRATION SCHOLARSHIP

Recipient must have a declared major in Exercise Science with the Sport Administration Option. Application should be obtained from the Exercise Science Website or the Exercise Science Administrative Assistant and returned to the Administrative Assistant, Exercise Science Department, 140 Gymnasium, (970) 247-7577. Application deadline is February 26, 2016.

- Full time student (15 or more credits per semester)
- 2.50 cumulative FLC GPA or higher
- Sophomore standing or higher
- Must be a declared Exercise Science student majoring in Sport Administration
- Demonstrated leadership, service and enthusiasm in the field of sport administration
- Up to $500 ($250 for fall, $250 for spring)

http://www.fortlewis.edu/exercise-science/Scholarships.aspx
January is ...
National Healthy Weight Awareness Month

Even though the weather has cooled off, now is **not** the time to slow down. Physical activity is important. People of all ages who are generally inactive can improve their health and well-being by becoming active with moderate intensity on a regular basis. However, when one changes their level of activity, consult a health-care provider for individual considerations and/or restrictions. The following are some of the identified benefits of a regular exercise program:

**Control Weight**: Physical activity and diet are two important components in controlling your weight. To maintain weight, 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity is required per week.

**Reduced risk for cardiovascular disease**: Heart disease and stroke are the two leading causes of death in the United States. To reduce risk for this disease, a minimum of 150 minutes/week of moderate-intensity aerobic activity is required.

**Reduced risk of Type 2 diabetes and metabolic syndrome**: A minimum of 120 to 150 minutes per week of moderate-intensity aerobic activity will lower rates of Type 2 Diabetes and Metabolic Syndrome.

**Reduced risk of some cancers**: Physical activity reduces the risk of colon cancer and breast cancer.

**Strengthened bones and muscles**: A minimum of 120 to 300 minutes per week of moderate-intensity aerobic activity that includes muscle-strengthening and weight bearing activities can help in preventing bone density loss.

**Improve your mental health and mood**: Aerobic and strengthening exercises for 30–60 minutes 3 to 5 times per week can assist in thinking, learning, and judgment skills.

**Increase your chances of living longer**: People who are physically active for about 7 hours a week have a 40 percent lower risk of dying than those who are active for less than 30 minutes a week. A minimum of 150 minutes a week of moderate-intensity aerobic activity is required to reduce this risk.

The fourth annual 10K at Three Springs for Books and Things will be held on Sunday, April 10, 2016. We are adding a 5K for those participants who are interested in a shorter race. The name will be changed to reflect this. It will hence be known as the 10K / 5K @ Three Springs for Books and Things.

All of the proceeds from the entry fees for the 10K/5K @ Three Springs for Books & Things go toward a scholarship fund for eligible Exercise Science students. The 10K/5K was designed to provide scholarship money for tuition, room & board, books, and fees to help support the education of promising students within our department. Eligible students can be enrolled in one of five options: Athletic Training, Exercise Physiology, Exercise Specialist, K-12 Teaching, and Sport Administration. This fund raising event supports students of Exercise Science by providing scholarships for deserving students.

Please Visit the 10K / 5K website for more information and to register for the race. [https://www.fortlewis.edu/exercise-science/10kInformation.aspx](https://www.fortlewis.edu/exercise-science/10kInformation.aspx)

To donate to the Exercise Science Scholarship fund you may visit our donation Web page [https://www.fortlewis.edu/exercise-science/10k5KInformation/Donations.aspx](https://www.fortlewis.edu/exercise-science/10k5KInformation/Donations.aspx)