



FITNESS & INDIVIDUAL DEVELOPMENT AT TUFTS

F.I.T. Class of 2012

Saturday August 23rd, 2008

12:30-3:30pm **REGISTRATION & KEY PICK UP**

****LOCATION: SOPHIA GORDON HALL ****

4:00pm	Welcome & Introduction to F.I.T. (participants & parents) Branwen Smith-King, Assistant Director of Athletics	Cohen Auditorium
4:45	Group Meetings <i>Participants will meet with Peer Leaders in their groups. Parents leave.</i>	Academic Quad
5:15	Dinner	Carmichael
6:15	Dorm Meeting <i>Meet and introduce yourself to other F.I.T participants in your dormitory.</i>	Dorm Lobby
6:45	Scavenger Hunt <i>Campus wide activity which will help you learn how to navigate the campus</i>	Residential Quad
8:00	Peer Leader Presentation	Barnum 08
9:00-12	Movie	Barnum 08

Sunday August 24th, 2008

9:00	Continental "Healthy Breakfast" Tracy Adams - "InJoy Health"	Gantcher
9:30	Group Meetings	Gantcher
10:00	The Tufts Personalized Performance Program Jackie Desmarais - TPPP <i>Learn how you can get involved in this unique program as a participant or trainer.</i>	Gantcher
11:00	What it Means to be a "Tufts Jumbo" Donald Megerle - Master Coach, President's Marathon Challenge	Chase Gym
12:00	Brunch	Carmichael
1:00	Time Management as an Undergraduate at Tufts Nicole Anderson - Assistant Director of Career Services & Peer Leader Panel	Barnum 08
2:15	Jumbo Work Out (students chose activity) Fitness/Weight Training Peer Leaders Kickball Peer Leader Jogging/Walking Peer Leaders Pilates Sharon Graves Spinning Kate Sweeney Swimming Peer Leaders	Ames Fitness Center Spicer Field Gantcher Jackson Gym Gantcher Hamilton Pool
3:45	Yoga Zan Barry (Flow) Yoga Elliott McEldowney (Power)	Jackson Gym Chase Gym
5:00	Dinner	Carmichael
7:00-10:30	Meet & Depart for Atomic Bowling Townline Bowling, Saugus	Campus Center Patio

Monday August 25th, 2008

8:15	Breakfast Meeting with Peer Leaders	Carmichael
9:00	Nutrition & Eating in the Dining Halls Julie Lampie R.D., MBA Nutrition/Marketing Specialist, Tufts Dining Peer Leader Panel <i>Learn about eating options at Tufts & how you can eat healthy in the dining halls.</i>	Cohen Auditorium
10-10:45	Stress Management Dr. Tim Donavan – Health Services Chiropractor Linda Escoll & Allyson Livingstone – Counseling & Mental Health Services <i>Learn from the experts about reducing stress in your life.</i>	Cohen Auditorium
11:30	Lunch	Carmichael
12:30	Outdoor Adventure (Meet & Depart from Campus Center) Kayaking Adam Hoyt/CRCK Sailing Ken Legler Rock Climbing "MetroRock" "The Freedom Trail" Peer Leader <i>(Participants will choose one activity to attend.)</i>	Mystic Lakes Mystic Lakes Everett Boston
5:00	Dinner	Carmichael
7:30	An Evening Out with Peer Leaders	Boston

Tuesday August 26th, 2008

8:15	Breakfast Meetings with Peer Leaders	Carmichael
9:00	Nutrition and Exercise Christina Economos - Associate Professor School of Nutrition <i>Learn the fundamentals of good nutrition from our very own researchers from the Tufts School of Nutrition.</i>	Cohen Auditorium
10:00	Jumbo Work Out Fitness/Weight Training Peer Leader Muscle Conditioning Marlene Carr Basketball Peer Leaders Yoga Elliott McEldowney Spinning Kate Sweeney Swimming Peer Leaders	Ames Fitness Center Chase Gym Main Gym Jackson Gym Gantcher Hamilton Pool
11:45	Lunch	Carmichael
12:30	Tisch College of Citizenship & Public Service – Shirley Mark Adjusting to College Life - Peer Leader Led Discussions <i>Learn what it is really like to be a college student, to become successful and productive at Tufts!</i>	Jackson Gym
1:30	Group Meetings	Campus
2:45-4:00	Finale <i>Groups will develop and prepare an informal presentation unique to their group</i>	Cohen Auditorium
5:00	Dinner	Carmichael
5:45	Meet & Depart for Boston	Campus Center Patio
7:00-10:00pm	Boston Harbor Cruise on the "Sam Clemens" Mass Bay Cruises	Boston

The End of F.I.T.

8/18/08