



Curtis Fitness News

Prepared by the Office of Student Services especially for Student Health 101

November Health Observances

National Healthy Skin Month

[Quit Tobacco!](#) Join The Great American Smoke Out November 18

[National Survivors of Suicide Day](#) November 20

Curtis students strike the right pose at Zarett

"My workouts at Zarett Rehab and Fitness have helped me feel more postural stability when sitting and playing my clarinet"

Kelly Coyle

Since childhood we are always told to sit with correct posture. In order to succeed with a long and injury free career in music, it is crucial for all musicians to have strong postural muscles to help with prolonged sitting, standing and playing.

"It's great to have a total workout resource. The Zarett program is specifically designed for us which is great. Everyone there is very friendly. Joe the owner is really hands-on. The facility is incredible! It's like having a coaching at Curtis - there's someone always there to help."

Josh Stewart



Kelly Coyle performing an exercise to help improve her posture. Pictured with Physical Therapists Joe Zarett and Brooke Elephant. (Zarett Rehab Fitness is located at 520 S. 19th Street.



Jessica Chang's Post-Workout Smoothie Recipe

Great with frozen fruits

- 1 cup OJ
- 1 banana
- 4-6 oz. Greek-style yogurt (any flavor)
- Handful each:
 - strawberries
 - mango chunks
 - blueberries

Drizzle of honey

Mix all together in blender and enjoy.

Run & Relieve Stress - Jessica Chang loves running and is always willing to organize a running group. Last year, Mr. Coopersmith, an avid runner himself, joined students to go running out on the Schuylkill Trail. "It's a terrific way to relieve stress" Jessica says. If you would like to be part of this activity email Jessica at jessica.chang@curtis.edu

What do you do to keep fit? What health topics would you like to learn more about? What's your secret to a good night's sleep? Got a favorite recipe to share? What would you like to see more of on your Curtis custom page? Email your ideas to **Yi-Fei Fu** at: yifei.fu@curtis.edu



TIP: Start the Day Right. Don't Skip Breakfast!