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IGNITING MOTIVATION

How behavioral principles affect our attitudes on exercise

HOSTED BY DR. ZACHARY ZENKO

SEPTEMBER 12 AT 5:30PM
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ROOM 20

Attendees will learn strategies for making physical activity and exercise more enjoyable and a regular part of their everyday lifestyle.

Zachary Zenko is a postdoctoral associate at Duke University's Center for Advanced Hindsight where his research is focused on promoting exercise behavior and making exercise enjoyable. He earned his PhD from Iowa State University, his MS from the University of Pittsburgh, and his BS from Edinboro University of Pennsylvania.

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