Flu Update
Influenza activity is high across most of the United States according to CDC’s latest report, available online at www.cdc.gov/flu/weekly/. We want Baylor students to take precautions by knowing how the flu spreads, recognizing the symptoms, to help prevent it, understanding how to care for yourself if you get the flu, and getting a flu shot. A limited supply of flu vaccine is available in the Baylor Health Center. Make an appointment to get your shot today. For additional information and to make an appointment, visit https://www.baylor.edu/health_center/index.php?id=65451.

New Year, New Resolutions!
As a part of your new year’s resolutions, take financial responsibility for your money matters through these resources provided through Student Financial Services:
- www.cashcourse.org/baylor/
- www.baylor.edu/sfs/index.php?id=81856
- www.baylor.edu/player/index.php?id=129155

Register for the Baylor Fitness Health and Fitness Expo
You may register at the McLane Student Life Center front desk. The cost is $12 if you register now through Sunday, January 27; lunch and a t-shirt will be included. The cost is $15 if you register Monday, January 28, to Saturday, February 2; this does not include lunch or a t-shirt. This event will be held on Saturday, February 2, in the Barfield Drawing Room of the SUB. Anyone (students, faculty, staff, or spouses) interested in beginning or advanced fitness, or in living a healthy lifestyle is encouraged to attend. For additional information, visit www.baylor.edu/campusrec/fitness/expo.

Baylor Fitness Events
**Monday, January 14, to Thursday, January 17:** OSO Fit Fair, 3-5 p.m., at the McLane Student Life Center lobby. Free fitness assessments including blood pressure, body fat percentage, and flexibility will be available free of charge. Information about Group X program, Health and Fitness Expo, fitness, and nutrition tips will also be available. For additional information, contact Van_Davis@baylor.edu.

**Thursday, January 17:** Back to School Bearobics Bash, 4:30 p.m. at the McLane Student Life gym. Come enjoy Zumba, toning, cardio fit/boot camp, belly dancing, Pilates, yoga, and more. This event is free for all students, faculty, and staff. There will be door prizes for 10 lucky winners. For additional information, contact Van_Davis@baylor.edu.

**Thursday, January 24:** Bearathon Nutrition Seminar, 3:30-4:30 p.m. in the McLane Student Life Center, Room 308. Are you training for the Bearathon but unsure about what to eat to fuel your body best? Join Baylor’s Peer Nutrition Educators to learn how to eat to get the most out of your training. Discussion will include runner’s unique diet needs, examples of smart pre run, post run, and race day meals, fuel needs during the race, along with sample training schedules, and time for Q&A. For additional information, contact Jamie_Mortimer@balor.edu.

Register for Baylor Group X Program
You may register at the McLane Student Life Center Members Service Counter. Get stronger, fitter, healthier, and happier in 2013 by joining the Baylor Group X Program. With close to 70 group exercise classes including Bear Cycle, Zumba, Yoga, Pilates,
Water Aerobics, Cardio Fit/Boot Camp, and much more to pick and choose from, you will be on your way in reaching your fitness goals. The cost is $50 per semester for all classes. For additional information, contact Van_Davis@baylor.edu.

**Baylor Swing Dance Society Meetings**
Every Tuesday and Thursday, 8-10 p.m. at Burleson Quadrangle. Meetings are open to all students. Wear tennis shoes and bring water. For additional information, contact baylorswing@gmail.com.

**Baylor Interfraternity Council Rush Q&A**
Thursday, January 17, 7-8 p.m. in Kayser Auditorium. Come be a part of a Q&A session with the recruitment chairs of the 12 IFC fraternities. This event is open to all students who may have an interest in rushing. For additional information, contact Sean_Fulton@baylor.edu or Rick_Betori@baylor.edu.

**Student Health 101**
In January’s issue:
- Effective Resumes and Cover Letters
- Sharing Space Dos and Don’ts
- No Stove? No Problem!
Check it out at [http://readsh101.com/baylor.html](http://readsh101.com/baylor.html). For additional information, contact Lori_Genous@baylor.edu.

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**THIS WEEK IN STUDENT GOVERNMENT**

**Involvement Opportunity - Student Government Programming Agency**
Applications are available online at www.baylor.edu/sg. Student Government is launching Student Government Programming Agency this semester. This program is designed to involve students who are neither elected nor appointed to a position within Student Government. This program is intended for emerging leaders at Baylor University. Interested students will work as a team to plan and host numerous Student Government events. The members will also get an in-depth look into Student Government and the University that the average student does not get to experience. Applications are due Friday, January 18, at 5 p.m. Group interviews will be conducted on Saturday, January 19, and Sunday, January 20. The first meeting will be held on Tuesday, January 22. For additional information, contact B_Kim@baylor.edu.

**Student Government Vacancies**
The general Student Government application is available online at www.baylor.edu/sg/index.php?id=65000. The following positions are available:
- Class Officer Vacancy
  - Freshman Secretary/Treasurer (1 position)
- Senate Vacancies
  - Senior Senate (2 positions)
  - Sophomore Senate (2 positions)
  - Freshman Senate (1 position)
- External Vice President Cabinet Vacancies
  - Cabinet member (3 positions)
Applications are due Friday, January 18. For additional information, contact B_Kim@baylor.edu.
SUPPORT BAYLOR ATHLETICS

**Women’s Tennis vs. Houston (doubles) – HEB Invitational**
Friday, January 18, 10 a.m., Hurd Tennis Center

**Women’s Tennis vs. Stephen F. Austin (singles) – HEB Invitational**
Friday, January 18, 11:30 a.m., Hurd Tennis Center

**Women’s Tennis vs. Auburn (doubles) – HEB Invitational**
Saturday, January 19, 10 a.m., Hurd Tennis Center

**Women’s Tennis vs. Houston (singles) – HEB Invitational**
Saturday, January 19, 11:30 a.m., Hurd Tennis Center

**Men’s Basketball vs. Hardin-Simmons**
Saturday, January 19, 2 p.m., Ferrell Center

**Women’s Basketball vs. West Virginia**
Saturday, January 19, 7 p.m., Ferrell Center

**Women’s Tennis vs. Stephen F. Austin (doubles)**
Sunday, January 20, 10 a.m., Hurd Tennis Center

**Women’s Tennis vs. Auburn (singles)**
Sunday, January 20, 11:30 a.m., Hurd Tennis Center

Log onto www.BaylorBears.com for all the latest information about Baylor Athletics.

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Sic' em Bears!

If you have items you would like to see appear in *On the Baylor Horizon*, submit them for consideration by Friday at noon to StudentLife@baylor.edu. You can find the most up-to-date calendar information at http://www.baylor.edu/calendar/.

View past issues of *On the Baylor Horizon* at