USD Campus Recreation News

New and Exciting Classes from Campus Recreation

As Campus Recreation continues to grow, so do the Recreation classes. In Fall 2011 we offered 58 Recreation classes to choose from totaling 500 registered participants. This Fall, we offered 70 classes totaling just about 590 registered participants! Our goal is to offer quality programming to meet a variety of interests and needs for our community. All of our classes are open to students (grad and undergrad), staff/faculty, and affiliates (such as alumni). Classes can be taken as credit or non-credit. Since we are growing but our space for classes is not, we are offering special weekend class opportunities for Spring 2013! Weekend classes are offered for a condensed time frame (6 to 8 weeks) and include Advanced Brazilian Jiu Jitsu, Taekwondo, Women’s Self Defense, Advanced Yoga, Pre-Spring Break Boot Camp Blast, and Endurance Indoor Cycling.

Find time to **Fit in Fitness** into your Spring 2013 schedule and take a Recreation class (or two)! If you have any suggestions for a type of Recreation/Fitness class that you would like to see offered, please contact the Recreation Programs Manager, Serena Boyd (serenaboyd@sandiego.edu, 619-260-7751).

**Check out the entire Spring 2013 Recreation Class schedule at:**
CONGRATS TO THE CHAMPS!


INTRAMURAL UPDATE

CONGRATS TO THE CHAMPS!

Below: Men’s Flag Football Champs: “Older and Better Than You” – Peter Heine, Russell Wall, Chase Tushima, Teddy Fulham, Joe Robison, Casey Fersch, Brandon Dillon, Cameron Ward.

Right: 3x3 Co-Rec Basketball Champs: “Two Hands on the Ball.”
WHAT’S NOT TO LOVE ABOUT USD SPORT CLUBS?!!

WHAT A SEMESTER! USD Sports Club leadership and members put their multi-tasking skills to the test! New sports club policies such as sports physical requirements and the ever-changing transportation policies kept this special group on their toes ALL semester!

Juggling academics, work, practices, competitions (home and away) along with any other extracurricular activities is a daunting task, to say the least. Honestly, who has time for this thing called a life?

Simply put, these students are nothing short of amazing! We love our sports club teams and take pride in offering 25 different club opportunities for the student body to find a healthy means of competition and play.

Spring 2013 is going to be an exciting semester! Most of the clubs are in-season and eager to strut their stuff. Be sure to stay tuned for Sports Club updates by “liking” the Campus Recreation Facebook page and checking out the Sports Club contest schedule at: http://www.sandiego.edu/campusrecreation/sports_clubs/game_schedules.php.

Happy holidays and have a safe and happy New Year celebration!

Above: The Club Women’s Soccer Team taking a break to enjoy some free samples of Luna bars!
USD FITNESS FRENZY

BALANCING THE WINTER BREAK

By Corrine O’Sullivan, Mission Fitness Center Fitness Team Member

With winter break around the corner, the excitement of returning home to spend quality and much-needed downtime with family and friends lingers in every conversation. Meanwhile, every overly-sweet, oh-so-comforting holiday coffee drink somehow finds its way into your hands.

For some, going home will inherently mean healthier eating and taking refuge in old fitness faves (familiar hikes, gyms, workout buddies and routines). For many others, going home is the scary unknown with cabinets full of the tempting stuff you’ve been deprived of all semester long; it’s the beginning of the “feel like a kid in a candy shop” syndrome and disappearing self-discipline. Plus, there are all the FREE holiday goodies and baked treats that seem to be around every corner during the holiday season.

Then, of course, there’s the subject of exercise. Somewhere in between all of the joy-making, snowman-building, carol singing, goody-baking, and excessive eating activities of the holidays, finding the time to fit in exercise is somehow lost. Cozy fires and movie watching with loved ones outweigh the appeal factor of that afternoon run. All of those fitness and healthy eating routines you poured your heart and sweat into during the semester are out the window, gone.

However, if this article is sounding all too familiar to you and you know what’s awaiting you back home, there is hope—and there’s one thing you can do right now: PLAN FOR IT! After all, *failing to plan is planning to fail*.

The best way to avoid major pitfalls is to plan ahead for this break. Here are tips from our resident experts on HOW:

- **Rob Bauer—Personal Trainer & Strength Coach.** Rob recommends maintaining a consistent and enjoyable workout routine (a.k.a. one you *look forward to doing*) throughout the break to stay ahead of the curve, and avoid “letting the holidays dictate your motivation to exercise. To get around those eating urges, think about all the hard work you put in during the year and the impact of each decision you make about what you put into your body. It's ok to reward yourself, but be smart about it.” (See Barbara’s “3 Bite” rule to practice “smart” indulging!)
  "The good Lord gave you a body that can stand most anything. It’s your mind you have to convince.” —Vincent Lombardi

- **Allison Smekal—Personal Trainer & Pilates Instructor.** Allison recognizes the holidays are a two-sided coin; we are simultaneously excited to spend time with loved ones and reluctant to consume all the seasonal goodies as we fly from one holiday party to the next. Allison tells us the trick is to find the balance that works for you. She suggests incorporating “simple solutions into your lifestyle that have the added bonus of physical activity such as taking your pet for walks or beginning a family ritual of Pictionary (if you have a Wii, some bowling or dance games) after dinner.” After all, who doesn’t love some healthy competition? As far as food, Allison advises challenging yourself to first tasting things you don’t love so you can later indulge in your favorites guilt-free.

  "You are one workout away from a great mood."

Article continued on next page
Barbara—University Fitness Programs Manager: “3 Bite” Rule
Is there some treat you absolutely know you must have this holiday season? (Pecan pie anyone?!) To prevent overeating, have a plan of attack to indulge your cravings with a touch of moderation. Barbara enjoys a technique she read about in a health magazine: 3 Bites!

[Remember this rule is counteracted if your bites are outrageously large or you go around 3-Biting everything on the dessert table.]

Your first bite is to glean the most satisfaction possible from your treat - the most satisfying and flavorful bite of all.

The second bite is for comfort--knowing you still have a second bite waiting for you.

The third bite is for closure. While you're ingesting that last bite, chew on this: this bite is as sweet as taste gets. There are no further surprises awaiting you...the dessert is not going to get any better or any more exciting. Three bites are just enough to satiate your hankering and leave you with a lasting peace.

Some more ideas!

• Bring home a recipe with a twist to your kitchen this winter break such as gluten-free cookies or Greek-yogurt-based pudding.
• Introduce a new nutrition powerhouse and play around … think Chia or Flax seeds or maybe protein-packed snacks
• Get your family in on the healthy fun! With websites like Pinterest, the inspiration is endless.

Get inspired to make the most out of your healthy holiday, and have yourself a joyful and balanced break!
By Rob Bauer B.S. NSCA-CPT, USAW

Squats, deadlifts, bench press, and overhead press are among the most important exercises most people just don’t know how to do correctly. Once you learn how to do these exercises with proper form, you will start gaining strength quickly.

When you use correct exercise form, you are using all of the intended muscles in your body to perform a particular lift. When your form is incorrect, certain muscles work harder than they are meant to while other muscles work less than our natural bio-mechanics intend. Reasons proper form and posture are important when exercising include:

- **Safety**
  Good form and posture put your body in the correct alignment which helps avoid injuries, pulls and strains.

- **Efficiency**
  No one wants to waste time! We want to make the most of every moment when we are working-out. Proper form allows you to target the muscle groups you want to workout.

- **Confidence in your activities**
  As in other areas of your life, when you know what you are doing, you are confident in your abilities and able to improve.

Common mistakes with form and posture include:

- **Slouching**
  Stand up straight when you are doing upright exercise. Your shoulders should be back and your tummy should be held in tight. Your head should be up rather than thrown forward.

- **Trying to lift too much weight**
  Lifting or pushing a weight doesn’t mean you’re doing so with the correct muscles. Have a professional check your form when doing any kind of weight training. Start with less weight at a slow pace until you get the correct form and posture every time.

The benefits of using proper form and posture when working out will show after only a few workouts. You will be standing taller, feeling better, and actually doing something beneficial for your body.

**FIT MIND, BODY, and SOUL.**

For more information on personal training or other fitness programs, please visit:

[http://www.sandiego.edu/mfc](http://www.sandiego.edu/mfc)
Finals got you frazzled?! Don’t worry, USD’s got your back!
Checkout our stress reducing programs including some puppy love time and free group fitness classes!
For more information on finals week resources, including stress tips, visit:

REVITALIZE WITH EXERCISE!

Don’t forget to revitalize with exercise and try one of our many FREE fitness classes from 12/15 through 12/20. Enjoy relaxing classes such as meditation yoga, or get your willies out and take an upbeat Zumba class. Either way, you are doing something good for your mind and body by allowing time to refocus, recharge and reenergize.

Check out the free finals week fitness class schedule at: http://www.sandiego.edu/documents/campusrecreation/finalsschedulenewsletter.pdf
It’s here! It’s finally here! The Spring 2013 Recreation class schedule is posted!
Studies show that getting 60-mins of moderate physical exercise at least 5 days a week can not only improve your level of fitness and reduce your risk for a plethora of diseases, but can also improve your brain power and mood! Now there really is no excuse! Find time to fit in fitness into your busy academic schedule for Spring 2013. Most classes can be taken as for-credit (0.5) or as non-credit.
Campus Recreation offers nearly 70 classes each semester including:

- **Recreation:**
  - Tennis, volleyball, swimming, and massage
- **Dance:**
  - Zumba, ballet, contemporary, ballroom, jazz, salsa, cardio dance & tone, and hip hop
- **Aquatic:**
  - SCUBA certification, masters swim training, and Mission Bay Aquatic Classes including surfing, sailing, stand up paddle boarding, lifeguard/water safety instructor certification, and more
- **Fitness:**
  - Yoga/Pilates, abs & toning, butts & guts, indoor cycling, boot camp, personal training certification prep, and more
- **Martial Arts:**
  - MMA, Brazilian Jiu-Jitsu (level 1 and 2), and Taekwondo

For a complete list of classes including days/times and registration process, please visit:
[http://www.sandiego.edu/campusrecreation/recreation_classes/class_schedule.php](http://www.sandiego.edu/campusrecreation/recreation_classes/class_schedule.php)
IT SNOWS IN SOUTHERN CALIFORNIA!

Get your snow gear out of the back of the closet and join Outdoor Adventures this February for a ski/snowboard trip to Bear Mountain or a day of snowshoeing on Mount San Jacinto. Don’t forget to bring your snow gear back with you after winter break.

Stay tuned for trip details and visit our website at www.sandiego.edu/oa!
SPOTLIGHT AWARDS: NOVEMBER

RECREATION EMPLOYEE OF THE MONTH

For the month of November, Campus Recreation would like to acknowledge Brennan Day as employee of the month. Brennan began his career with Campus Recreation as a Facilities Assistant a year and a half ago (his freshman year). “Brennan is a constant joy to work with. He has a go-getter attitude and a willingness to learn, all while having fun on the job,” said Brennan’s supervisor, Serena Boyd. When asked what he likes most about his job, Brennan replied, “I love being part of a great team who helps keep the student body (so to speak) fit and happy!”

You may see Brennan checking your ID upon entrance if you visit the Sports Center so if you do, please feel free to congratulate him on his recent award!

FITNESS EMPLOYEES OF THE MONTH

The Mission Fitness Center is proud to announce our December Employee of the Month: Tori Anderson! Tori is our “silent giant,” always working on huge projects to make our facility’s operations run smoothly. Tori’s most recent endeavor involved creating a preventative maintenance instruction guide. In layman’s terms: Tori took pictures of each machine (including it’s insides!) and prepared step-by-step instructions describing how to disassemble, lovingly clean and re-assemble every single machine! All of this information is now in a snazzy binder and easily accessible to all staff! WOW!!! Additionally, Tori always smiles to greet patrons, and her positive energy impacts all of those around her. We'll miss her when she ventures abroad next spring and we're savoring every precious minute of her multifaceted skill set and consistence excellence in the meantime.

Mission Fitness Center’s November Employee of the Month was our beloved Meredith Higa. Throughout her time at the MFC, Meredith has been a bright light to those she mentors as well as those who mentor her. Meredith’s Senior Supervisor credits Meredith for keeping her encouraged no matter what the workload or evolving variables requiring navigation to continually improve our marketing efforts. Meredith has a special way of communicating all that needs to be done with warm humor, clarity and encouragement. She willingly accepts challenges with competence, motivation and professionalism. She’s a key leader on our team and we look forward to her new role as Marketing Supervisor next spring!
# Extended Calendar of Events

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<tr>
<th>Date</th>
<th>Time</th>
<th>Event / Info</th>
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<tbody>
<tr>
<td>12/14</td>
<td>n/a</td>
<td>Last day for all classes (including Recreation classes)</td>
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<tr>
<td>12/14</td>
<td>12-2pm</td>
<td>Enjoy a little puppy love with Therapy Dogs right here on campus!</td>
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<td>12/15-12/20</td>
<td>n/a</td>
<td>Free finals week de-stress fitness classes</td>
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<td>12/21</td>
<td>n/a</td>
<td>Last day of finals</td>
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<td>12/22 - 1/1</td>
<td>n/a</td>
<td>Holiday Break- Recreation and Fitness Centers CLOSED</td>
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<td>1/2</td>
<td>n/a</td>
<td>Beginning of Intersession hours for Recreation/Fitness Centers</td>
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For more information on the listed events, please visit: [http://www.sandiego.edu/campusrecreation/](http://www.sandiego.edu/campusrecreation/).

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*Have a safe and wonderful holiday break filled with peace and joy!*