



The Department of Campus Recreation

Winter 2011 Newsletter

Keep It Up!

Winter's stolid approach is for many an implicit signal to cease the boisterous activities that were at the forefront of their summer months, and to cuddle up into more comfortable corners so as to avoid the dark, cold and hostile outdoors. Couple this with the impending approach of finals week, projects that have been put off till the last minute and the general lack of natural energy that accompanies the diminishing hours of sunlight, a brisk morning run or a session in the gym seems like the furthest thing that could be on one's mind. But the truth is: nothing could reinvigorate the high spirit felt during warmer months than a quick training session.

Nothing could be more counterintuitive; why would one even consider abandoning the comfortable refuge of their heated room, decide to forgo the chance to sip hot cocoa while watching students outside skirmish to their respective destinations, in order to undertake the sometimes grueling journey toward personal

betterment? "I'll do it tomorrow" you may think to yourself, but the fact is that today is yesterdays' tomorrow, and you are still in your pajama pants 4000 words away from finishing that term paper, without an idea in mind! Why not rattle and shake off the chains of lethargy with a brisk walk, a few sets of pull ups, or a group jam session in the sac basement!

Stony Brook offers an incredible variety of ways one can distract himself or herself from school work while maintaining a sense of productivity. If you can't do it alone, drag out a friend to the gym or to our daily fitness classes. Head on out to the indoor track on the upper levels of the basketball arena in the sports complex, or if you're feeling really daring, put on a hat and tights and go conquer circle road. Not a land person? Take a dive in the university pool during the designated open swim hours and do a few laps. All these events and facilities

are open to students as part of the small activities fee everyone pays that comprises part of their tuition, so why not put that money to good use?

The first step is always the toughest, and sometimes all that must be done in order to begin ones journey toward physical wellness is the mechanical action of simply getting to the place that accommodates your goals, whether it is the gym, the dance studio, the track or the pool. The concept of inertia does not only apply to physics, it applies to psychology and human motion, so once you get going and the blood begins to surge through your body, it becomes hard to stop. But don't be over eager by not pacing your initial training runs in accordance to you fitness level, otherwise even the joy of a finished workout won't counteract the forthcoming fatigue that may ensue.

Tempting as it is, staying physically idle during the winter may neutralize all the hard work you

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may have put in during the summer months. Staying active during the wee weeks of the semester may be the best method to maintain focus, motivation and may perhaps even grant you admiration among your peers for being so deter-

mined! It may also be that catalyst you were looking for while thinking of creative ways to finish that final project. So search through our website at studentaffairs.stonybrook.edu/rec, to see which activities cater

best to your interests and turn this period of hibernation into a phase of activation!





What can I do to protect myself from getting sick?

Winter months are here, and it's the time the immune system may not be at its strongest to protect you.

To help prevent the spread of germs, take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective; however wash your hands with soap and water whenever possible.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home until your fever is gone. This is to keep from infecting others and spreading the virus further.
- Other recommendations include a general, good hygiene approach consisting of:
 - Showering routinely and immediately after participating in exercise.
 - Keeping cuts and scrapes clean and covered with a bandage until healed.
 - Avoiding sharing personal items such as tooth paste, towels or razors.
 - Maintaining a clean environment by cleaning frequently touched surfaces.

For more information just visit

<http://www.stonybrook.edu/flu/>

Interesting!

Student Staff Insider.

Motivating!

Morning Chat with Danica...



Interviewee: **Jean Claude Velasquez**
Working for Campus Recreation since Fall 2010
Major: Philosophy
Freshman
Hometown: Peekskill, NY

Fun

Danica: How did you get the job with Campus Recreation?

Jean Claude: Through E.O.P. During the summer academy there was a job fair. I approached Steve because I always wanted to work in a gym and I got the job.

Danica: How do you like working here so far?

Jean Claude: I like it. Actually by the end of the year, I was thinking about going for the Wellness Center coordinator position.

Danica: Is there anything that you would change, add to, or take away from the Wellness Center?

Jean Claude: I would want to add a diagonal sled-type leg press machine. I wouldn't change any policies because they are pretty straightforward.

Danica: Do you use the gym or participate in any fitness classes?

Jean Claude: I use the gym. My class schedule is a little hectic for me to take fitness classes.

Danica: What are your thoughts on about the new recreation building that is currently being built?

Jean Claude: Hopefully it will be built before I graduate and it looks like it will be nice. The current gym is not large enough for our large population of students.

Danica: What shift do you enjoy working the most?

Jean Claude: Wednesday, the afternoon shift.

Danica: Any memorable moments while working here?

Jean Claude: There was this guy that was working out here that was kind of rude. He went to lift very heavy weights and when his friend offered assistance as a spotter he refused. While the rude patron was lifting the weights, he dropped them on himself.

Danica: What is your least favorite part of the job?

Jean Claude: When I have to open because I have to wake up early.

Danica: Would you want to work in any other area of Campus Recreation?

Jean Claude: Not really, I like the Wellness Center and like I said I would like to be a coordinator. But I am open to looking into the other areas.

How Would You Describe Your Experience of Working with Campus Recreation in ONE Word?



Claribel Santiago, Business Major, Fr, Wellness Center Staff



Kristen Conolly, Psychology Major, Sr Office Staff and Fitness Attendant



Anastasia Kiryushkina, Business/Theatre Major, Sr Fall 2010 Marketing Intern



Matthew Lugo, Biology Major, Fr Wellness Center Staff

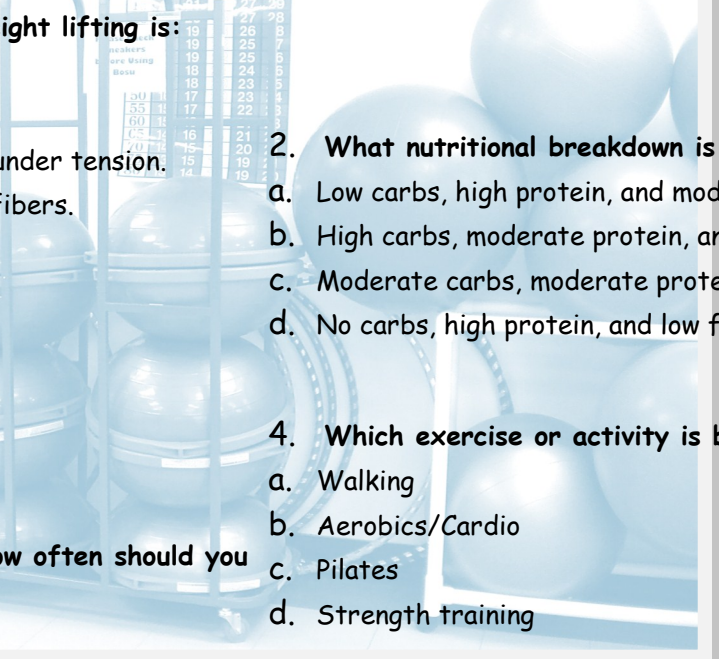
Put Your Friends To This Test!

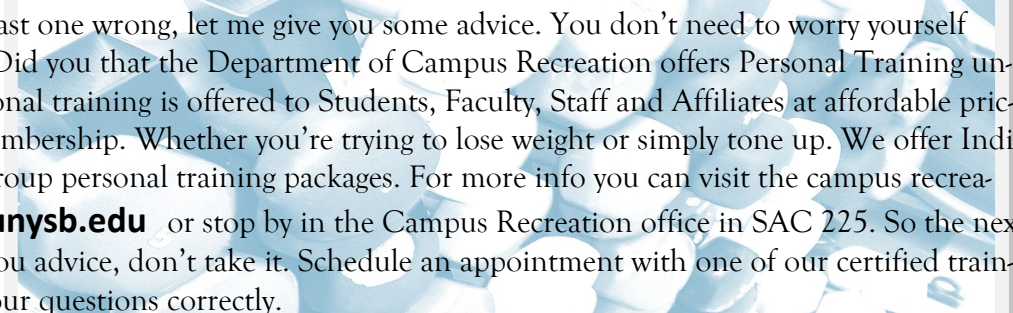
Tamara Mitchell

Do you have a friend that swears they're personal trainer? Well let's put them to the test! In my year and a half experience of working at the Wellness Center, I've overheard a lot of "work out advice" that patrons tell each other. Someone that most patrons ask advice from is fellow SBU student Jeffrey "Dibs" Lee. He is mostly popular for his crazy "Crossfit" Techniques that he utilizes while working out at the Wellness Center. Jeffrey is a senior majoring in Athletic Training with a minor in Adaptive Aquatics. You can always catch him doing something active, whether it's Trail Runs, Brazilian Jiu Jitsu (A martial arts, combat sport and self defense system), Ultimate Frisbee, or at the Sports Complex doing the Adaptive Aquatic Program which focuses on rehabilitation for Physically and or mentally disabled individuals. So I figured what better person to take our Mini Personal Training Quiz. Believe it or not Jeffrey only got one out of the five questions asked correctly. Now you or your friends take a try at it (Answers at the bottom):

Mini Quiz

These are some questions that you might come across while completing personal training certifications.

- 
- The most important aspect of weight lifting is:**
 - Focusing on good form.
 - Lifting as much weight as possible.
 - Using momentum to increase time under tension.
 - Creating more fast twitch muscle fibers.
 - You should never eat after 7pm.**
 - True
 - False
 - If your goal is to build muscle, how often should you strength train?**
 - 1-2 times per week
 - 3-4 times per week
 - 5-6 times per week
 - Everyday
 - What nutritional breakdown is best for fat loss?**
 - Low carbs, high protein, and moderate fat.
 - High carbs, moderate protein, and low fat.
 - Moderate carbs, moderate protein, and moderate fat.
 - No carbs, high protein, and low fat.
 - Which exercise or activity is best for fat loss?**
 - Walking
 - Aerobics/Cardio
 - Pilates
 - Strength training



How did you do? If you got at least one wrong, let me give you some advice. You don't need to worry yourself about it, leave it to the professionals. Did you that the Department of Campus Recreation offers Personal Training under their Department of Fitness? Personal training is offered to Students, Faculty, Staff and Affiliates at affordable prices that have a valid wellness center membership. Whether you're trying to lose weight or simply tone up. We offer Individual personal training packages or group personal training packages. For more info you can visit the campus recreation website at www.recreation.sunysb.edu or stop by in the Campus Recreation office in SAC 225. So the next time any of your friends tries to give you advice, don't take it. Schedule an appointment with one of our certified trainers who will be glad to answer all of your questions correctly.

Answers: 1) a 2) c 3) b 4) d 5) b

Personal Training

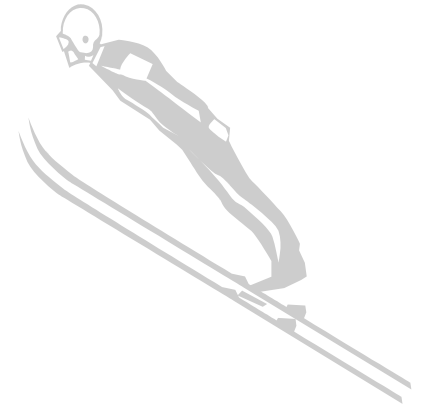


Our goal is your goal!

We strive to educate and empower you on how to properly use and incorporate important aspects of fitness and

	1 session	5 sessions	10 sessions
Students	\$40	\$180	\$320
Faculty & Staff	\$45	\$205	\$370

We have both male and female trainers who are nationally certified and ready to meet with you! Stop by the Students Activities Center room 225 for a Client Information packet and to sign up.



ACIS (American Collegiate Intramural Sports) provides opportunities for schools, students, and sponsors to mutually benefit through sports-related promotional activities on more than 200 campuses nationwide. Stony Brook's Department of Campus Recreation is proud to be one of them. Our goal is to provide the optimal experience for students participating in recreational sports while increasing awareness and excitement for recreational sports programs and ACIS sponsors. ACIS sponsorships enhance the student experience and generate increased recreational sports participation by providing valuable contests, giveaways, and experiential opportunities.

Stop by the Wellness Center, SAC 307 or the Wellness Office, SAC 225 for your rewards cards and more information on how Stony Brook is participating with ACIS.

Check out their website for more information:

<http://www.acisports.com>

Winter 2011

Group Fitness Schedule



PARTICIPATION AND CHECK-IN POLICY: YOU NEED YOUR SBU ID CARD TO ENTER CLASSES!

The growth of the Group Fitness Program necessitates the need to limit the number of participants in fitness classes for member safety and enjoyment. Please note the size limit is 23 participants. To gain entry into a fitness class held in the SAC Aerobics Studio or SAC Spinning

Studio you must use your SBU ID to check-in. All classes are first come, first serve. You may check in up to 30 minutes prior to the class with your SBU ID Card. It is advised that you arrive early!

Registered undergraduate students can participate for free.

Faculty, staff and graduate students require a group fitness card to participate. Punch cards can be purchased in the Wellness Center Office, SAC Room 225.

ALL CLASSES ARE HELD IN THE BASEMENT OF THE STUDENT ACTIVITIES CENTER AEROBICS STUDIO & SPIN STUDIO, NEXT TO THE BANK.

Group Fitness Class Punch Card Prices

(for faculty, staff and graduate students only)

Unlimited Classes \$84.00

14 Classes \$49.00

4 Classes \$16.00

Tuesday, January 4 - Friday, January 21, 2011

<u>Day</u>	<u>Time</u>	<u>Class</u>
Tuesday	12:00–12:55 pm	Pump & Sculpt w/ Lucille
Tuesday	5:05–5:25pm	Ultimate Abs w/ Dean
Tuesday	5:30–6:25pm	Spinning w/ Dean
Wednesday	12:00–12:55pm	Core & More w/ Lucille
Wednesday	5:15–6:10pm	Yoga w/ Jeannean
Wednesday	6:15–7:10pm	Spinning w/ Jeannean
Thursday	11:00–11:55am	Spinning w/ Dean
Thursday	12:00–12:55 pm	Cardio Fusion w/ Lucille
Thursday	1:00–1:30pm	Kickboxing w/ Lexie
Thursday	1:35–2:00pm	Ab Attack w/ Lexie
Thursday	5:15–6:15pm	Spinning w/ Lucille
Friday	12:00–12:55pm	Pilates Mat w/ Lucille
Friday	1:00–1:55pm	Muscle Mash Up w/ Lexie



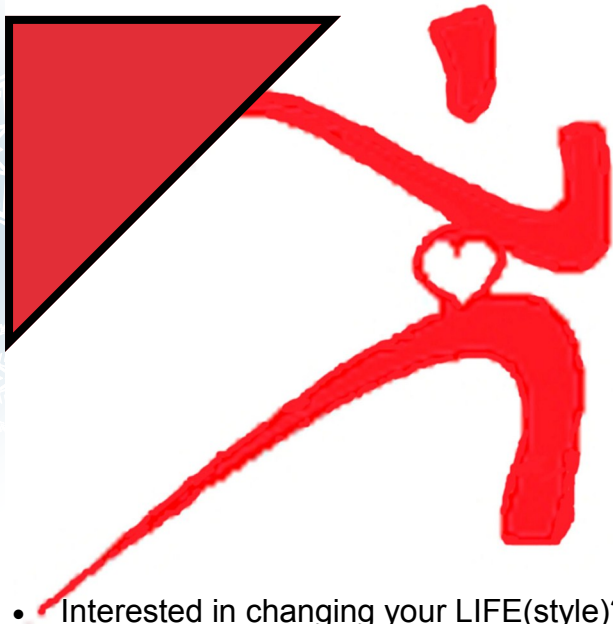
Visit our website at www.recreation.sunysb.edu for more information about our fitness classes.



STONY BROOK

Fit

CLUB



- Interested in changing your LIFE(style)?
- Need that extra push to follow through with your goals?

Check out the Stony Brook Fit Club!

The purpose of the program is to help improve fitness and nutrition habits in order to improve total wellness. Benefits of participation include, but not limited to; learning how to exercise safely and effectively, learning how to make healthier choices at home and on campus, making wellness part of everyday life and having fun.

Throughout the duration of the program it will incorporate a number of core wellness programs and topics:

- Wellness Workshops, topics including;
 - Stress & Time Management
 - Body Image
 - Fitness
 - Nutrition
 - Relationship with Food
 - Changing your Lifestyle-Where to Begin
 - Portion Distortion
 - Steps to Healthy Weight Loss
- Group Fitness Classes Monday through Saturday on Campus
- One-on-one workouts or smaller group workouts with our staff of personal trainers
- Individual meeting times with a nutritionist/dietician
- Individual Meetings with the Program Director to set goals and evaluate progress

For more information call 632-7263 or visit www.recreation.sunysb.edu and click on the logo for more information and the application.

Campus Recreation Events. What You Missed:

One more Fall semester is nearing its end—a semester full of fun events with Campus Recreation! This time students and community got to participate in various energy boosting and stress relieving activities offered by the Department of Campus Rec!

Fitness Classes, Fall 2010



NY Mets Game VS. Phillies, 9/10/2010

Mets WELCOME										
STONY BROOK UNIVERSITY PACIFIC CLUB										
	1	2	3	4	5	6	7	8	9	TOTAL
PHILLIES	0	2	0	4		6	0	0		297
METS	0	0	3			3	5	0		243
RHP HALLADAY	PITCHES 49		STRIKES 36		Ks 3		8:27 PM			



INSANITY, 11/3/2010

Turkey Trot 5k Run, 11/14/2010



Wellness EXPO, Fall 2010

WELLNESS
EXPO
WEDNESDAY
11-10-10
SAC A
11 am - 2 pm



Intramurals, Fall 2010



TOYS FOR TOTS TOY DRIVE @ Stony Brook Wellness Center

Bring new, unwrapped toys to the Wellness Center (SAC 307)
November 15—December 15, 2010
Faculty/Staff that participate can use the Wellness Center for **FREE** on that day!



Make a Donation
The drop-off boxes are located in Stony Brook University Wellness Center— 3rd floor of the Students Activities Center, Room 307

Help Make a Difference!



This semester, the Wellness Center made a difference by working with a nonprofit organization, the US Marine Corps, and setting boxes for toy donations at their facility. People today are fully aware of how important it is to give back, and the Wellness Center provided them with such an opportunity offering an incentive of utilizing the gym for free for faculty/staff members on the day they donated a toy for this great cause.



**It's never late to
GET YOUR Wellness Center Membership!**



WELLNESS CENTER

For Faculty, Staff, and Affiliates!

Pick a Membership Plan that Fits You Best!

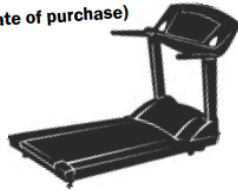
FULL YEAR - \$ 165.00
(Valid for one year from the date of purchase)

**ACADEMIC YEAR 2010- 2011—
\$125.00**
(Valid August 30,2010– May 23,2011)

SEMESTER - \$ 70.00
FALL: August 30,2010– December 22,2010
SPRING: January 31,2011– May 23, 2011

ONE MONTH - \$25.00
(Valid for one month from the date of purchase)

For more details call
us at 631-632- 6850
or come to the
Wellness office—SAC
225 !



DEPARTMENT OF CAMPUS RECREATION SKI TRIP

FEBRUARY 11-13, 2011

JAY PEAK
VERMONT

Open to any Registered SBU Student

\$250.00 Undergraduate Student, \$300.00 Graduate Student
(Includes 2-day lift ticket/transportation/2 nights lodging)

INFORMATIONAL MEETINGS

(Must attend one in order to sign-up for trip)

10/20, 10/27, 11/17 – 1:00pm – 2:00pm – SAC 223

10/26, 11/03, 11/11, 11/15 – 8:00pm – 9:00pm SAC 223

Tickets Go on Sale December 6 – 10, 2010

Must be 18 years or older.

For More Information Call 632-4145

Get the Body You Desire

With Campus Recreation!



Do you feel out of shape?

Having trouble targeting specific areas of your body?

Unsure of how to properly use exercise equipment?

Do you want to get fit and feel healthy?

PERSONAL TRAINING
is right for you!



To Feel Healthy and Look Great visit the Wellness

Office SAC 225 or Call 631-632-6850

to learn more about our Personal Training program!

<http://www.recreation.sunysb.edu>

Coming Up Soon!

Tennis Tournament Saturday, April 30, 2011 12:00 p.m Tennis Court

SB Strongest Bench Press Competition Thursday, May 5, 2011, 7:00 p.m. SAC Aud.

Basketball Tip Off Monday, February 7, 2011 7:00 p.m.Sports Complex Arena

Wellness Workshop , Wednesday, March 23, 2011, 1:00-2:00 p.m.SAC 308

Wellness Workshop , Wednesday, April 6, 2011, 1:00-2:00 p.m. SAC 308

* Debbie Whittemore 5k Memorial Run, Sunday, April 10, 2011, 10:00 a.m.
Pritchard Gym Lobby (Check-in)

* Golf Tournament, Friday, May 13, 2011, 12:00 p.m. TBA

* Fee or deposit is required. For more information, please visit
www.recreation.sunysb.edu.



www.recreation.sunysb.edu