

# The Department of Campus Recreation



## FALL 2010 NEWSLETTER



### Volume 2, Issue 1

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## Welcome Back!!!

**Marie Turchiano, Associate Director of Campus Recreation**

Welcome to the Fall edition of the Department of Campus Recreation Newsletter. Our primary goal is to enhance the quality of life on campus for the students, faculty and staff by providing a diversity of programs and facilities to meet your recreational needs. Our department is comprised of the Wellness Center, Fitness and Wellness Programs, Intramural Sports Program, Special Events and Sport Clubs. Daily exercise is good for the body and soul and it is never too late to start becoming active and improve your health. Get involved with Campus Recreation. I guarantee, you can find something you like whether it is working out, participating in our outdoor recreation activities, participating in a fitness class or joining a sport club or intramural sport team. In all we offer over 10 intramural sports, 51 weekly fitness classes, personal training, informal recreation, a variety of special events and of course the Wellness Center for all your workout needs. Here is a list of some of our fall upcoming events:

**Co-Ed All Night Softball Tournament - Friday, Oct. 1, 2010.**

**Outdoor Volleyball Tournament - Saturday, October 16, 2010 at 12:00 p.m.**

**Texas Hold'em Poker Tournament - Friday, October 22, 2010 at 6:00 p.m**

**Bowling Night - Friday, November 5, 2010 from 9:00 p.m. to 11:00 p.m - Port Jefferson Bowl. Tickets are \$5.00. You must provide your own transportation. Tickets go on sale in the SAC Ticket Office on Wednesday, October 13, 2010.**

**Wellness Expo – Wednesday, November 10, 2010 – 11:00am – 2:00pm – Sac A**

**5K Turkey Trot - Sunday, November 14, 2010 - Pritchard Gymnasium Lobby. Pre-Registration: \$8.00 undergraduate students, \$10.00 faculty/staff, alumni and community members. Pre-Registration Deadline is Thursday, November 11, 2010 at 5:00 p.m. After November 11, 2010, the registration fee is \$20.00.**

For a more detailed list of events and programs please visit our website at: [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) or call us at 632-7168.

Have a great semester!

CREC ROCKS!

# Staff Insider

Special Interviews — student employees

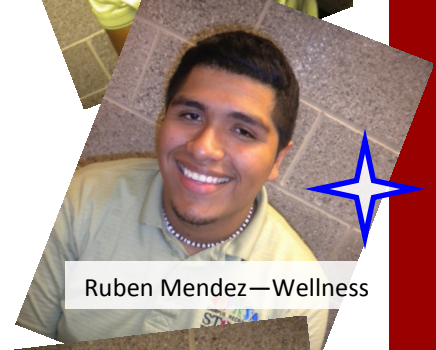


**Evan Borochina - Wellness Coordinator**  
Sophomore: BUS & CCS Major

**Camille Law— Intramurals Coordinator**  
Senior: Sociology & Health Science Major



Danica Sinclair—Wellness



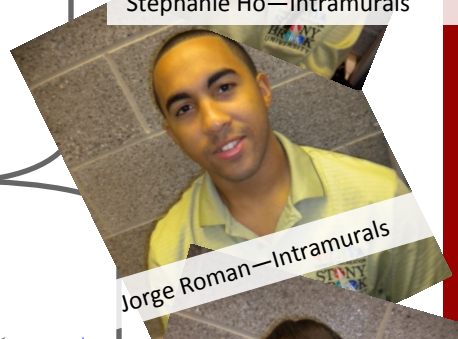
Ruben Mendez—Wellness



Ben Boniel—Intramurals



Stephanie Ho—Intramurals



Jorge Roman—Intramurals



Jonelle Gillard—Wellness

**How long have you been with the Department of Campus Recreation?**

It is my second year working with the Wellness Center, and first year as a coordinator.

I have been with Campus Recreation since my freshman year and have experienced work in all departments: intramurals, fitness and wellness. Currently, I am a 3rd year intramural coordinator.

**What do you typically do at your job?**

I have to always make sure that the staff is doing what they are supposed to do since it is my responsibility to keep track of who is doing what at any particular shift.

I carry out multiple management tasks, including managing and hiring staff. I'm trying my best to be a good role model for everyone, because the first line of communication is "participants to coordinators".

**What do you like about your job?**

I like the people that I work with, and the fact that by the end of the year we all become a real team and very good friends. Meeting new people at the gym is great too. The job of coordinator implies a lot of responsibility, which lets you grow as a person.

This job is a great way to network and learn more about student life. It makes you more organized, helps develop time management and communication skills. You learn to deal with people coming from different backgrounds, and since the environment is highly competitive effective stress managements is required from you as well...And besides, it is simply a great resume booster!

**Is there anything you do not enjoy that much?**

No. I enjoy everything about it.

The intramurals' schedule and the hours I get to pick from are quite limited: most of our events take place during the evenings on weekdays, because Stony Brook is viewed as a commuter school, Another issue is the fact that we do not yet have our own facility and Campus Recreation is separate in terms of location, however this should change in the not too distant future.

**Have you participated in any of the Campus Recreation events?**

I really wanted to go on the White Water Rafting trip last school year, but, unfortunately, it was all sold out. I'd love to go kayaking as well. This year I'm determined to go and I'll make sure I'm the first person in line!

Yes, I have gone kayaking and participated in many other social events; it is great to get a taste of them while you have such opportunities. And I have also played intramural soccer, football and

# Staff Insider

# Campus Recreation Coordinators

**Kristen Connolly—Wellness office Staff**  
Senior: Psychology major



**Jose Fernandez - Fitness Attendant**  
Junior: Psychology major



**Kendra Kramer—Intramurals**



## What is your experience with the Department of Campus Recreation?

I have attended many of the trips with Campus Recreation as well as fitness classes. I go to the gym about 5x/week. I've attended all fitness jams and wellness center lectures because I feel they are beneficial and informational.

It is my third year as a fitness attendant and I enjoy my job. I have participated in some classes that are offered to students. I have also helped to set up awards and other events that campus recreation does.

## What do you typically do at your job?

I work in the Wellness office where I assist with organization and customer service. I give information to students/staff about campus recreation and wellness activities. I also check people into fitness classes as a fitness attendant.

I help the people sign in and answer the students' questions to the best of my ability. I am always nice and try to get as many people to sign up for the fitness classes as possible.

## What do you like about your job?

I love my job because it allows me to talk to others about my passion for fitness activities. I enjoy being able to meet others with similar interests. The staff is incredible and there are always exciting events!

I like that I deal with a lot of people. It helps me with my social skills and networking as well. I also have time to do my HW.

## Is there anything you do not enjoy that much?

There is honestly nothing I dislike about the job. I look forward to coming in when I have to work.

What I enjoy least is turning people away from classes, because they get full to capacity

**Tamara Mitchell—Wellness**



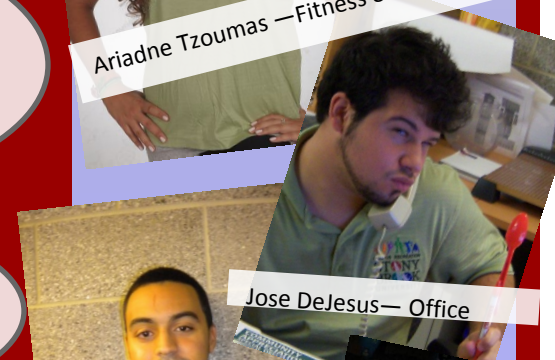
**Patrick Fava—Intramurals**



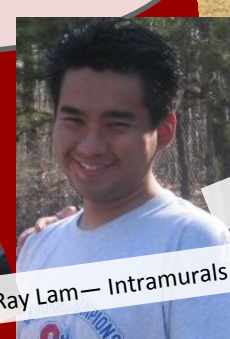
**Ariadne Tzoumas—Fitness & Wellness**



**Jose DeJesus— Office**



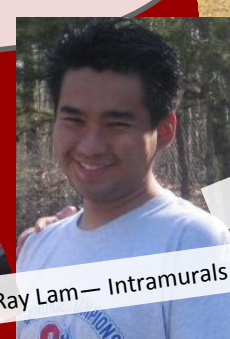
**Ariel Cruz—Wellness**



**Shemeika Gooden— Office**



**Ray Lam— Intramurals**



**Steve Lupo—Intramurals**





# My Internship with Campus Recreation

By: Anastasia Kiryushkina



My name is Anastasia Kiryushkina and I am working with the Wellness Center and Campus Recreation as a Marketing Intern for the semester of Fall 2010. I am currently a senior majoring in Business Management (with concentration in marketing) and Theatre Arts, which I am very passionate about.

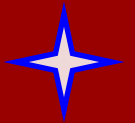
I am enthusiastic about many other things and, to some extent because I have been doing sports since I was a little girl, I cannot see my life without exercise. I am a member of Stony Brook Swimming and Diving Team.

Trust me, the sports don't just benefit you in terms of good health and shape, but also often help to boost your grades and relief stress, especially during hard times, when the amount of studying and work reaches that impossible mark. I believe that staying healthy together with all other aspects of wellness are essential for the overall success and happiness of each and every one of us. Therefore, working with Campus Recreation and promoting wellbeing is a great opportunity for me to actually do what I enjoy.



# Fall Fitness

By: Ariadne Tzoumas

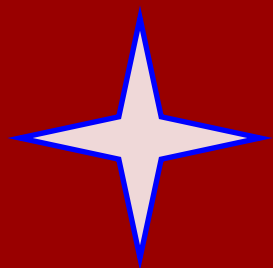


Hope everyone had a great summer! Now it's time to spring into fitness. With that said, our fitness program is off to a great start. This semester we are offering 51 group fitness classes; an all time record high! We have new classes such as Abs & Assets, Butt & Gut, Pump & Sculpt, and Sweat Shop. Don't let the names of the classes intimidate you. They are a guaranteed workout, whether you're a beginner or advanced. Also new this semester is Fitness on the Wii, using EA Sports Active, participants go through predetermined workout planned by one of our certified personal trainers by use of the Ninetendo Wii gaming system. Participants can choose from a variety of classes such as Belly Dancing, Boot Camp, an assortment of abdominal and core classes, tae kwon do, yoga, Pilates, and more. Classes are held in the SAC Aerobic Studio, SAC Spin Studio or the Dance Studio in the Indoor Sports Complex. Check out the

calendar on our website: [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) (Also included in this Newsletter). Classes are free for all undergraduate students. Graduate Students, faculty and staff must purchase a punch card which can be bought in the Campus Recreation Office located in SAC 225. If you have any questions please refer to our website and check us out on facebook! Stay connected to all the events and activities with Campus Recreation!



WELNess  
ExPO  
11-10-10  
SAC A  
11pm - 2pm  
STONY BROOK UNIVERSITY



# The Benefits of a Successful Staff Training

Steve Macchiarolo, Manager of Student Personnel & Special Events



Ever wonder what happens behind the scenes to get our Campus Recreation Student Staff ready for the fall semester? To answer your question, our students go thru an extensive staff training. We have student supervisors more commonly known as coordinators from our four different areas including: the Wellness Center, Intramurals, Fitness & Wellness and the Campus Recreation & Wellness Offices.

In total we have 17 student supervisors or coordinators. The coordinators undergo a five day staff training program. They receive training from professionals in the areas of Risk Management, Sexual Harassment, Student Employee Learning Outcomes, CPR / AED Certification, Professionalism, Leadership, Customer Service and Supervision. Besides these detailed areas our coordinators also break off into individual departmental training to get specific supervisor training pertaining to their area of employment.

It is definitely a fun and exciting five days for both professionals and students alike but it is definitely an opportunity for team building and commadore among the coordinators from the different areas of our department. Besides the classroom setting our student coordinators got to interact during Project Adventure at a local Long Island High School.

These students were faced with a Project Adventure course that included low elements as well as some high elements including a zip line. This is probably the most beneficial and important part of training. Not to take away from the classroom seminars but this is an opportunity where you can see the students grow and totally have to build their trust in one another. Some of the staff was able to overcome some of their biggest fears, and they wouldn't have been able to accomplish this if it was not for the support and encouragement of their co-workers. Campus Recreation really took a giant stride at Project Adventure and we turned ourselves into a team. I highly recommend this type of course or outing for any of you that are looking to improve communication or teamwork among your staff.

It is always amazing to me that we talk about our students learning something every year during staff training but more often than not it is I the professional that learns something. This year I was astonished to see how far a group, that did not know each other, could come in such a short period of time. The skills that these select students get to learn can be applied to any job that they may have down the road no matter what field the position may be in. But the relationships and bonds that they build will stay with them for a lifetime. We want our students to leave here better off then when they came in and I know that with the contributions of Project Adventure and all of our professionals that our Campus Recreation Coordinators definitely will.



# SBU's Morning Cyclists Revealed

By: Tamara Mitchell, Wellness Center Coordinator

Everyone who's out early in the morning may notice two people cycling around the campus never knowing who they were, but now their identities are being revealed! Their names are Pennsylvania's own Mark Sokolowski and Iowa's, Sheryl Bell.

They are both graduate students studying marine science. Sheryl says she's been cycling since the day she started at Stony Brook, four years ago. Mark on the other hand, started in the spring and is even more committed now than he was before.

So what inspires this duo to wake up so early in the morning for an average of four times a week? They both blushed when asked this question, but Mark answered saying "Well I must say, it's knowing that you have someone waiting or depending on you to be at the Stony Brook train station". The duo both reside in the Long Island area and both ride from their homes to meet up at the LIRR station.

From the station Sheryl and Mark ride around campus for about twenty minutes. After this, the duo heads to the Wellness Center for an hour of their regular workout routine.

Mark starts off with weight lifting on the Cybex machines then for the next thirty minutes he gets on his favorite machine: The Arc Trainer. It's his favorite machine because it helps him improve his hiking abilities for when the duo



goes hiking. "I just wish there were more than two of them."

Well Mark and other SBU students don't worry, in a few years all your issues will be solved when the new Recreation Center is built. Sheryl follows the same workout routine, but prefers the elliptical to the Arc Trainer. "The spaces between the foot pedals are too far apart for me" She explained.

So my fellow Stony Brook students, you know I couldn't interview them without getting the inside scoop: How do they stay healthy on this campus? Both Mark and Sheryl admit that they both bring food from home. Mark is the calorie counter of the duo, while Sheryl is the self proclaimed "Flexitarian" or we may all just understand partially vegetarian. Do not be upset my fellow pairs, Campus Dining has been offering more variety in the Salad and Fruit Bar areas. Worried about meal points? Try buying the readymade salads, rather than making your own. Trust me it's the same great taste, and you can actually keep up with your calorie count! I must also recommend the Chicken Salad Plate which is now only 270 calories and very filling! Also get into the habit of choosing water rather than soda or juice. Another way to save is to not buy the bottled water, you can get a 32oz cup and fill it with water from the soda fountain for only \$0.15!

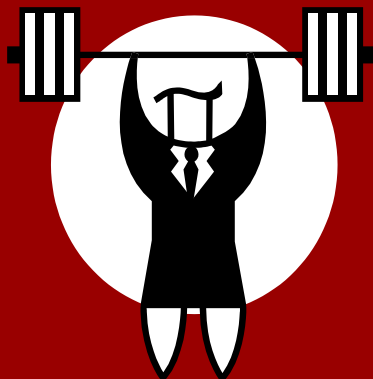
Mark also had a good tip for SBU students: "Try visiting the Nutrition Specialist in the Infirmary. She's great and really helped me out a lot for the first two to three months when I started. She's there at least three times a week and besides it's completely FREE". Yes you read right, he said free.

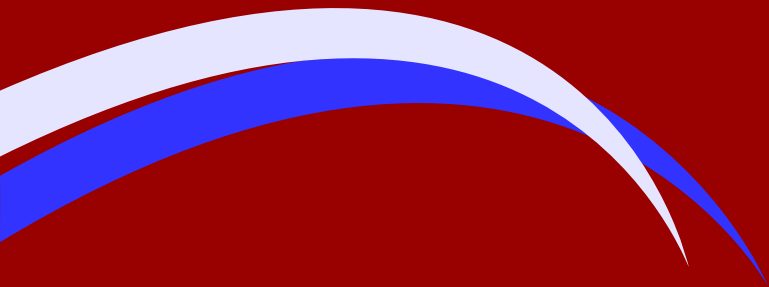


For all the people that complain of their bike not working as an excuse, Mark recommends the Freewill program on campus that repairs and fixes used bikes. If you're not into outdoor biking, may I recommend a Spin Class, which is also free to undergraduate SBU students. If you're not into spinning, there are plenty of other classes to choose from.

Another thing that's also free to SBU students is the Wellness Center Gym in the Student Activities Center, Room 307. It's open Monday to Thursday from 7:30 am to 11:00 pm, Friday 7:30 am to 9 pm, Saturday 10 am to 6pm and Sunday 3pm to 10 pm.

We gave you the eating tips, professional recommendations, solved your curiosity about the morning cyclists, and told you about all the free things you can do to get your body in shape. So what's your excuse now? Now you don't have any more excuses! So get out there and get going.





# Free Friday's Are Back at the Wellness Center

for Faculty and Staff with a valid  
Stony Brook University ID

For the month of October, Stony Brook Faculty and Staff will be able to utilize the Wellness Center for FREE on FRIDAYS. Faculty will be able to participate and take advantage of the Wellness Center's locker rooms, shower facilities, cardiovascular equipment, selectorized weight training machines, strength training equipment, and free weights.

**The Wellness Center Facility is located on the  
third floor of the Student Activities Center,  
Room 307.**

**Free Friday Dates:**

**October 1<sup>st</sup>, 2010**

**October 8<sup>th</sup>, 2010**

**October 15<sup>th</sup>, 2010**

**October 22<sup>nd</sup>, 2010**

**October 29<sup>th</sup>, 2010**

**The Wellness Center is open on Friday's from 7:30AM - 9PM**

For more information about the Wellness Center, log onto

[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)



## Stony Brook Fit Club

The program is designed 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
- Having FUN!

### Program Details:

- This 11 week program (September 20 - December 3) will focus on changing the participants (limit 25 people) lifestyle into a healthier one. **The focus will be on reducing their percent body fat rather weight in general.**
- Completed application
- Registered student, faculty or staff
- Percent Body Fat over 25% Men and 32% Women (Obese Category)
- "Essay" on why they want to be a part of SB Fit Club
- Payment (\$50 Faculty & Staff, \$30 Student)
- Visit [www.recreation.sunysb.edu](http://www.recreation.sunysb.edu) or call Dean Bowen at 632-7263 for more information

# Campus Recreation

## Events: What You Missed:

Having Some Softball Fun in the Summer 2010



Events with the Department of Campus Recreation are always so much fun! There is a lot going on and you can become a part of it yourself!

White Water Rafting Trip—2010



Kayaking Trip 8/13/2010



FREE 30min Fitness Classes

### Fitness Jam

Tuesday, August 31, 2010  
SAC Ballroom B  
4:00-8:00pm

- 4:00 Boot Camp w/ Liz
- 4:30 Hatha Yoga w/ Pat
- 5:00 ZUMBA w/ Terry
- 5:30 Pilates Mat w/ Lucille
- 6:00 Pump & Sculpt w/ Dawn
- 6:30 Kickboxing w/ Kelly
- 7:00 Belly Dancing w/ Sahita
- 7:30 Hip Hop w/ Damaris

### Kayaking Trips

07.09 Kayak Trip 10 AM  
08.13 Kayak Trip 10 AM

Cost: \$25.00 each trip - includes kayak rental and lunch.  
Open only to students/faculty/staff of the University  
Undergraduate students registered for summer classes are free  
To register or for more information, please contact The Department of Campus Recreation at 632-7120



*Mets* WELCOME

STONY BROOK UNIVERSITY PACIFIC CLUB

|              | 1          | 2 | 3          | 4 | 5     | 6 | 7       | 8 | 9 | R | H | E | DUPLICATE      |
|--------------|------------|---|------------|---|-------|---|---------|---|---|---|---|---|----------------|
| PHILLIES     | 0          | 2 | 0          | 4 |       |   |         |   |   | 6 | 9 | 0 | THOLE .297     |
| <i>Mets</i>  | 0          | 0 | 3          |   |       |   |         |   |   | 3 | 5 | 0 | DUDA .043      |
| RHP HALLADAY | PITCHES 49 |   | STRIKES 35 |   | K's 3 |   | 8:27 PM |   |   |   |   |   | HERNANDEZ .303 |

Mets vs. Phillies—September 10, 2010



Check out videos of our latest events on You Tube at

<http://www.youtube.com/user/CampusRecreationSBU>





# Fitness Class Schedule– Fall 2010

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|---|---|---|--|---|---|
| 12:00 -12:55PM<br><b>ZUMBA</b><br>w/Terry<br>(SAC Aerobic Studio)         | 10:30-11:25AM<br><b>Pump&amp;Pedal</b><br>w/ Dean<br>(SAC Spin Studio)          | 10:30-10:55 AM<br><b>Drums Alive</b><br>Express w/ Dean<br>(SAC Aerobic Studio)       | 10:30-11:25AM<br><b>Interval Spinning</b><br>w/ Dean<br>(SAC Spin Studio)                      | 11:30-11:55AM<br><b>TNT- Tone N'</b><br><b>Tighten</b><br>w/ Dean<br>(SAC Aerobic Studio) | 10:30-11:25 AM<br><b>Spinning</b><br>w/ Lucille<br>(SAC Spin Studio)              |
| 1:00—1:25PM<br><b>Ultimate Abs</b><br><br>w/ Dean<br>(SAC Aerobic Studio) | 11:30-11:55AM<br><b>Fitness on the Wii</b><br><br>(SAC Aerobic Studio)          | 11:00-11:55AM<br><b>Sweat Shop (Boot Camp)</b><br><br>w/ Dean<br>(SAC Aerobic Studio) | 11:30-11:55AM<br><b>Butt&amp;Gut</b><br><br>w/Dean<br>(SAC Aerobic Studio)                     | 12:00-12:55PM<br><b>Pilates Mat</b><br><br>w/Lucille<br>(SAC Aerobic Studio)              | 11:30-12:25AM<br><b>Pump&amp;Sculpt</b><br><br>w/ Lucille<br>(SAC Aerobic Studio) |
| 1:30-1:55PM<br><b>Spinning 101</b><br>w/ Dean<br>(SAC Spin Studio)        | 12:00-12:55PM<br><b>Pump &amp; Sculpt</b><br>w/ Lucille<br>(SAC Aerobic Studio) | 12:00-12:55PM<br><b>Core&amp;More</b><br>w/ Lucille<br>(SAC Aerobic Studio)           | 12:00-12:55PM<br><b>Body Blitz</b><br>w/ Lucille<br>(SAC Aerobic Studio)                       | 1:00-1:55PM<br>Kickboxing<br>w/Kelly<br>(SAC Aerobic Studio)                              | 12:30-1:25PM<br>Kickboxing<br>w/Kelly<br>(SAC Aerobic Studio)                     |
| 2:00-2:55PM<br><b>Boot Camp</b><br>w/ Dan<br>(SAC Aerobic Studio)         | 1:00-1:55PM<br><b>Hatha Yoga</b><br>w/ Pat<br>(SAC Aerobic Studio)              | 1:00-1:55PM<br><b>Cardio Strength Interval</b><br>w/ Claire<br>(SAC Aerobic Studio)   | 1:00-1:55PM<br><b>Breathe, Stretch, Relax &amp; Meditate</b><br>w/ Liz<br>(SAC Aerobic Studio) | 2:00-2:40PM<br><b>ABSolutely About ABS</b><br>w/ Dean<br>(SAC Aerobic Studio)             |   |
| 3:50-5:10PM<br><b>Tae Kwon Do</b><br>w/ Xristos<br>(ISC- Dance Studio)    | 4:50- 5:15PM<br><b>Cross Training</b><br>w/ Liz<br>(SAC Aerobic Studio)         | 3:30-4:25PM<br><b>Spinning</b><br>w/ Claire<br>(SAC Spin Studio)                      | 2:00-2:55PM<br><b>Cardio Craze</b><br>w/ Liz<br>(SAC Aerobic Studio)                           | 2:45-3:40PM<br>Spinning<br>w/Liz<br>(SAC Spin Studio)                                     |   |
| 4:20-5:15PM<br><b>ZUMBA</b><br>w/Terry<br>(SAC Aerobic Studio)            | 5:20-6:15PM<br><b>Step to Kickboxing</b> w/Kelly<br>(ISC- Dance Studio)         | 4:30-5:25PM<br><b>Total Body</b><br><br>w/ Claire<br>(SAC Aerobic Studio)             | 3:00-3:45PM<br><b>Boot Camp</b><br><br>w/Dan<br>(SAC Aerobic Studio)                           | 3:45-5:15PM<br><b>Hatha Yoga</b><br><br>w/Pat<br>(SAC Aerobic Studio)                     |   |
| 5:20-6:15PM<br><b>Pilates Mat</b><br>w/Lucille<br>(SAC Aerobic Studio)    | 5:20-6:15PM<br><b>Spinning</b><br>w/Lucille                                     | 5:20-6:15PM<br><b>Vinyasa Yoga</b><br>w/ Jeannean<br>(ISC- Dance Studio)              | 3:50-4:45PM<br><b>Hatha Yoga</b><br>w/Pat<br>(SAC Aerobic Studio)                              |   |   |
| 6:20-7:15PM<br><b>Kripalu Yoga</b><br>w/Jeannean<br>(ISC- Dance Studio)   | 6:20-7:15PM<br><b>Boot Camp</b><br>w/ Liz<br>(SAC Aerobic Studio)               | 5:30-6:25PM<br><b>Pump&amp;Sculpt</b><br>w/Dawn<br>(SAC Aerobic Studio)               | 5:50-5:15PM<br><b>Ab Lab</b><br>w/Jeannean<br>(SAC Spin Studio)                                |   |   |
| 7:20-8:15PM<br><b>Hip Hop</b><br><br>w/Damaris<br>(SAC Aerobic Studio)    | 6:30-8:00PM<br><b>Reiki Circle</b><br><br>w/Nicole<br>(SAC 309)                 | 6:30-7: 25PM<br><b>Cross Training</b><br><br>w/ Liz<br>(SAC Aerobic Studio)           | 5:20-6:15PM<br><b>Spinning</b><br><br>w/Jeannean<br>(SAC Aerobic Studio)                       |   |   |
| 7:20-8:15PM<br><b>Hip Hop</b><br><br>w/Damaris<br>(SAC Aerobic Studio)    |   | 7:30-8:25PM<br><b>Spinning</b><br><br>w/ Liz<br>(SAC Spin Studio)                     | 6:20-7:15PM<br><b>Kripalu Yoga</b><br><br>w/Jeannean<br>(SAC Aerobic Studio)                   |   |   |

## Info on the Fitness 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 participant capacity limits of 23 in the SAC and 30 in the ISC-Dance Studio . 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. To gain entry into the Indoor Sports Complex Dance Studio (ISC) 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 start time. **It is advised that you arrive early!**

**FREE for registered SBU undergraduate students!**

### Group Fitness Class Punch Card Prices

*(for faculty, staff and graduate students only)*

#### Unlimited Fall Classes

(exp. December 11, 2010) \$120.00

**28 Fall Classes** (exp. December 11, 2010) \$98.00

**14 Fall Classes** (exp. December 11, 2010) \$56.00

**4 Fall Classes** (exp. December 11, 2010) \$18.00

## Be Health Conscious



## Body Fat Testing

**Wednesdays 5:00—6:00 PM**

Wellness Center, SAC 307

For Questions & More Information Contact The Department of Campus Recreation  
(631) 632-6850  
www.recreation.stonyb.edu

**Upcoming  
Campus  
Recreation  
Events:**



A MARTIN SCORSESE FILM  
**LEONARDO DICAPRIO**  
**SHUTTER ISLAND**

FREE MOVIE  
September 17<sup>th</sup> @ 8:15 pm  
Campus Recreation Field Complex

Co-sponsored by Campus Recreation, Opening Activities and Campus Residences

**2010**

Wednesday  
November 10, 2010  
11AM-2PM  
SAC Ballroom A

**WELLNESS**

Giveaways  
More than 40 Booths  
Prizes

Demonstrations  
Free Massages  
Try Healthy Snacks

An Adventure in Healthy Living  
for the SBU Community

**ExPo**

Sponsored by: CAMPUS RECREATION in conjunction with Student Activities, Student Health, CHILDREN'S DAY, Campus, Food Service, Intercollegiate, Physical Activities, Stony Brook University Hospital Department of Community Relations, School of Health Technology and Management, Stony Brook Bank, University Police and Safety Services.

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STONY BROOK UNIVERSITY  
CAMPUS RECREATION  
www.recreation.sunysb.edu

**WELLNESS WORKSHOPS**

**WEDNESDAYS**

October 6, 2010  
October 20, 2010  
November 3, 2010  
December 1, 2010

1:00–2:00PM  
SAC 308

Informative and interactive experience where you can get a better understanding of wellness related topics including Body Image, Nutrition, Fitness, Eating on Healthy Campus, Stress Management and Better Wellness Choices.

For more information contact Dean Bowen, Manager of Fitness & Wellness  
Programming at 631-632-7263 or dean.bowen@sunysb.edu.



The Wellness Center is offering access to the Wellness Center for all faculty and staff on Fridays in the month of October. Bring your Stony Brook ID to the Wellness Center to receive this great offer.

**October Free Fridays**

At the Wellness Center  
**Check Us Out!**

Co-Ed All Night Softball Tournament - Friday, Oct. 1, 2010.

Outdoor Volleyball Tournament - Saturday, October 16, 2010 at 12:00 p.m.

Texas Hold'em Poker Tournament - Friday, October 22, 2010 at 6:00 p.m

Bowling Night - Friday, November 5, 2010 from 9:00 p.m. to 11:00 p.m - Port Jefferson Bowl. Tickets are \$5.00. You must provide your own transportation. Tickets go on sale in the SAC Ticket Office on Wednesday, October 13, 2010.

Wellness Expo – Wednesday, November 10, 2010 – 11:00am – 2:00pm – Sac A

5K Turkey Trot - Sunday, November 14, 2010 - Pritchard Gymnasium Lobby. Pre-Registration: \$8.00 undergraduate students, \$10.00 faculty/staff, alumni and community members. Pre-Registration Deadline is Thursday, November 11, 2010 at 5:00 pm. After November 11, 2010, the registration fee is \$20.00.

**Time For Some...**

**INSANITY**

Killer Cardio, Intervals and Plyometrics...  
Adds up to a GREAT WORKOUT!

Wednesday, November 3, 2010  
SAC Ballroom B

Bring some water & a towel for your sweat!

Brought to you by the Department of Campus Recreation.  
For additional information please contact  
the Wellness Center office at 632-6850.



**Department of Campus Recreation**

(631) 632– 7168

[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)