

DEPARTMENT OF CAMPUS RECREATION



Fall Newsletter 2011

EQUIPMENT DEMO EXPO

The Department of Campus Recreation will be hosting a Equipment Demo Expo for three days in November. We will have an assortment of fitness pieces including over 20 cardiovascular pieces and 8 strength machines. Some of the vendors that will be represented include Cybex, Keiser, Precor, True, Woodway, Expresso Fitness, Octane Fitness, Star Trac, Trixter, Life Fitness and Resolute. The grand opening will take place on Monday November 7th at 12:00pm in the Student Activities Center, Ballroom A.

Please make sure you come dressed to workout and try out as many pieces as possible. After you have completed your workout give us your feedback on one of our surveys and you will receive a free towel and be entered into a raffle to win a FREE iPod Nano. The exposition hours will be from 12:00pm—10:00pm on November 7th. We will open earlier on November 8th from 9:00am—10:00pm in Ballroom A. The Equipment Demos will conclude on Wednesday, November 9th during our Wellness Expo and we will be open that day from 11:00am—2:30pm. There will be Campus Recreation professional staff on hand at all times during the expo to answer any questions that you may have about the equipment or the new Campus Recreation Center. Please make sure you come tryout all the equipment and give your feedback as your responses will help us decide what pieces we will end up purchasing for the new Campus Recreation Center. All Stony Brook University students, faculty, staff and affiliates are invited to attend...let your voices be heard!!!

Steve Macchiarolo
Manager of Student Personnel & Special Events
Department of Campus Recreation

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DEPARTMENT OF
CAMPUS RECREATION
PRESENTS...

EQUIPMENT DEMO EXPO GRAND OPENING

Monday, 11/7/2011 @ 12:00pm
SAC Ballroom A

Giveaways & Refreshments

Demo the Equipment of the New
Campus Recreation Center!

Additional Hours:

November 7th: 12:00pm-10:00pm

November 8th: 9:00am-10:00pm

November 9th: 11:00am-2:30pm*



*Wellness Expo: Wednesday, 11/9/2011
Giveaways, Massages, Refreshments & Samples

CYBEX

TRUE

STAR TRAC

KEISER

WOODWAY

TRIXTER

PRECOR

Expresso Fitness

Life Fitness

AbCoaster

Octane Fitness

RESOLUTE

For More Information, call (631)632-6850
or visit our website www.recreation.sunysb.edu



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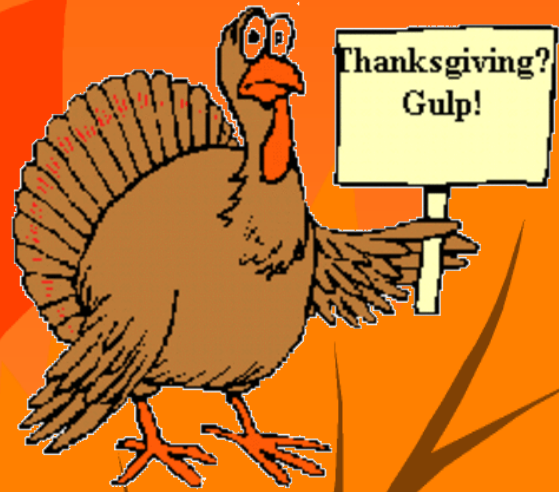
WWW.RECREATION.SUNYSB.EDU



Look Fit, Feel good

Written by Yvette Anokye

Ever wonder why your skin got irritated after a workout? Have you ever been so sweaty where you no longer felt like working out? If you answered yes to either of those questions then the issue may be the clothes you are working out in. The best workout clothes are designed to make working out as comfortable as possible. The clothes you wear for a workout can make a difference in how you feel after exercising. Several factors can effect how comfortable your workout clothes are, including the fabric they are made of and whether they are right for the type of exercises you will be doing. After a hard workout, you will feel exhausted, tired, sore, and most likely be covered in sweat. Clothing made out of fabrics containing polypropylene or fabrics such as "COOLMAX" and "SUPPLEX" are a good choice for exercising. Cotton shirts and pants, on the other hand, absorb the sweat, and do not pull it away from the skin or help it to evaporate quickly. That is why working out in cotton made clothes can feel heavy and wet as you exercise. You should also wear clothes that are loose and comfortable. Keep these tips in mind when exercising, and you will feel even better about yourself and want to continue working out after every exercise.



Be Fit for Fall

Written by Alexandra Harouche-Rubio



Group fitness classes are just one easy way to get ready for the daunting, dreary winter ahead. From the intensity of Sweat Shop to the flow of Zumba®, Campus Recreation offers 45 fitness classes each week that allow students and faculty/staff to work on Wellness. All classes are held in the Student Activities Center, in the lower level next to the bank. Each class is instructed by a certified instructor who will get you moving in no time. Aside from the Group Fitness Classes we also offer Personal Training with highly experienced and motivated trainers that put your goals first! To hear what some of your peers had to say check out our YouTube Channel at <http://www.youtube.com/user/CampusRecreationSBU>.

Be sure to check out the Wellness Center, Student Activities Center 307 to workout at your own pace. Make sure you always have time for some Cardiovascular Exercise and get that heart rate up for at least 15 minutes each visit. Having trouble staying focused and not seeing results set up an appointment for a consultation or simply stop by Body Composition Testing every Wednesday from 5:00-6:00pm in the Wellness Center.

Maintaining a Wellness Lifestyle is not all about Exercise and Fitness. Things like getting regular checkups/visits with your primary physician, stopping by the monthly Blood Pressure & Cholesterol Screenings in the Student Activities Center and even getting your Flu Shot can keep you on track. Becoming more aware of your Wellness opportunities can sometimes be tough. We make things easier for you through the Department of Campus Recreation. On Wednesday, November 9, 2011 we will be holding our 9th Annual Wellness Expo held in the Student Activities Center Ballroom A. From 11:00am-2:30pm. You can receive free samples, get a massage, enter raffles, get screenings on your eyes and blood pressure and so much more!

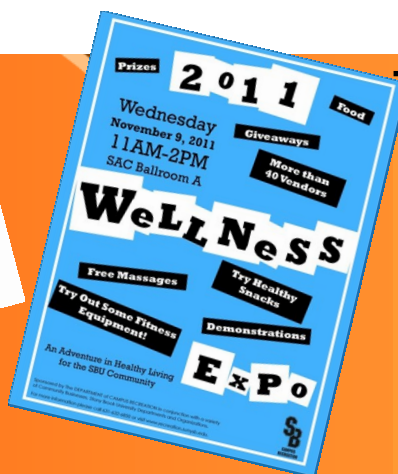
Heart Smart
FREE Blood Pressure & Cholesterol Screenings
 Wednesdays from 1:00-2:00pm
 SAC Lobby



September 14, 2011
 October 19, 2011
 November 16, 2011
 February 1, 2012
 March 21, 2012
 April 25, 2012



For additional information please contact
 Dean Bowen at 632-7553 or the
 Wellness Office at 632-6850.



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.

Injuries

Written by Dillon D Ramdhan

Life is unpredictable and so many good or bad things can happen without any knowledge. One of the most common unforeseen accidents is injuries. Injuries can be from the smallest incident such as a paper cut to the worst case of losing a body part. As defined by the Merriam Webster dictionary, an injury is defined as hurt, damage or loss sustained. After working at the Wellness Center for over a year now and having experienced injuries through athletics, I believe that there is nothing worse than experiencing pain from injuries.

Unfortunately, injuries often occur while individuals are exercising, playing sports or lifting weights. It is very easy for an individual to pull or tear a muscle, without stretching or warming up their body for physical activity. When you stretch or warm up, you loosen



up the tension in the muscles so that they can be used. But stretching and warming up is not the only thing that you can do to prevent injuries. Having good technique is extremely important and one must never sacrifice technique for a heavier weight. I frequently see people dearly sacrifice their health by lifting a lot of weight and not using the proper techniques. An example of this is when people do leg exercises specifically squats. Squatting is an exercise if not done properly can have life long lasting injuries such as back problems or knee issues. Injuries like this can cause serious pain at times and can limit some of the physical activities that you normally would be able to participate in.

One way to prevent any type of back problem when lifting weights is to wear weight belts which will help you to hold your back muscles in place. You also should make sure that you are maintaining that good technique and always lifting with your knees and not your back. Besides injuries that could occur in the weight room there is also the possibility of getting injured when participating in sports or other outdoor physical activities.

Athletes tend to get injured more often because of the intensity of the work limit and how much their body can handle. On average there is approximately 400,000 ACL knee injuries each year. ACL injuries are one of the most common injuries suffered by both male and female athletes, and usually results in a season ending surgery and a long recovery process.

Apart from ACL injuries, concussions are now on the rise and this can have an affect on ones ability to learn and function as a person. Concussions are caused by some type of brain trauma or impact to the head.

There are several symptoms of a concussion which include signs of confusion, gap in memory, loss of consciousness, dizziness, nausea, vomiting, balance issues, and sensitivity to light. If you know anyone that experiences any of these symptoms they should immediately be transported to a medical facility to undergo a cat scan.



Injuries happen every single day. The best thing to do is be knowledgeable about any physical activity you are doing and to make sure that you are taking the proper steps to avoid any unnecessary injury or risk. Regardless of how aware we are injuries are going to happen. We need to make sure we are paying attention to the symptoms and addressing them immediately. The worst thing to do is to ignore an injury or symptom and have it turn into something long term or more serious.

Staff Insider

Written by Jonelle Gillard

Jonelle Gillard is a junior and a Wellness Center Coordinator and her victim for this edition is Walter Antongiorgi who is a senior majoring in Business Management (Marketing) with a minor in Technological Systems Management.

Jonelle: Tell us something interesting about yourself that others may not know about you.

Walter: Even though I am involved on campus with SAAB, have an internship, and a job, I still like to always expand more, so currently I work as a barber giving a few haircuts to my friends. Even with as much work as I can get I still always like to be mellow.

Jonelle: Which division of Campus Rec do you work for?

Walter: I work as both a Fitness Attendant and a Marketing Intern for the Wellness Center.

Jonelle: Have you participated in any of the fitness classes? If so which classes were your favorite?

Walter: I have before during both my junior and senior years, but my favorite class was spinning. I did not know how much of a workout the bicycle really could be.

Jonelle: How will your experience working as an intern for the Wellness Center help you in your future?

Walter: Working as a marketing intern, I am always using Microsoft Publisher to create flyers, and this has helped enhance my promotional techniques. As a business major I feel the experiences I am gaining here are preparing me for a career environment.

Jonelle: What do you like best about your job?

Walter: As an intern I like the freedom I am given to get creative with projects and tasks that are given to me. As a fitness attendant I would say the peace and quiet I get when classes are in session.

Jonelle: Is there anything about your job that you do not enjoy that much?

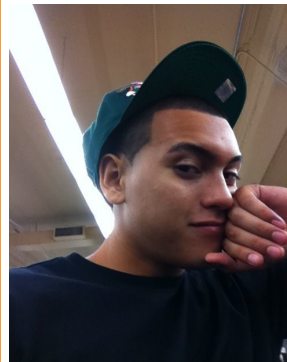
Walter: Unfortunately at both work positions I cannot listen to music so sometimes it is difficult to work. For me music helps spark my brain and puts me in a creative mood, and it allows me to be more expressive so my work ethic is stronger.

Jonelle: What is your most memorable experience so far while working with Campus Recreation?

Walter: I have only been here for a few months but I would say helping out and setting the stage for the Muscle Milk Push Up Competition on October 3rd. I liked creating the flyer for the program and just interacting throughout it.

Jonelle: Are you involved in any clubs/organizations on campus?

Walter: Yes! I was involved with the Latin American Student Organization freshman year through winter semester of junior year. Currently I am vice president of the Student African American Brotherhood.



Jonelle: Do you find it difficult trying to manage both jobs, your schoolwork, and be involved in SAAB?

Walter: It can get difficult at times but I feel as if it is not too hard. As long as one keeps positive, level headed, and remembers the positives of the hard work they put in now, then the reward will be appreciative later.

Jonelle: If you could offer one piece of advice to your fellow Stony Brook peers, what would you tell them?

Walter: I would tell them to take advantage of everything as a college student and in life in general. If you're in college, be stress free and positive because there are enough problems later in life so live in the moment.

Take advantage of all resources, read as many books as you can, get as much knowledge as possible, have as much fun as you can, and do not be timid to know faculty, or other cultures. Always try to expand on yourself.



ACIS Fitness Written by Ariadne Tzoumas

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.

- ACIS started in 2005 and has become the nation's largest college sports property.
- ACIS Sponsorships enhance existing recreational sports & fitness programs by adding extra excitement, funding and valuable student giveaways.
- ACIS works with 200+ campuses nationwide to provide sponsors for intramural flag football, basketball and fitness sponsorship program

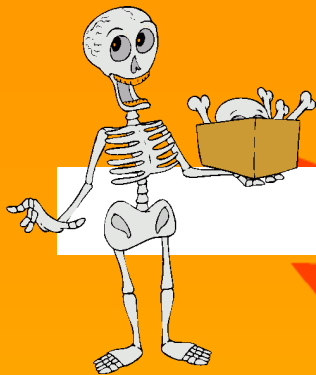
Stop by the Wellness Center, SAC 307 or the Wellness Office, SAC 225 for your rewards cards and more information on how Stony Brook is participating with ACIS.

Check out their website for more information:

<http://www.acisports.com>



Upcoming Campus Recreation Events



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.sunysb.edu

Prizes 2011 Food

Wednesday
November 9, 2011
11AM-2PM
SAC Ballroom A

Giveaways
More than 40 Vendors

WellNeSS

Free Massages
Try Out Some Fitness Equipment!
Try Healthy Snacks
Demonstrations

ExPo

An Adventure in Healthy Living
for the SBU Community

Sponsored by The DEPARTMENT of CAMPUS RECREATION in conjunction with a variety of Community Businesses, Stony Brook University Departments and Organizations.
For more information please call 631-632-6850 or visit www.recreation.sunysb.edu.

Wellness Center
Presents
November Food Drive
11/01/11 - 11/30/11

Island Harvest
A FOOD BANK FOR LONG ISLAND
Feeding Neighbors Thriving Lives

Every Student That Brings 2 Nonperishable Goods to the Wellness Center Will be Entered into a Raffle to Receive a Prize

Every Faculty Member That Brings 2 Nonperishable Goods Will Get a Free Day at the Wellness Center (SAC 307)

Suggested Items:
Canned foods, Baby Formula, Personal Care Items, or Beverages

Please Donate Nonperishable Food to Help Your Neighbors in Need

For More Information Visit the Wellness Center Office in SAC 225
or Call us at 631-632-6850 or www.recreation.sunysb.edu

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*Wellness Expo: Wednesday, 11/9/2011
Giveaways, Massages, Refreshments & Samples



For More Information, call (631)632-6850
or visit our website www.recreation.sunysb.edu

Looking to beat that plateau?



45 Minute Session for \$30

Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

A complete total body training system.

Complete the Personal Training Information Form and register at the Wellness Office, SAC 225. Call 632-7263 For More Information.

Together We Can

By Walter Antongiorgi



For the entire month of November the Wellness Center will be having a Food/Can Drive in cooperation with Island Harvest. Any SBU Faculty, Staff or affiliate that brings two non-perishable goods can use the Wellness Center for Free for that day!! Students who also give two non perishable goods will be entered in a raffle for a prize. Non Perishable goods include canned fruit, vegetables, soup, pasta, bottled water, peanut butter, etc. The deal only sweetens because there is no limits to the amount of days you can use the gym.

Fighting Hunger and touching lives, Island Harvest – Long Island’s largest hunger relief organization – serves as the bridge between those who have surplus food and those who need it. Their volunteers and staff

“rescue,” or collect, good surplus food from over 800 local restaurants, caterers, farms, and other food-related businesses; and distribute it to a network of close to 570 soup kitchens, food pantries, and other places where those in need can access it.

Island Harvest was created in 1992 by one woman with a cooler, a station wagon, and a strong desire to help people in need. Linda Breitstone, the founder of Island Harvest, was infuriated that food from a local convenience store was being thrown away at the end of the day – with a soup kitchen down the street. In response, she established Island Harvest and their mission is, “to end hunger and reduce food waste on Long Island.”



Island Harvest
Fighting Hunger. Touching Lives.

Catching Up With The Times By Walter Antongiorgi

QR codes are everywhere these days, from glossy product flyers to billboards to T-shirts.

But it's quite possible you have no idea what a QR code is and wouldn't recognize one if you saw one. And I can assure you: You have seen one, even if you didn't realize it. Not only that, you can expect to see a lot more of them.

So what is a QR code? It's essentially a special type of square bar code in a matrix with other squares, like those on display here. But rather than being used by retailers to scan items at checkout, like other barcodes, QR codes are for your own use, with a camera-equipped mobile phone. (The QR stands for quick response.) By using an application known as a QR code reader on your phone, you're able to scan a code with your phone's camera, and then view a website, text or contact information. More recently, the system has become popular outside of the industry due to its fast readability and comparatively large storage capacity. The code consists of black modules arranged in a square pattern on a white background. The information encoded can be made up of any kind of data (e.g., binary, alphanumeric, or Kanji symbols). Created by Toyota subsidiary Denso Wave in 1994 to track vehicles during the manufacturing process, the QR code is one of the most popular types of two-dimensional barcodes. It was designed to allow its contents to be decoded at high speed

That's right. You see a QR code on a movie poster, an advertisement or whatever else, and then you snap an image of it. Seconds later, a website or other information pops up on your phone, connecting the physical world of objects with the digital information stored in the world of internet-connected devices.

For Iphone Users applications such as Red Laser and, Blackberry users have a barcode scanner in the BlackBerry App World application (all free) that will read the QR codes and send them to the site. Campus Recreation now has it's own QR code which will be included on posters, flyers, newsletter, etc. for anyone to easily access our website. Go ahead and scan the Campus RecreationQR code below.



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Kick Back, and Relax

Written by Ariel Cruz

As the semester unfolds there is one theme in common for most Stony Brook students; stress. With midterm examinations, endless study hours and overwhelming work schedules; students need a way to relieve some stress and have a good time. The college experience is not only about academic achievement; it is also a time of exploration and enjoyment. So what better way to explore than to go whitewater rafting!? Earlier in the semester, the Department of Campus Recreation hosted a trip to Jim Thorpe, Pennsylvania where Stony Brook students had the opportunity to go rafting through the Poconos. Astrid, a senior at Stony Brook University was among the students who had the opportunity to embark on this unique journey. "Whitewater rafting was so intense yet so much fun. It was my first time going and I fell off the boat! Other than that, it was an amazing experience," she said.

If trekking through the rain and rafting down rapids is not your cup of tea, don't worry because Campus Recreation also hosted a trip to Six Flags Fright Fest where students were able to let out some steam. The demand for such trips is blatant with tickets for the trip being sold out the very first day they were available. The price was just right for struggling college students and there was not much to lose except for an incredibly good time.

Along with these awesome trips, Campus Recreation is also calling students and staff with a competitive edge to participate in the Turkey Trot. Taking place on November 13th, the 5 kilometer race is a sure way to test if your body is in top physical shape and an opportunity to release all that tension from those midterm exams. Studies have shown that increasing physical activity tends to promote a healthy lifestyle which is always a plus. Keeping that in mind, Campus Recreation is also planning to expand the exercise and wellness facilities in the new Campus Recreation Center!

The new facility will incorporate state of the art equipment which students can test at the Equipment Expo November 7th through November 9th. Patrons will have the opportunity to experience what the new equipment will be like. Company representatives from Cybex, Precor, Keiser, Life Fitness, Woodway and many other vendors will be there to promote their equipment. Don't forget to stop on by and experience the technologically savvy machinery including touch screen technology, customized workouts, treadmill challenges, television, internet, iPod connection and automatically customized saved preferences. The event is opened to all stony brook students, staff, faculty and affiliates and best of all, it's absolutely free! There will be a grand opening on November 7th at noon where food and refreshments will be served.

Always be on the lookout for new Campus Recreation events. The list goes on and on from the Marcum Workplace Challenge to the Golf Tournament. The Campus Recreation website, www.stonybrook.edu/recreation has more information on upcoming events and rest assured there will be more next semester. You have one life to live so go out and have FUN!



Keep FIT !!!

