



USD Campus Recreation News



Have a Healthy Valentine's Day!

Looking for something sweet to indulge in this Valentine's Day, but don't want to feel guilty? Check out these delicious yet healthy alternatives!

1. **KIND Bars:** ***KIND Bars*** are a good alternative to the typical chocolate bar. They have a new *Dark Chocolate Mocha Almond* bar that only has 5 grams of sugar, nothing artificial and made with real wholesome ingredients (and they are delicious). They are a great source of fiber and protein.
2. How about something to drink? ***POM Wonderful*** is an 8oz bottle of two whole pomegranates and that's it! There is no added sugar, artificial ingredients or cheap filler juices. *POM's* 100 percent pomegranate juice is 100 percent natural. It helps protect the body against "free radicals" which are unstable molecules that cause damage to our bodies over time. Plan to bake this Valentine's Day?
3. Sugar fix: ***Stevia In the Raw*** is a zero calorie sweetener which gets its sweetness from a leaf extract. Or try ***Monk Fruit in the Raw***, which gets its sweetness from fruit extract. Use these sweeteners as a substitute for sugar when making those sweet treats like cookies, cakes, and truffles.

Check out this article for some healthy holiday recipes!
<http://www.foxnews.com/health/2015/02/07/3-healthy-valentine-day-treats-to-enjoy-without-guilt/>



Follow Us:

- [Facebook](#)
- [Pinterest](#)
- [Twitter](#)
- [You Tube](#)

We randomly give out awesome prizes to our followers so join us today!



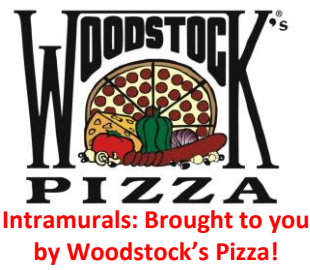
Inside this issue

Intramurals @ USD	Pg. 2
Wellness Corner: GroupEx, Patron of the Month, & Personal Training	Pg. 3-4
Outdoor Adventures	Pg. 5
Campus Connections	Pg. 6
All Star Employees	Pg. 7
Extended Calendar	Pg. 8

Intramural Calendar, Spring 2015

INTRAMURAL SPORTS

SPRING, 2015



Sport	Play Days/Time Frame	Registration Deadline
Grad/Law Co-Rec Softball	Thursdays, 7-11pm	1/22/15
Grad/Law 5x5 Co-Rec Basketball	Sundays, 1-5pm	2/5/15
Basketball (5x5 Men's, Women's, & Co-Rec)	Mon., Tues., or Wed., 7-11pm	2/5/15
Co-Rec Volleyball (6x6)	Thursdays, 7-11pm	2/5/15
Speed Soccer (6x6 Men's, Women's & 7x7 Co-Rec)	Men/Women: Mon. or Wed., 7-11pm Co-Rec: Tu. or Th., 7-11pm	2/12/15
Spikeball	Thursdays, 7-11pm	2/12/15
Air it Out Football (7x7 Men's) & Flag Football (6x6 Co-Rec)	Men's AIO: Tuesdays, 7-11pm; Co-Rec Flag: Wednesdays, 7-11pm	2/19/15
Co-Rec Ultimate Frisbee	Wednesdays, 7-11pm	2/19/15
Co-Rec Slow Pitch Softball	Mondays, 7-11pm	2/26/15
Singles Tennis (Men's & Women's)	Mon. or Wed., 7-11pm	2/26/15

Looking to have a little competitive fun this semester? Try an intramural or two! Intramurals are a great way to meet fellow Toreros, have fun and stay healthy right here on campus! For a \$20 registration fee, you get unlimited league access all semester long! No team? No problem! Register as a free agent for your desired league and be placed on a team!

\$20 one-time semester fee per person for all leagues!

To register or for more information:

www.sandiego.edu/campusrecreation, 619-260-4275,
campusrecreation@sandiego.edu



The Wellness Corner

University Fitness- Shaping Lives in our Community

USD FIT welcomes you to a new semester! This spring, we bring you a way to rethink fitness: **Fitness is better together.** As you strive to better your mind, body and spirit, find someone to join you! Research shows that you are 7 times more likely to workout when you are with a partner. Help motivate each other to reach those goals you once thought impossible. USD FIT provides programs and resources to help you get there, so check out everything we have to offer!



Spring 2015 GroupEx



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Sculpt (9 – 9:55 a.m.) Kaitlin B.	Tighten and Tone (9 – 9:55 a.m.) Colleen B.	Power Yoga Flow (9 – 9:55 a.m.) Sarah S.	Core Conditioning (9 – 9:55 a.m.) Parker L.			
					Spin & Sculpt *SC 109 (10:15 – 11:10 a.m.) Colleen B.	Reset Yoga Flow (10:15 -11:10 a.m.) Sarah S.
Abs & Toning (12:15 – 1:10 p.m.) Colleen B.		Total Body Challenge (12:15 – 1:10 p.m.) Parker L.		TGI Yoga (12:15 – 1:10 pm) Robyn S.		
	Yoga (12:30 – 1:20 p.m.) Robyn S.	Classes located in Mission Fitness Center (CFC 108) unless otherwise specified.	Yoga (12:30 – 1:20 p.m.) Robyn S.	Jan. 26th - May 11th \$90 Semester Membership Register at: www.sandiego.edu/campusrecreation/registration/programs.php Classes subject to change ☑		
TBA	Pilates Mat (5:15 – 5:55 p.m.) Rene M.					
Yoga Sculpt (5:30 – 6:25 p.m.) Lexi C.	Power Yoga (6 – 7:25 p.m.) Deborah M.		Yoga Flow (5:30 – 6:25 p.m.) Sarah S.			
			Self Defense & Fitness (7 – 7:55 p.m.) Heidi W.			
Tighten & Tone (8:05 – 9 p.m.) Colleen B.	Zumba (8 – 8:50 p.m.) Angelica L.	Abs & Toning (8:05 – 9 p.m.) Colleen B.				

Fitness is better together.

Need variety in your exercise routine? Join [USD FIT GroupEx](#) for a nominal semester fee and enjoy unlimited access to a wide range of weekly fitness classes. Bring a friend or meet new ones while getting in shape. GroupEx is an ideal opportunity to experience how fitness is better together. [Register now.](#)

USD employees are also eligible for [Employee GroupEx](#), a discounted program option with [13 weekday classes](#) (9am-6pm GroupEx classes) as well as [Free Employee Fitness Classes](#) sponsored by Human Resources as part of being well at USD.

The Wellness Corner

USD FIT Patron of the Month

Join us in congratulating the Patron of the Month for January: **Darren Ortiz!** Darren shared some facts with us about what makes him lead a healthy life, with the help of the Mission Fitness Center:

What motivates you to lead a healthy lifestyle?

DO: Having two young children keeps me motivated to stay healthy.

What do you enjoy about the Mission Fitness Center?

DO: You have all you need in one convenient area.

What is your favorite way to stay active?

DO: Running and riding bikes.

What tips do you have to help others be healthy in mind, body, & spirit?

DO: Be consistent and eat right.



USD FIT
Inspiring a healthy mind, body, and spirit

Fitness is better together

New Lifestyle Personal Training Special

Offer ends Feb. 26, 2015

6 sessions for just \$165 (\$100 savings!)

USD REC
UNIVERSITY OF SAN DIEGO

Info & Registration: sandiego.edu/mfc/personal-training/index.php

Personal Training @ USD

Need a little more motivation to achieve your fitness goals?

Try [USD FIT Personal Training!](#)

Contact our heat trainer Rob for more information (acextx@hotmail.com).

Tecolote Tuesdays

Join us every Tuesday for a refreshing run in the Tecolote Canyon! Start your day off right by taking a quick run in USD's backyard. Meet some new friends to keep up a healthy routine of running in the mornings. **Meet us this Tuesday in front of the Missions Café at 8:30AM!**



The Adventurous Outdoors



Guide Training and Western Regional Outdoor Leadership Conference (W.R.O.L.C.)

Over the winter vacation, guides with Outdoor Adventures headed to Southern California's Sespe Wilderness in Los Padres National Forest for training. Located northeast of Ojai, Sespe Creek is the region's last undammed river and provided students with a glimpse at the ecology of one of the largest wilderness areas near the Los Angeles metropolitan area. In addition to backpacking and relaxing in hot springs, guides focused on improving teaching skills as well as honing their group management skills in the backcountry. While serving as Leader of the Day (LOD), guides led their peers and OA staff while backpacking. This involved significant decision-making regarding the route, identifying appropriate camping locations and facilitating more formal class sessions.



Pictured above: Part of our OA contingency at Point Dume State Beach on their way back from W.R.O.L.C.

Following their training, guides attended the Western Regional Outdoor Leadership Conference at Cal State Northridge where over 200 students attended sessions related to outdoor leadership and education, received career advice and networked with the collegiate outdoor community in California. Tobias Nickel, Emma Angold, Sam Eller, Warren White, Tessa Opperman, Andy Paul & Kelly Sloan all presented sessions at the conference. As is often the case when outdoor enthusiasts join en masse, there were plenty of games and outdoor activities including kayaking and rock climbing. With the largest group of students and presenters at the conference, USD's OA presence was a valued addition to WROL. Last but certainly not least was an opportunity for OA guides to meet and hear from John Long, one of the first big wall climbers in the Yosemite Valley and spokesman for Adidas Outdoor, which recently sponsored the historic first ascent of the Dawn Wall on El Capitan. For our group, being able to spend a week exploring and learning is nothing new, however this was a remarkable opportunity to do so with the greater California outdoor community which was certainly an invaluable experience. We are already anticipating next year's conference hosted by Stanford University's Outdoor Education Center.

Upcoming Outdoor Adventures Trips

- Paddle & float the Chocolate Mountains, March 6th-8th, \$250*
 - Backpack the Channel Islands National Park, March 6th-8th, \$350*
 - Bucket List Road Trip (via Southern Utah and Northern Arizona), March 28th- April 5th, \$550*
- *Financial aid may be available for students currently receiving aid

Registration is open for Spring Trips! For a complete schedule or for more information, please visit: <http://www.sandiego.edu/oa/trips/schedule.php>.

Creating Healthy Connections with *Campus Connections*

Campus Connections is calling all students interested in making a positive impact on campus! The Center for Health and Wellness Promotion is offering an exciting training opportunity for you. On February 21-22, all USD students have the chance to become a Nationally Certified Peer Educator, through BACCHUS, which is the largest and most recognized peer education network in the country. Over the course of 2 days, you will learn about bystander intervention, helping your peers make goals and work through the stages of change, taking care of yourself, how to work effectively in a group, and so much more! This training is a great addition to your resume, but more importantly, it is an incredible way to provide service and support to your USD community. This training is completely FREE to all USD students and will be held on Saturday-Sunday, 2/21-2/22 from 9am-3pm each day. You will receive a t-shirt and resource workbook, as well as breakfast and lunch on both days of the training. Please contact: chwp@sandiego.edu to RSVP by 2/17 or if you [have any questions!](#)

NATIONALLY CERTIFIED PEER EDUCATOR TRAINING

BRIDGE THE GAP

be a changemaker

enhance your resume

**FEBRUARY 21-22
9AM-3PM, SLP 412**

FREE to you!
Breakfast and lunch will be provided.

RSVP by 2-17 to CHWP@sandiego.edu

NASPA
Student & Teacher Initiatives
in Higher Education

The BACCHUS Network
Saving Lives since 1972

University of San Diego
CENTER FOR HEALTH AND WELLNESS PROMOTION

This flyer was developed under grant number 1U79-SM061457-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



All Star Employees

Recreation Employee of the Month, December 2014

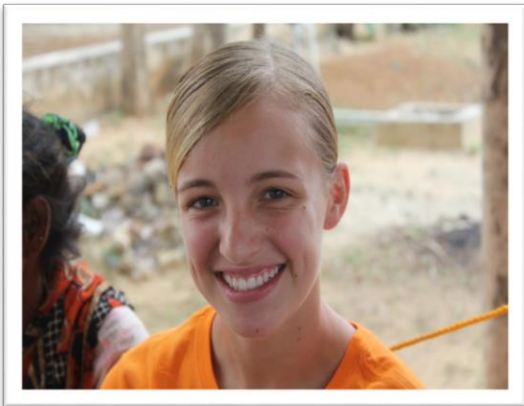
Meet our Employee of the month for December Celine Castillo! Celine is a Psychology and Ethnic Studies double major. After she graduates, she hopes to work at a local non-profit organization, and eventually would love to work for UNICEF. She's been working at CREC for over 3 years and is currently one of our valued Team Leaders in Facility Operations. Celine states, "best part about my job is the people I work with because they are always full of new ideas, and they are always willing to help each other." A fun fact about Celine is that she has 8 siblings, and the one thing they all have in common is their hatred of mayonnaise. Way to go Celine! Keep up the good work!



"You can do what I cannot do. I can do what you cannot do. Together we can do great things"



Fitness Center Employee of the Semester, Fall 2014



In December, Alix Naugler was voted our Mission Fitness Center Employee of the Semester! Known for her positive energy and reliable competence, Alix gives her best each shift and inspires others to do the same. She makes every patron feel welcomed, encourages her peers, and promotes an inclusive environment. She balances impressive work performance with academic excellence and generosity of spirit. She is fully engaged in any responsibility she takes on and success follows where she leads. Thanks for your outstanding performance Alix!

Extended Calendar of Events

Event Name	Date/Time	Information
Club Women's Soccer	2/16, 7 PM	Club Women's Soccer Game Vs. Point Loma, Valley Field, FREE!
Intramural registration deadline for Football and Spikeball	2/19, 7 PM	Don't miss the deadline! Register online by 7pm on 2/26 as a free agent (without a team) or as a team captain.
Club Women's Lacrosse	2/20, 7 PM	Club Women's LAX Game Vs. UCSB, Manchester Field, FREE!
Registration deadline for Intramural Softball, Quidditch, & Singles Tennis	2/26, 7 PM	Don't miss the deadline! Register online by 7pm by 2/26 as a free agent (without a team) or as a team captain.
Spring Holiday- revised facility hours	-	Check out our revised holiday schedule online for all three facilities and plan accordingly- happy Spring Holiday!

For more info: www.sandiego.edu/campusrecreation, 619-260-4533, campusrecreation@sandiego.edu



Click the picture above to view the Campus Recreation "Who We Are" video!

*Also posted at: https://www.youtube.com/watch?v=Q_iSn2BCA8

