BE WELL @ USD

USD Wellness Partners

Campus Recreation - USD Women's Center
Mission Bay Aquatic Center
Riverwalk Golf Club - Grad Student Life - CHWP
Student Wellness
CARE - Outdoor Adventures - Perfect Bar
SPRING 2017 WELLNESS FAIR

On January 26, Campus Rec gathered with other wellness groups to put on an informational fair geared towards making students aware of health and well-being resources available to them.

The weather was perfect for an outdoor fair and campus was bustling with the energy of a new semester. During dead hours, students, faculty and staff stopped by to find out more information, play some games and win prizes. Healthy snacks were provided by San Diego based company, Perfect Bar. The Mission Bay Aquatic Center’s booth boasted an Instagram Selfie Cam and giveaways ranging from a high-five to a free stand up paddle board rental.

Overall, the event was a success as students and staff left with more knowledge about how to stay mentally and physically healthy while at USD.

If you missed the fair, take a moment to check out our wellness partners and learn how you can take care of your health in 2017!

HEALTH & WELLNESS RESOURCES

COMMIT TO FIT IN 2017

USD FIT wants to know how you will commit to improving your health in mind, body and spirit this semester. Research suggests simply writing down your goals help you achieve them. Let’s see how that works for you! Our team invited students at the Alcalá Bazaar to share how they’ll commit to fit this semester and we’re carrying the invitation over to the Mission Fitness Center. If you add your fitness goal to our wipe board behind the stairmasters, and let our staff know, we’ll give you prize (while supplies last). Although our prizes may run out, you’ll still have the reward of advancing toward your goal.

TAKE THE CHALLENGE
# Intramural Sports

## Spring, 2017

<table>
<thead>
<tr>
<th>Sport</th>
<th>Play Day/Time Frame</th>
<th>Registration Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grad/Law Co-Rec Softball</td>
<td>Thurs. 7-11pm</td>
<td>1/26 10am</td>
</tr>
<tr>
<td>5x5 Basketball: Co-Rec, Men’s, Women’s</td>
<td>CR: Tues. 7-11pm</td>
<td>2/9 10am</td>
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<tr>
<td></td>
<td>M/W: Mon or Wed 7-11pm</td>
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<tr>
<td>6x6 Volleyball: Co-Rec</td>
<td>Thurs., 7-11pm</td>
<td>2/9 10am</td>
</tr>
<tr>
<td>Table Tennis Tournament (Ping Pong)</td>
<td>February 14th 7-11pm</td>
<td>2/9 10am</td>
</tr>
<tr>
<td>6x6 Speed Soccer: Men’s, Women’s</td>
<td>Tues or Thurs. 7-11pm</td>
<td>2/16 10am</td>
</tr>
<tr>
<td>7x7 Speed Soccer: Co-Rec</td>
<td>Mon. or Wed., 7-11pm</td>
<td>2/16 10am</td>
</tr>
<tr>
<td>6x6 Flag Football: Co-Rec</td>
<td>Tues. or Wed., 7-11pm</td>
<td>2/23 10am</td>
</tr>
<tr>
<td>7x7 Flag Football: Men’s, Women’s</td>
<td>Tues. or Wed. 7-11pm</td>
<td>2/23 10am</td>
</tr>
<tr>
<td>Slow Pitch Softball: Co-Rec</td>
<td>Mon. 7-11pm</td>
<td>2/23 10am</td>
</tr>
<tr>
<td>Singles Tennis: Men’s &amp; Women’s</td>
<td>Weds. 7-11pm</td>
<td>2/23 10am</td>
</tr>
<tr>
<td>Spikeball Tournament</td>
<td>March 15th 7-11pm</td>
<td>3/9 10am</td>
</tr>
<tr>
<td>Inner-Tube Water Polo Tournament</td>
<td>April 30th 1-5pm</td>
<td>4/25 10am</td>
</tr>
<tr>
<td>Dodgeball Tournament</td>
<td>May 9th 7-11pm</td>
<td>5/4 10am</td>
</tr>
</tbody>
</table>

$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
Meet Jeff Cirillo, the newest addition to the USD Campus Recreation family. Jeff joins Campus Rec as the Competitive Sports Manager who will oversee aspects of the Intramural and Sport Club programs, as well as helping to run the Sports Center facility.

Jeff received his Bachelor's Degree in Health Science/Pre-Physical Therapy from Springfield College in Massachusetts. The Massachusetts native then made the big move here to San Diego and received his Master's Degree in Higher Education Leadership here at USD last year.

During school, Jeff enjoyed playing Intramural flag football, ultimate frisbee, dodgeball, and softball. He also was the founder of the Club Ultimate Frisbee team during my third year at Springfield. At USD, he was a participant in the Grad/Law Intramural Softball league, and on the Club Ultimate Frisbee team. This past Fall, he was the Head Coach for the USD Club Ultimate Frisbee team.

"I have participated in club and intramural sports every semester of my college career," Jeff explained when asked about why he is excited for his new position, "and these experiences have had a major positive impact on my life physically, socially, and psychologically. I am passionate about working for Campus Rec because I want to provide the same developmental opportunities I received to current students."

In his spare time, Jeff enjoys playing Ultimate Frisbee, watching football (he is a big Patriots fan and is excited for the Superbowl), and traveling around the world. He took a year off between undergrad and grad school to travel to Australia, New Zealand and Spain. Next up, he hopes to make it to Norway and South Africa.
SPOTLIGHT ON:
EQUESTRIAN CLUB

USD's Equestrian Club team is looking for new members! This small, close-knit team is part of the Intercollegiate Horse Show Association. The team competes in English style events throughout the year in hopes to qualify for Regionals, Zones and, ultimately, Nationals. There are both individual and team categories, which helps promote an encouraging team atmosphere. The team competes in Zone 8, Region 2 against other schools such as USC, UCSD, UCLA, Cal Poly Pomona, UCI, Claremont and more.

Additionally, this spring, the team has lowered the registration fee from $200 to $40 in order to make joining the team more affordable.

If you are interested in more information about joining Club Equestrian, please contact Charli Worth at csworth@sandiego.edu or Serena Gandara at serenaboyd@sandiego.edu.

SPORT CLUBS
SPRING 2017

SANDIEGO.EDU/CAMPUSRECREATION/SPORTS-CLUBS/
619-260-4533 CAMPUSRECREATION@sandiego.edu
Commit to fit this Spring and sign up for one of Campus Recreation's Rec Classes.

Each semester, Campus Rec offers over 60 classes for both credit and non-credit. These classes are led by experienced instructors who are passionate about what they teach. Class sizes are small and allow for essential attention and feedback.

FITNESS
Looking for a high octane workout? Choose from upbeat classes including indoor cycling, abs and toning, TRX and more!

MIND/BODY
Whether you are in school or working, most of us need to de-stress. Our yoga and meditation classes are the perfect antidote to a stressful schedule. We offer meditation, restorative yoga, yoga fusion, vinyasa yoga and yoga sculpt.

POOL
As the temperatures heat up, the Sports Center pool is the perfect place to get your workout in. Join Master's Swim Training this Spring and get personalized feedback from an experienced swim coach.

MISSION BAY AQUATIC CENTER CLASSES
Get off campus and explore San Diego's gorgeous Mission Bay. Learn how to paddleboard, surf, sail or waterski this semester.

HEALTH AND WELLNESS
Become a wellness professional right here on campus. Learn CPR and AED training to save lives or become a certified personal trainer through ACE!

Choose from these classes and many more! Register today on the Campus Rec website!
After a long break, it’s nice to come back feeling refreshed and ready to take on a new semester. Maybe you’ve set new goals or perhaps you want to just continue what you started last semester. New goals often require some sort of lifestyle change, which can be challenging. According to an article published by Harvard Medical School, “We're motivated too often by a sense of guilt, fear, or regret” which makes it difficult for us to keep up with our changes. Experts who study behavior change agree long-lasting change is most likely when it’s self-motivated and rooted in positive thinking. USD FIT’s focus this spring is commitment: the path to well being and long-term fitness. As you get ready to commit to your new goals, take a moment to identify your motivation and evaluate if your self-talk is positive.
REFINE YOUR GOALS

“Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them.” - Denis Waitley

FOCUS ON WHAT’S IMPORTANT

“Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.” - Zig Ziglar

HOLD YOURSELF ACCOUNTABLE

“As for the journey of life; at some point you will realize that YOU are the driver and you will drive!”
-Steve Maraboli

MAKE USD YOUR GYM

San Diego offers one of the best climates for outdoor activities and USD is one of the most beautiful locations in the city. Our conditions are prime to take workouts outdoors! Research shows spending time in nature has been linked to improved attention spans and boosts in serotonin (the feel good neurotransmitter), and most people enjoy being outdoors so it makes it easier to stick to their outdoor routine. This month, take advantage of the awesome places to workout on campus that are OUTSIDE of the gym.

Behind the IPJ is an inspired venue to practice yoga. The area is generally quiet and there’s a great view of the city. If you go during sunset, it’s even better!

If you love the Stair Master, try running up and down one of USD’s many staircases. There’s one located by the SLP, on the side of the JCP, and on the side of Manchester Village.

If you run on the treadmill, vary your routine with some hills around campus. Let nature be your incline, with a better view and fresh air!
How long have you been at USD?
Since September 2016

What motivates you to lead a healthy lifestyle?
I’m currently on a personal development kick where I’m all about improving myself in all aspects of life: physically, mentally, spiritually. Kind of like Bradley Cooper in Limitless, but without the drugs.

What do you enjoy about the Mission Fitness Center?
It is not overly crowded. It has all of the equipment I need. The staff is friendly and there is not an overabundance of “grunters.”

Favorite way to stay active?
I prefer to watch workout programs on my phone and follow along. Having an instructor in your ear motivating me to go harder has allowed me to push my limits and achieve results. It also takes the guesswork out of formulating your own routine. Some of my favorite programs are P90X3, Body Beast, 21 Day Metashred and Estelle Getty’s Young at Heart Body Conditioning.

Tips for those wanting to improve their fitness?
I know it’s easier said than done, but make it a routine. Once it becomes a natural part of your daily schedule, you will feel weird on days when you don’t work out. Try to “hack” your living situation to make it more conducive to an active lifestyle. For example, leave your gym bag by your door everyday so you don’t forget it, block out workout times on your calendar, hang a pull-up bar in your doorway or get a dog.

And for specific goals you’ve set out for yourself, try this: blackmail yourself. Use a service like stickk.com where you create a ‘commitment contract’. If you fail to reach your goal, you suffer a financial penalty or are forced to broadcast the failure to your friends. Public humiliation and monetary loss are surprisingly effective motivators.

While USD FIT promotes positive thought to motivate workouts and helps you obtain your fitness goals, Malik’s creative way of motivating himself is another effective technique.
Our Mission Fitness Center Employee of the Month is Kendra Rudd-Gloster. Kendra began working at the Mission Fitness Center last spring and has gracefully established her place as a valued team member.

During the fall semester, she took the lead in overseeing our USD FIT newsletter submissions, contributing compelling features and sharing motivational mantras. Kendra is the epitome of polished poise with Texan pride. She follows through on her commitments, even when she has to be extra resourceful and think outside of the box. We are excited to bring in the new semester celebrating confident, competent and consistently cool Kendra!

In 1991 a pastor walked into a small group exercise class I was teaching in Toledo, Ohio. Weeks later my life changed forever as he introduced me to Christ. From that day forward I knew that God's plan in my life would include fitness and sharing with others the incredible, complex and beautiful gift we have been given: our bodies.

Of all the class formats I teach, Pilates is by far the one that I have seen change lives the most. Your Core is your Powerhouse, the control center from which all other forms of exercise rely. In strengthening the essential muscles that support your spine and enable all angle movements, Pilates packs a punch of amazing benefits. Without a strong abdominal wall, flexible hamstrings, glutes and lower back, you are much more susceptible to injury and you dramatically decrease your endurance potential.

FIT TIP: Create times of stillness to allow your mind and body to simply enjoy the quiet. God created us with a need for rest. Perhaps the most valuable thing you can do for your health is find a place to sit, to pray and to connect.

"Be still and know that I am God." Psalm 46:10.
## USD Fit Spring 2017 GroupEx

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self Defense &amp; Fitness</td>
<td>TRX Boot Camp</td>
<td>Yoga</td>
<td>TRX Boot Camp</td>
<td>Restorative Yoga</td>
<td>Spin &amp; Sculpt</td>
<td>Reset Yoga Flow</td>
</tr>
<tr>
<td>12 noon-12:50 p.m.</td>
<td>9:00-9:55 a.m.</td>
<td>12:00-12:55 p.m.</td>
<td>9:00-9:55 a.m.</td>
<td>12:20-1:15 p.m.</td>
<td>10:15-11:10 a.m.</td>
<td>10:30-11:45 a.m.</td>
</tr>
<tr>
<td>Pilates Mat</td>
<td>Yoga</td>
<td>Pilates Mat</td>
<td>Yoga</td>
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</tr>
<tr>
<td>1:15 p.m.</td>
<td>12:20-1:15 p.m.</td>
<td>1:15 p.m.</td>
<td>12:20-1:15 p.m.</td>
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</tr>
<tr>
<td>Power Yoga</td>
<td>Yoga Sculpt</td>
<td>Abs &amp; Toning</td>
<td>Cardio Dance Fitness</td>
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</tr>
<tr>
<td>5:30-6:55 p.m.</td>
<td>4:15-5:10 p.m.</td>
<td>8:45-8:55 p.m.</td>
<td>5:30-6:25 p.m.</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Tighten &amp; Tone</td>
<td>Vinyasa Yoga</td>
<td>Pilates Mat</td>
<td>Zumba</td>
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<tr>
<td>8:55 p.m.</td>
<td>5:30-6:25 p.m.</td>
<td>6:30-7:25 p.m.</td>
<td>7:45-8:40 p.m.</td>
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</tr>
</tbody>
</table>

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### Commit to fit in 2017

$80 Early Bird Pricing Ends Feb. 14th ($90 value)

Location: Mission Cafe & Fitness Center 1st Fl Exercise Room

*unless otherwise indicated

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Subject to change | Updated schedule and registration @ USD Fit GroupEx

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### USD Personal Training

**Semester Specials End 2/14/17**

- 4 Training Sessions ($130)
- 24 Training Sessions ($612)

Visit: [www.sandiego.edu/mtc/personal-training/](http://www.sandiego.edu/mtc/personal-training/) for more options!
As Winter Break approached, I was getting more and more excited. However, my excitement was not due to Christmas, New Year’s or even my birthday. Instead, I found myself counting down the days until Outdoor Adventures’ Winter Trip.

January Guide Training is a winter trip designed to help educate new guides in a setting far removed from what they have experienced before. This January, I was fortunate enough to go with 13 other guides to hike into Havasu Canyon and canoe through the Chocolate Mountains.

Havasu Canyon is an offshoot of the Grand Canyon inhabited by the Havasupai tribe whose name translates to “people of the blue-green waters”. The water their name derives from lived up to it’s reputation, with shockingly vibrant turquoise streams and waterfalls accompanying us as we backpacked down past slick red canyon walls in the persistent drizzle. At our campsite we learned some basic cooking skills, how to find a campsite and how to set up a stormproof camp, a skill that came in very useful due to the inclimate weather. Unfortunately, we ended up having to take a helicopter out of the canyon to avoid a fast-approaching storm, but this gave us a lesson in decision making and made us even more aware of how unpredictable nature can be.

After Havasu Canyon, we headed to our second location in the Chocolate Mountains, a mountain range on the border of California and Arizona that is split by the Colorado River. Here we paddled against strong headwinds, dined on sandbars, and learned from our fellow guides about subjects like astronomy, knot tying and the geology of the surrounding area.

In the end, despite all of our adversities, our group not only prevailed, but thrived. We all feel like capable guides, able to take on the many surprises nature throws at us in the wilderness, and we are eager to have our next new experience with Outdoor Adventures.
**WE NEED YOU!**

**STUDENT WELLNESS ADVISORY BOARD**

Now is your chance to share your ideas!

Support **Student Wellness** with your ideas about mental health, campus life, living well at USD and much more.

Meetings led by the AS Wellness Chair. Commitment is one meeting a month through Spring 2017.

Email chwp@sandiego.edu for more information and to receive the online application form due February 3rd!

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**GET QPR TRAINED**

Join us at an upcoming training session to better understand how to **QUESTION, PERSUADE, and REFER** someone to get the help they need.

**WEDNESDAY, MARCH 1st**
2:00-3:00pm • UC 107

**TUESDAY, MARCH 28th**
12:30-1:30pm • UC 128

**THURSDAY, APRIL 20th**
1:00-2:00pm • SLP 412

**TUESDAY, MAY 9th**
12:00-1:00pm • UC107

**REGISTER FOR THE NEXT QPR TRAINING NOW:**
sandiego.edu/youareusd/suicide-prevention

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**Peer Educator Leadership Training**

**SATURDAY, FEBRUARY 11, 9AM-5PM**

Sponsored by USD Student Wellness & Associated Students

**MAKE A DIFFERENCE**

**ENHANCE LEADERSHIP SKILLS**

**BECOME A NATIONALLY CERTIFIED PEER EDUCATOR**

PLEASE RSVP BY FEBRUARY 9TH TO CHWP@SANDIEGO.EDU

OPEN TO ALL STUDENTS. FREE REGISTRATION & FOOD

#makeyour #newskills

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**Introducing... USD's Peer Educators**

**FOR HEALTHY RELATIONSHIPS AND SEXUAL VIOLENCE PREVENTION**

Request a peer-led presentation on **HEALTHY RELATIONSHIPS** or **Bystander Intervention** for your student organization or group today!

**VISIT:**
sandiego.edu/health-wellness/student-involvement/sexual-assault-peer-education
to learn more about the peer educators and to find the presentation request form.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 6</td>
<td>Last day to register for credit and non-credit Recreation Classes. Don't miss out this semester - sign up at sandiego.edu/campusrecreation/registration/ today!</td>
</tr>
<tr>
<td>February 6 8-10pm</td>
<td>Intramural Official Hiring Event. Join us in Maher 103 AB for more information on becoming an Intramural Official this semester!</td>
</tr>
<tr>
<td>February 14</td>
<td>Join Intramurals for a Table Tennis Tournament from 7-11pm. Register as an individual or a team by 2/9. Find out more information on our website!</td>
</tr>
<tr>
<td>Spring Break 2017</td>
<td>Have a fun and safe Spring Break! For updated facility hours, please look on our website.</td>
</tr>
<tr>
<td>March 4-12</td>
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</tr>
</tbody>
</table>

**Facility Hours**

McNamara Fitness Center  
Sports Center  
Mission Fitness Center

**For More Information**

sandiego.edu/campusrecreation  
619 260 4533  
campusrecreation@sandiego.edu