



Get Fit @ USD



Intramural Sports



Highlight Your Health

Issue 3

Volume 12

November 2016

Campus Rec NEWSLETTER

CAMPUS REC GLOWS

GLOW IN THE DARK YOGA SPONSORED BY MUSCLE MILK

Campus Rec lit up the Sports Center on Wednesday, October 26 with a glow in the dark yoga class sponsored by Muscle Milk.

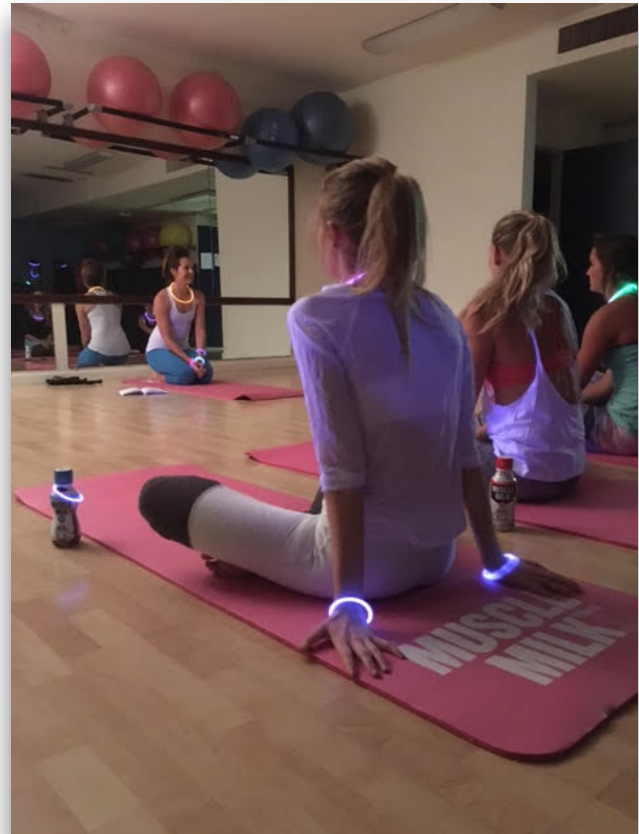
Fourteen USD students participated in the event and donned glow bracelets and necklaces as well as neon colored clothing to shine in the black lit room. Muscle Milk provided branded yoga mats, which the participants were able to keep after the class.

Instructor Lexi guided the class through a power vinyasa flow. The dark room allowed every student to truly focus on their own movements and practice while the glow accessories provided the necessary light to balance and transition between postures.

After class, the Muscle Milk team, led by USD student and Campus Rec Team Member, Derek Fine, was ready to go with free samples of their newest lines. Students were able to try Organic, 100 Calorie and Original Muscle Milk.

Additionally, the event helped to promote the upcoming USD Health Survey (see pg 5) and emphasized this year's theme "Highlight Your Health." Free highlighters were given to all of the participants, encouraging them to remember to complete the survey on November 1.

Overall, the Glow Yoga event was a success! Students left feeling relaxed, de-stressed and healthy.



WANT TO STAY UP TO DATE WITH ALL OF OUR EVENTS?

Follow us on Facebook and Instagram for more information, how to sign up for events and more!

WOODSTOCK'S INTRAMURAL ATHLETES OF THE MONTH

DANIEL SIMS



Congratulations to Daniel Sims for being our Woodstock's Intramural Athlete of the Month for November. Daniel is a Junior at USD and is currently working towards a degree in business. He has been participating in Intramurals ever since his first semester here at USD. Playing sports was a big part of his life while growing up and he wanted to continue that when he came to San Diego.

Daniel currently plays on a basketball team, a men's league soccer team, and a flag football team. With his unmatched speed, he is able to dominate in all three sports. As the secret weapon on each one of his teams, he is looking to lead each and every one to the championship as he is looking for his first championship win since his freshman year. Congrats Daniel and good luck in playoffs!

CARISSA GRAY

If you enter the Sports Center gym on a Monday night, you can feel the electricity in the air during the Men's 3-on-3 basketball league. The gym is filled with outstanding male basketball players and one phenomenal female athlete by the name of Carissa Gray. Carissa can be found draining threes and driving to the basket leaving a trail of broken dreams behind her. She does not back down from the challenge of playing in the Men's league and has earned the prestigious honor of being named the Intramural Athlete



of the Month for October. Not only does she participant on a Men's basketball team, she also plays on a Co-Rec soccer team.

Carissa is a senior studying Marketing and will be graduating after this semester. When she is not challenging her opponents on the court, you can find Carissa in the water or working on stunning artwork inspired by Picasso and van Gogh. Congratulations on becoming Intramural Athlete of the Month and thank you for the years of participating in Intramurals!

INTRAMURAL GAME OF THE MONTH

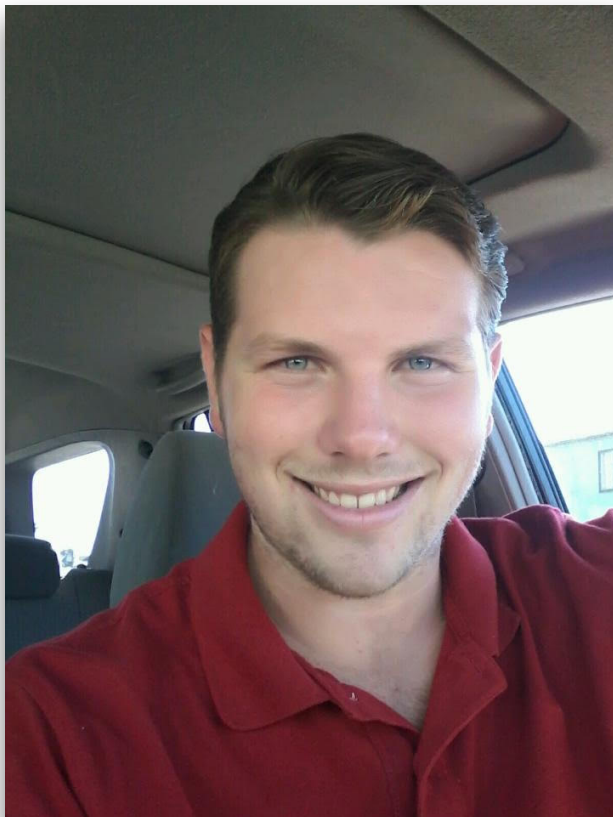
This month's Game of the Month belongs to the flag football matchup between the 2Lit team, and the BMI Kings. The 2Lit team is a group of 2L law students, hence the clever name, and the BMI Kings is a group of men who proudly represent the Black Student Union on campus. Both teams are known throughout the league for their athleticism and ability to perform well, and dominate opponents.

However, in this game, only one team could come out with a strong win, and that was the 2Lit team. With a final score of 33-0, the 2Lit team put on an outstanding defensive performance, holding a high-scoring team to 0 points. 2Lit players Evan and Brandon put on an offensive show with deep passes and diving catches. Congratulations to the 2Lit team, and good luck to both teams moving forward.

Intramural Flag Football Champions: Back That Pass Up



Congrats!



INTRAMURAL OFFICIAL OF THE MONTH

November's official of the month is Bryce Henry! Bryce is a new addition to our officiating team, and he has already proven his skills on the soccer and softball fields. Bryce is a junior from San Diego, and brings 7 years of reffing experience to the table. He is a member of the honors program, and double majoring in accounting and finance. Though his nights are

booked reffing, during his free time Bryce enjoys cheering on the Tottenham Hotspurs, walking his dog, and going out with his buddies. Bryce's favorite part of being an official is the people he works with. "It is a privilege to work for such a prestigious organization," says Bryce. It certainly helps to have talented officials like him!

FAMILY WEEKEND & HOMECOMING GOLF TOURNAMENT

CAMPUS REC GETS OUT ON THE GREEN

On Friday, October 7th we hosted the annual Family and Homecoming Weekend Golf Tournament at Riverwalk Golf Course. It was a beautiful day and a great way to kick off Homecoming Weekend! All of the participants enjoyed quality time with their friends and family members. As always this tournament was open to all skill levels, and all teams played some fantastic golf!

In third place at even par we had a tie between Tim and Austin Andrews and Richard and Michael Dana. In second place at one under par we had a tie between Taylor Kress and Romel Piniac and Rick and Tom Kopstein. Taylor Kress, one of the founding members of the USD Club Golf team also won the closest to the pin contest. Finally, in first place with a winning score of two under par were Brett Daly and Marcus Moribido who both played great golf while representing the USD Club golf team. Brett also won the long drive contest this year. For anybody interested in the game remember that golf is part of the Campus Recreation Sport Club program.



EXTRAMURAL VOLLEYBALL

The annual San Diego City Extramural Beach Volleyball tournament was yet again a successful event for the San Diego community. We saw teams from USD, SDSU, and Cal State San Marcos.

After a Saturday full of pool play, pizza, and competition, 8 of the 16 teams made it through to playoffs on Sunday. The quarterfinals started early Sunday morning at the South Mission Beach volleyball courts.

Four of the six USD teams that had entered the tournament made it to the semi-finals. It was an all-Torero semi-final round that was hard fought but ultimately won by a team of seniors.

Overall, the tournament was a great success as it allowed students from different schools to come together and form new friendships through competition.

Stay tuned for more information about upcoming intramural tournaments!



HIGHLIGHT YOUR HEALTH

HELP PROMOTE STUDENT HEALTH AND WELLNESS BY ENCOURAGING STUDENTS TO PARTICIPATE IN THE 2016 USD HEALTH SURVEY



Every two years, the National Collegiate Health Association (NCHA) surveys college students in regards to their health and wellness habits. This anonymous survey generates data that helps campus wellness units better address health issues that students are facing.

This year, USD students are encouraged to take this 15

minute, completely anonymous survey. The survey link will be emailed to all USD students on November 1st, 4th, 9th and 15th. Students have through Thanksgiving to complete the survey and 10 participants will receive \$50!

The goal this year is to reach 2,000 survey participants. To

Help students be healthy!

help achieve this goal, faculty and staff members can have conversations about the survey with students in their area, give out highlighters provided by CHWP and wear a Health Survey button. Please contact Stephanie at CHWP to pick up any marketing materials or address any questions.



SPRING 2017 REC CLASSES

FIND WHAT MOVES YOU IN 2017!

The Spring 2017 Rec Class schedule is finally here! With over 60 classes to choose from, there is sure to be something for everyone. Classes are offered as credit (0.5 units) or non-credit and are open to all USD students, staff and affiliates. Registration opens for credit November 2 and for non-credit December 5. Check out the class offerings and find what moves you in 2017!



USDFIT

*P.U.S.H - PERSIST UNTIL
SUCCESS HAPPENS*

November means the holiday season is finally approaching! This month we can all look forward to the first long break since summer. Finally time to just relax, whether back at home or here on campus! November also tends to include tons of food and lounging around, and not a lot of working out. But don't worry, all of your hard work does not have to go to waste. You can still PUSH to maintain the healthy habits you've been working on this semester by managing your stress the best you can during such a busy time, including your friends and family in your workout routine, and trying your best to maintain a healthy diet!

~"Don't give up what you want most for what you want now"~

ADD A THANKSGIVING TWIST TO YOUR WORKOUT PARTICIPATE IN A TURKEY TROT



While it can be tempting to simply eat, sleep, and watch football (or at least lounge) during the Thanksgiving break, squeezing in a little exercise goes a long way to feeling good long-term! Turkey trots, which are Thanksgiving-themed 5k runs, are a fun way to get a workout in while still spending precious time with your friends or family! To find a turkey trot near you, visit: runningtheusa.com

If you're going to be in the San Diego area for the holiday, the San Diego South Bay Turkey Trot is a great option for you and your friends! The race also doubles as a food drive for the Salvation Army! If you'd like more information please visit: sdthanksgivingrun.com/



Mantras for a Brighter Holiday Season

The holiday season is a time filled with joy, but can also be a very stressful time of year. Long flights, big family events and those final exams waiting for you when you return to school can cause anyone's stress level to sky rocket. Here are a few helpful mantras to keep yourself calm and collected during the Thanksgiving chaos.

Control What You Can And Ignore The Rest

"A secret to happiness is letting everything be what it is instead of what you think it should be."
-Unknown

Morning and Evening Rituals are Essential

"The secret of your success is found in your daily routine." - John C. Maxwell

Events Don't Upset You. Beliefs Do.

"Neither bad nor good exist, thinking makes it so" - Shakespeare

EAT THIS NOT THAT: THANKSGIVING EDITION

Thanksgiving seems to inspire indulging in all of the holiday food you've been missing, but there is a way to do so without overloading on calories. You can volunteer to make your own healthy side dishes helping others as you help yourself! Check out some of celebrity trainer Lucas James' suggestions for tasty alternatives to help keep your diet intact during the holiday season:

EAT THIS		NOT THAT	
THANKSGIVING			
White Meat (Turkey Breast)		Dark Turkey Meat	
 Mashed Potatoes (lightly drizzled with gravy)		Stuffing	
 Green Beans		 Candied Yams (with marshmallow topping)	
 1 Dinner Roll (But if you have the willpower...skip it!)		 Cornbread	
Homemade Cranberry Sauce		Jellied Cranberry Sauce	
 Pumpkin Pie		 Pecan Pie	
Calories: 731		Calories: 1,281	

Fitness & Health Center Hours

Check for holiday updates!

Mission Fitness Center | McNamara Fitness Center | Sports Center



MFC's Employee of the Month

The Mission Fitness Center's Employee of the Month is wonderful Wade Bennett. Wade is a senior at USD has been growing with us since his freshman year. Each shift he arrives early with a calm and positive attitude. Wade is gracious and flexible with his schedule in order to help out the team. Additionally, he supports the success of his teammates by getting to know them and being a good listener. We are so grateful that Wade is sharing his senior year with us!


Favorite Food: Chocolate

Favorite Exercise: Bicep curls all day!


Special Talent: Can spin a basketball on every finger.

Fun Fact: I Studied abroad in Rome, Italy.


START YOUR HOLIDAY ON THE RIGHT FOOT



Fall 2016 GroupEx

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mat 12:30-1:25 p.m.	TRX Total Workout 9:00-9:55 a.m. *SC TRX Station	Pilates Mat 12:30-1:25 p.m.	TRX Total Workout 9:00-9:55 a.m. *SC TRX Station	Restorative Yoga 12:30-1:25 p.m.	Spin & Sculpt 10:15-11:10 a.m. *SC 109	Reset Yoga Flow 10:15-11:45 a.m.
Power Yoga Flow 2:30-3:25 p.m.	Yoga 12:30-1:20 p.m.	Power Yoga Flow 2:30-3:25 p.m.	Yoga 12:30-1:20 p.m.	 <p>20 Classes a Week (\$90/semester)</p> <p>Location: Mission Cafe Fitness Center 1st Fl Exercise Room (CFC 108) *unless otherwise indicated; SC=Sports Center</p> <p>Schedule subject to change</p> <p>For updated schedule, search "USD FIT GroupEx"</p>		
Power Yoga 5:30-6:55 p.m.	Yoga 4:15-5:10 p.m.	Beginning Hip Hop 6:45-7:40 p.m.	Yoga Flow 5:30-6:25 p.m.			
Tighten & Tone 8:00-8:55 p.m.	Vinyasa Yoga 5:30-6:25 p.m.	Abs & Toning 8:00-8:55 p.m.				
	Yoga Sculpt 6:30-7:25 p.m.					
	Zumba 7:45-8:40 p.m.	<p>Time to PUSH Persist Until Success Happens</p>				

For more info and to register, please visit:
www.sandiego.edu/campusrecreation/fitness-wellness/group-exercise.php



Have you ever thought about trying a workout class like yoga or pilates, but weren't sure where or how? Well, grab a friend and come try one of our GroupEx classes. You can try the first for free and then decide if you'd like to sign up. Membership includes access to 20 weekly classes and registration is open all semester! Check out our class schedule below to learn about all the classes we have to offer. Who knows, you might find something you love!

If you're not so sure what's the best workout plan for you, or you need a little extra motivation, try one of our Nationally Certified Personal trainers!




NOVEMBER PERSONAL TRAINING SPECIAL

What if you got healthier this holiday season?

For the month of November, an **8-pack** of training sessions is only **\$245!** Sign up **11/01-11/30!**

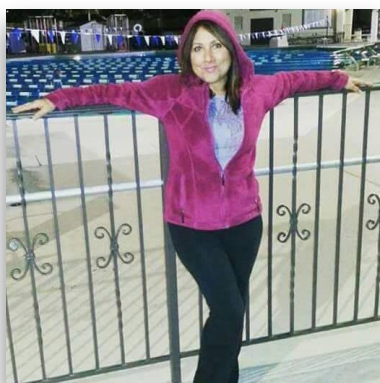


To register or learn more, visit:
www.sandiego.edu/mfc/personal-training/



Mind Over Matter

How to Find Mindfulness in Everyday Life



We spoke with Marguerite Baca, a beloved instructor here at USD, about her introduction into mindful practices, her classes and tips on how to be more mindful in your everyday life.

How did you get involved in yoga and mindful practices?

The summer I was twelve years old, I was hanging out and surfing at the beach with girlfriends. I recall a distinct moment while I was resting in the sun where I did a spontaneous lab experiment with my own bio-chemistry. At the time I didn't have the language for what I was doing, nor did I know anything about neuro-science.

As I enjoyed the warmth of the sun, surrendering my body weight into the soft sand beneath me, I suddenly became aware of a negative thought and how it adversely affected how I felt, as though I dropped down into a lower dark place. I then experimented with switching to an uplifting thought and immediately felt greater well being, more expansive. I began to go back and forth, alternating the quality of my thoughts, or consciousness, and was amazed at this innate power,

to make myself feel poorly or well. With this awareness it occurred to me that there must be some place in my brain that I am capable of programming. I became very curious, and recall inquiring within myself as to how I could access this place with consistency.

From then on, I was on the lookout. At age thirteen I found the answer for me. My grandmother, who had returned to college in her later years to study psychology, had *Psychology Today* in her home. As I thumbed through the magazine one day, I saw an ad for Yoga and Meditation lessons. I immediately knew that was for me and I used my allowance to order the science based lessons in the mail.

While nobody else in my family studied these ancient practices, my parents honored my need for the solitude to study and practice for hours as I avidly did, and made sure that my rowdy siblings did not disturb me when my door was shut. I appreciated that respect.

Why do you think mindfulness is so important for college students?

For college students there is the immediate benefit of minimizing the anxiety and stress of attending college. It also helps to develop more focus on their studies.

Ultimately, the ancient wisdom of these scientific and spiritual principles, when regularly practiced, will develop into lifetime skills. These principles are transferable to any challenge that life brings along.

My experience with trusting and practicing these principles and experiencing a history of success has built complete confidence in knowing that I am equipped to

face all of life's challenges, always returning to balance, peace, health, joy.

In my classes, I emphasize breath work and postures that can help each individual return to a more stable, steady and peaceful internal state. Mindfulness is being able to connect with and control your internal state of mind, regardless of external, changing circumstances.

A simple description of my comprehensive program might be easily remembered with this acronym: **A.I.M.**

Become **AWARE** of thought habits and emotions that you are engendering.

IDENTIFY the thoughts and emotions, putting words to them.

MANAGE emotions, minimize volatile reactions which could lead to adverse consequences and choose more thoughtful response to circumstances.

How can people become more mindful in their daily lives?

Stop between activities. Literally, stop and stand or sit still and take a conscious breath, to make a conscious transition.

Acknowledge completion of the previous activity and prepare for the activity to follow. Lack of time is the most common reason or excuse for not meditating. Everyone has time for one conscious breath. As you develop love, appreciation, respect and even enjoyment of conscious breathing, you will find that you always have that portable pleasure with you.

Check out Marguerite's classes for Spring 2017!



OUTDOOR ADVENTURES

OCTOBER HAS BEEN A MONTH OF ADVENTURES



This past month has gone by in a blur of activity at Outdoor Adventures. We have sent students into the canyon with Dr. Harris, gone to the desert to do some yoga, and sent a backpacking trip and a base camping trip to Zion National Park in Utah for Fall Break.

"We...create an inclusive, encouraging, accepting environment..."

Our Desert Yoga trip spent a Saturday in Joshua Tree National Park, finding their inner Zen and building community. One of our senior guides, Emma Angold, said that her favorite part of the trip was "taking a break from school to do some much needed outdoor activity."

More recently, we had a walk in Tecolote Canyon with Dr. Harris, getting in our morning exercise as well as seizing the opportunity to ask Dr. Harris all kinds of questions. Our students were also fortunate

enough to see a Great Horned Owl. The word "tecolote" actually means owl in Spanish!

Over fall holiday, Outdoor Adventures sent two separate trips to Zion National Park. One group of students base camped in the canyon and spent the weekend hiking Angel's Landing and the Narrows in the Virgin River.

Our second group spent Friday and Saturday backpacking the West Rim

Trail. Both groups met up to hear from a geologist and an archaeologist who worked in the park. The fall colors were the icing on the cake of a great weekend!

Overall, we do our best to create an inclusive, encouraging, accepting environment for participants to thrive in. Our trips strive to help students appreciate their surroundings as well as the community they are a part of, and this past month has been a month full of loving the world we live in and the people we live with!



November 2016

EXTENDED CALENDAR



SPRING 2017 RECREATION CLASSES

Registration opens for credit 11/2 and for non-credit 12/5!



USD HEALTH SURVEY

Find out how healthy you are! Take the survey between November 1 and Thanksgiving.



HAPPY THANKSGIVING!

Have a wonderful and safe Thanksgiving vacation. Facilities will be closed Wednesday - Saturday.



OUTDOOR ADVENTURES

Check out the upcoming trips and stay tuned for info on Spring programming!

Follow Us on Social Media

