What’s New

5:01 Fit Flock
Another VU Employee challenge is on the calendar! 5:01 Fit Flock is a self recorded activity challenge to motivate, maintain, or increase the physical fitness levels or our employees. Different points will be rewarded whether you are participating in cardiovascular exercise, resistance training, or a group fitness class. Did you sign up for the Corporate Challenge? What better way to stay motivated and get rewarded for your consistent training efforts. Prizes awarded to the top 3 point winners! Sign up available at the Mathy Center front desk. $10.00 fee to participate.

1st Place = Fit Bit Flex
2nd Place = $50 Dick’s Sporting Goods Gift Card
3rd Place = $30 Dick’s Sporting Goods Gift Card.

Floor Fit Feud
Viterbo students! Have you participated in one of our Healthy U interactive challenges yet? Why not join us beginning TODAY! Floor Fit Feud is a total activity challenge where residence hall floors will compete to see who’s more ‘fit’! By recording your activity on the Healthy U app or Healthy U interactive website, your team will earn points. Team points will be averaged based on each team’s participants. The winning floor will be announced on May 1st. In honor of the end of the year, the winning floor will receive an end of the year party, theme of your choice, the Monday or Tuesday of finals week.

Activate your account with your Viterbo email!

viterbo.healthyuinteractive.com

‘Tweet the Trainer’ is taking place the third Tuesday of each month this semester from 3:00-5:00 pm. Tweet your fitness questions to @ViterboRecSports #tweetthevutrainer. Third session is tomorrow, March 17th.

Schedule of Events

March 16
*Mathy Center Resumes Normal Hours
*5:01 Fit Flock Begins
*Floor Fit Feud Begins

March 17
*Tweet the Trainer 3:00-5:00 pm

March 22-28
*Double Punches Week

April 1
Reduced Mathy Center Hours 6:00am-7:00pm
*Condensed Group Fitness

April 2
Reduced Mathy Center Hours 6:00am-5:00pm
*Condensed Group Fitness

April 3-5
*Mathy Center Closed

April 6
*Reduced Mathy Center Hours 8:00am-4:00pm
*NOON Group Fitness Only

April 14
*Health Fair 2:00-6:00 pm

April 16
Glow in the Dark Bean Bag Tournament @ 7:15pm

April 18
Hogwild Softball Tournament

April 19-25
*Rec Pass Double Punches Week

May 1
*REC PASSES DUE @ NOON

May 4-8
*NOON Group Fitness Only

May 6
Mathy Center Open 6am-7pm

May 7
Mathy Center Open 6am-5pm

FOR MORE INFORMATION VISIT US ONLINE!
**Intramurals**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>$2 Bowling</td>
<td>Competitive</td>
<td>Rec Volleyball 7:15 pm</td>
<td>Basketball</td>
<td>Flag Football 4:00 pm—Assisi Court-</td>
</tr>
<tr>
<td>8:30 pm</td>
<td>Volleyball 7:15</td>
<td></td>
<td>7:15pm</td>
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</tr>
<tr>
<td>Pla-Mor Lanes</td>
<td>Mathy Center</td>
<td>Mathy Center</td>
<td>Mathy Center</td>
<td>Bean Bags &amp; Spikeball 7:15 pm -Mathy Center</td>
</tr>
</tbody>
</table>

**Final Season of Intramurals!**

**NCAA Bracket Challenge**

*Begins March 15*

During the month of March the nation intently watches as the top Men’s Basketball teams in NCAA Division I Basketball face off in dreams of a National Championship. The Rec Sports department will be offering an NCAA Basketball Bracket Challenge. Be sure to test your bracketology and see if you can correctly identify each game’s winners. League champion will receive a t-shirt!

To participate you must have an active yahoo account. If you do not currently have an active yahoo email account, you can sign up for one, it’s free!

Visit the Tourney Pick’em fantasy page on yahoo.com to join the Viterbo-Western Tech’s pool.

**ID Number:** 20731

**Password:** intramural2015 (case sensitive)

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**Special Events**

**Hogwild Softball Tournament**

Viterbo Rec Sports and Western Tech Wellness are teaming up to bring back the Hogwild softball tournament on Saturday, April 18th. Teams of 10-12 individuals must be registered by Wednesday, April 15th. A $20 registration fee is also required. There will also be side games for participants to play while between tournament games. Prizes will be given to the tournament champions, as well as other prizes participants are eligible to win. Please contact the Rec Sports Department for more details.

**Glow in the Dark Bean Bags Tournament**

Be sure to use your first and last name and the name of your school when filling out your bracket. (i.e. Viterbo/Western)

Ready for Spring? Miss the hours spent in the front yard playing yard games with friends? Well wait no more! Viterbo Rec Sports and Western Tech Wellness have organized a Glow in the Dark Bean Bag tournament for any Viterbo or Western students and staff interested in participating. The event will take place in the Western Tech Wellness Gymnasium on Thursday, April 16, and will be free for all participants. Registration for the event will begin at 6:30pm and the tournament will begin at 7:15.
Lift of the Month—Scarecrow

**SET UP:** Grasp two dumbbells and bend forward at the hips, keeping your back straight and core engaged.

**MOVEMENT:** Start with upper arms at your sides and your elbows bent to 90 degrees. Lift your upper arms up from your sides until they are parallel to the floor. Pause for a second, now, keeping your upper arms stable, raise your forearms upwards. Pause again. Now, press both arms above your head together. Pause and then return to the start position with the same series of steps in reverse order. **EMPHASIS:** Focus on your shoulder blades throughout the movement.

Keep them stable and do not use momentum or swing at any point.

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**Group Fitness—DISCOUNTED CLASS PASSES!**

|$20/Noon Class Pass| $30/All Class Pass| $3 Individual Class Pass|

Come to the Mathy Center to register and join in classes for the remainder of the semester!

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**SPRING 2015—GROUP FITNESS SCHEDULE**

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUES</th>
<th>WEDNES</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45AM</td>
<td>Rise &amp; Shine Yoga</td>
<td>Tone n’ Tighten*</td>
<td></td>
<td>Tone n’ Tighten*</td>
<td>Pilates</td>
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<tr>
<td>NOON</td>
<td>Total Strength</td>
<td>Pilates</td>
<td>Total Strength</td>
<td>Yoga</td>
<td>Total Strength</td>
</tr>
<tr>
<td>5:30PM</td>
<td></td>
<td></td>
<td>Kettlebells</td>
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<tr>
<td>6:00PM</td>
<td>Kick &amp; Lift</td>
<td>Yoga Flow</td>
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<tr>
<td>6:30PM</td>
<td></td>
<td>Butts n’ Guts*</td>
<td>Butts n’ Guts*</td>
<td></td>
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</tr>
<tr>
<td>7:00PM</td>
<td>Yoga</td>
<td>Zumba</td>
<td>Yoga</td>
<td>CSI</td>
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</tbody>
</table>
Tips From the Trainer—Countdown to Grandad Half Marathon

Are you ready to challenge the run, down the bluff again? We are officially 7 weeks until La Crosse’s favorite Half Marathon! Last year I helped you prepare the first half of your training. This year I’d like for you to take a snapshot into my last 7 weeks of training. Notice my change in running duration. Every time you head outside, it doesn’t need to be a long run. Switch up your intensity every now and then. Even look for different routes with changing elevations. These final weeks leading up to the race, a couple things are extremely important.

1. **Hydration**—You want to keep your body at optimal functioning levels as you increase the duration of activity.

2. **Nutrition**—You feel as good as the food as you eat. Look for ‘real food’ and take the time to make your meals rather than eating out.

3. **Rest**—Around this time, your body might start feeling a little fatigue. Dynamic warm ups before, static stretching after, foam rolling, and yoga are all great options to assist in recovery. And of course, getting enough sleep through the night.

### March 16-22
- OFF
- 3.5 Miles
- OFF
- 3.5 Miles
- OFF
- 4 Miles

### March 23-29
- OFF
- 4 Miles
- OFF
- 4 Miles
- OFF
- 7 miles

### March 30 – April 5
- OFF
- 5 Miles
- OFF
- 3.5 Miles faster pace
- OFF
- 8 miles

### April 6-12
- OFF
- 5 Miles
- OFF
- 4 Miles
- OFF
- 9 miles

### April 13-19
- OFF
- 5 Miles
- OFF
- 4.5 Miles
- OFF
- 10 miles

### April 20-26
- OFF
- 4 Miles
- OFF
- 4 Miles
- OFF
- 6 miles

### April 27 – May 3
- OFF
- 3 miles
- OFF
- 2.5 miles
- 30 minute walk
- RACE!

**REC Pass Update**

REC Pass participants are earning punches throughout the academic year when using the fitness center, attending Group Fitness classes, participating in Intramurals, and during various wellness program promotions!

**What can I receive when handing in complete passes?**

**2 Passes:**
- Sport Pack
- Lanyard
- Sunglasses Clip

**4 Passes:**
- Can Koozie
- Grocery Tote

**Upcoming Double Punches:**
- March 22-28
- April 19-25

The Rec Pass winner will receive a Recreational Sports Sweatshirt!

**Rec Passes Due Friday, May 1 by NOON!**
National Nutrition Month became a month-long observance in 1980 in response to the increased interest in nutrition by the public. Today, many more people are becoming increasingly more health conscious, learning about what macronutrients are important to fuel the activity, and searching out more ‘real food’ options. Healthier eating habits have been a common goal for losing weight, looking better, having more energy, and following a strict diet. Instead of thinking about healthy eating as a ‘diet’, considering using some of the following tips to make a positive life-long lifestyle change.

1. **Load Up on Plenty of Fruits and Vegetables**—By picking fruits and vegetables over high sugar or high processed foods you will remain satisfied longer! Fruit has plenty of natural sugar, but with the fiber and water content of fruits, they take longer to digest to keep you satisfied for longer.

2. **Make the Most of Meats**—Lean meats like chicken, fish, and venison have a high protein content.

3. **Serve more Seafood**—Fatty fish like salmon, tuna, and sardines, are high in Omega-3’s. Omega-3 has an anti-inflammatory response in the body, keeping your whole body happy.

4. **Go for Good Fats**—Good fats are found in almonds, avocado, coconut, fish, and olive oils.

5. **Make it Flavorful**—Instead of loading up on sugar and salt, try spices and herbs! Great taste with long term health benefits.

6. **Be a Savvy Shopper**—MEAL PREP! By preparing what you are going to make at the beginning of the week will allow you to make healthier choices, save money by not purchasing un-necessary items, and avoid food waste from unused, spoiled foods.

7. **Read Labels**—Know what’s in your food! Can’t pronounce a food item? Chances are, you could find a better option. Look for foods that are low in sugar, saturated, and trans fast.

8. **Keep a Well Stocked Pantry**—Staples like brown rice, black beans, chick peas, quinoa, oats, herbs, and spices will allow you to create a hearty meal in a time crunch. Don’t dismiss healthy choices for your ‘lack of time’.

9. **Treat Yourself**—You work hard, but you don’t have to go crazy! Don’t be afraid to treat yourself every now and again. Consider 80% of your daily intake healthy options, and being able to ‘splurge’ 20% of your day. *That does not mean consuming a whole pan of brownies, people!*

10. **Drink more Water**—Often times, your body is confused if you are hungry or dehydrated. Drink water throughout the day and another 8oz. 15 minutes prior to your meal. This will allow your body to realize you are full before hitting your ‘food baby’ point. In addition, choosing water over high sugar beverages will decrease your calorie intake throughout the day. Enjoy eating your foods, not drinking them.

11. **Make Cooking Fun**—Buddy up with a friend, try a new recipe on Pinterest, use mason jars for storing food items. Whatever you do, make eating healthy fun!
Spring is the time of year that many feel refreshed or a sense of renewal. It may be due to the increased daylight, warmer weather and melting snow, or a number of other factors. March is typically when this all occurs.

March also marks the mid point in the spring semester. It marks the nearing end of the academic year. But we are not done yet! As identified throughout RS Review, there are many activities occurring this spring with Rec Sports and at the Mathy Center.

I encourage everyone to try something new, participate in intramurals, visit a group fitness class, enlist the assistance of a personal trainer or just get out and play!

Enjoy the impending warming trend and thank you for reading the RS Review!

Marci Kuhrt
Director, Recreational Sports

**New Personal Trainer: Joe McGlynn**

Joe has been working with the department throughout the academic year. Beginning this fall, he was trained to be a trainer and assisted with fitness program taking on a couple clients. As time progressed, Joe became motivated to seek additional credentials. We are extremely proud as Joe recently passed the National Strength & Conditioning Association—Certified Personal Trainer exam!

Rec Sports loves that more Viterbo University students are seeking out professional development opportunities and becoming more involved in our fitness program. In addition, Joe has recently been accepted to the Master’s in Human Performance at the University of Wisconsin—La Crosse. In this program he will further his knowledge of training athletes in the fitness industry in hopes to some day be a strength and conditioning professional for a collegiate or professional athletic team.

Go Joe!