What’s New

National Recreational Sports & Fitness Day Activities
February 22, 1950 is NIRSA’s founding date, and in 1999 members voted to proclaim this a day for nationwide focus on the positive benefits of recreational sports, fitness, and wellness.

NIRSA is the National Intramural and Recreational Sports Association. It is a national association that Viterbo’s Recreational Sports Department is a member of. NIRSA today represents about 4,000 members on over 700 campuses, military facilities, and parks & rec departments. NIRSA serves an estimated 5.5 million students in various areas on campuses such as student leadership, personal wellness, intramural sports, sport clubs, outdoor recreation, and aquatic recreation. 1.1 million college students use facilities run by NIRSA members!

Viterbo University’s first formal recreational programs started in 1998 with intramural basketball and volleyball. The program started growing in 1999 with an increase in the number of intramural leagues and the addition of group fitness, personal training, wellness programming, and special events.

Schedule of Events

February 15-21
*Rec Pass Double Punches Week

February 17
*Tweet the Trainer on Twitter 3-5p Follow: @ViterboRecSports

February 17-22
*Intramural Championship Week (schedules on imleagues.com)

February 20
VSNA Dance Marathon

February 22
*National Rec Sports and Fitness Day 2:00-7:00p Ski / Snowboard Trip to Mt. La Crosse

March 6
*Mathy Center Reduced Hours 6 a.m.-5 p.m.

March 7-8
*Mathy Center Closed

March 9-13
*Mathy Center Reduced Hours (TBD)

March 14-15
*Mathy Center Closed

March 16
*Mathy Center resumes regular academic hours
Intramurals

The first season of spring intramurals is currently underway. Stop by the Mathy Center after 7:00 p.m. Monday, Tuesday, Wednesday, and Thursday to check out some of the action.

Missed Registration? That’s ok!

While no new teams are being accepted into intramural leagues, it may still be possible to play this season. Anyone interested in participating in season 1 intramurals is encouraged to join their preferred league as a free agent on imleagues.com. Free agents are not guaranteed a team to play on, but when captain’s are in need of additional players, they often look to the free agent list.

What to look for in Season 2

Spring Season 2 registration opens on February 17 so plan ahead.

Check out the list of leagues offered next season and start getting your team together!

Spring Season 2 Leagues

**Sunday evening:** $2 Bowling at Pla-Mor Lanes (individual league)
**Monday evening:** Competitive Volleyball at Mathy
**Tuesday evening:** Recreational Volleyball at Mathy
**Wednesday evening:** Basketball at Mathy
**Thursday evening:** Spikeball and Bean Bags at Mathy and Flag Football in Assisi Courtyard

What is Spikeball?
Spikeball is a team sport played by two teams of two players. Opposing teams line up across from each other with the Spikeball net in the center. The ball is put in play with a serve—a hit by the server from behind the service boundary into the net to an opposing player.
(www.usaspikeball.com/official-rules)

Don’t miss the last intramural season of the 2014-15 academic year!

Registration Deadline is March 5!
### Lift of the Month—Stability Ball Wall Squat

1. Place the stability ball in the center of your back with the opposite side of the ball against the wall.
2. With feet hips width apart, walk your feet forward 1 foot length in front of your hips.
3. Bending at the knees and hips, sit straight down until upper leg is parallel with the floor.
4. Return to the standing position by pushing through the heels of your feet.
5. Perform 2 to 3 sets, 8 to 12 repetitions.

Muscles used: Glutes, quadriceps, hamstrings

*Can be performed with or without weights!*

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### Group Fitness—What is Kettlebells?

**What is Kettlebell Training?**

Kettlebells are cast iron weights, ranging from 5 lbs to over 100 lbs, shaped like a ball with a handle for easy gripping. The kettlebell originated in Russia and was popular in the U.S. decades ago, but has returned in the last few years with a flurry of classes, videos and books. The reason? Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness—endurance, strength, balance, agility and cardio endurance. People love it because it’s challenging, efficient and you only need one piece of equipment.

**Come to Kettlebells on Wednesday’s at 5:30 p.m.**

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### Benefits of Kettlebell Training

- Improved coordination & agility
- Better posture and alignment
- Train multiple fitness components in the same session including cardio, strength, balance, stability, power and endurance
- Increased power development and endurance, which is great for a variety of sports
- Low risk of injury with good form and the right weight
- Simplicity

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### SPRING 2015—GROUP FITNESS SCHEDULE

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<td>Rise &amp; Shine Yoga</td>
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<td>Pilates</td>
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<td>Kettlebells</td>
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<td><strong>6:00 PM</strong></td>
<td>Kick &amp; Lift</td>
<td>Yoga Flow</td>
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<td><strong>6:30 PM</strong></td>
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<td>Butts n’ Guts*</td>
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<td><strong>7:00 PM</strong></td>
<td>Yoga</td>
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*30 minute classes*
Tip from the Trainer—On Track with Your Activity Tracker

Fitbit, Garmin, Polar Heart Rate Monitor, Nike Fuel Band, MapMyRun, My Fitness Pal, Healthy U Interactive. What’s the difference? The one thing that isn’t different about all of these mobile media forms is that it allows you to track your activity. Although the price may range from hundred of dollars to FREE, there’s one thing all these mediums have in common. Consistency. Activity trackers are great for the new fitness go-getter or the seasoned professional. By recording and continuously setting new activity goals, activity trackers allow you to visually see your achievements day to day.

Activity trackers also provide external motivation to choose the healthier choice throughout the day. Instead of taking the elevator, your Fitbit can show you how many additional steps you were able to record, correlating with the number of additional calories burned. Soon enough, those healthy habits will be routine tasks during an everyday schedule.

The variety of activity trackers currently on the market is overwhelming. How do you know you will pick the right one? Starting off, the easier the better. Just by recording your steps or setting incremental alarms to remind you to get up and be active can greatly impact your future health goals. More experienced athlete with specific training goals? Maybe a device that tracks heart rate and provide GPS capabilities is a better fit. Whatever your goals and activity, there’s a device out there to best fit your lifestyle.

Tweet the Trainer Sessions on now Available!

Beginning this month, Tweet the Trainer sessions will be available on Twitter.

Our second Tweet the Trainer date is February 17th from 3:00-5:00p.

Tweet your questions to @VURecSports or #TweettheVYTrainer. This month Personal Trainers will do the best to answer all your questions about exercise ideas, motivational techniques, and many more!

**Twitter sessions will take place monthly on the third Tuesday’s!**

Are you a VU Employee? Join the 5:01 Fit Flock Fitness Challenge!

Another VU Employee challenge is on the calendar! 5:01 Fit Flock is a self recorded activity challenge to motivated, maintain, or increase the physical fitness levels or our employees. Different points will be rewards 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 stayed motivated and get rewarded for your consistent training efforts. Prizes awarded to the top 3 point winters!

Sign Up available at the Mathy Center front desk beginning February 23rd. $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.
February is Hearth Health Month. Each year many are diagnosed with Heart Disease. Some may experience a cardiac emergency before ever even knowing they have developed Heart Disease. Quick response saves lives. Read how to respond quickly and learn some tools that could potentially save someone’s life.

**CPR**

Cardiopulmonary resuscitation (CPR) is a combination of mouth-to-mouth and chest compressions to create circulation to a stopped heart.

CPR is a cycle of 30 chest compressions, followed by 2 rescue breaths. The rate of chest compressions is 100 compressions per minute. This is the same beat as ‘Stayin Alive’ or ‘Another One Bites the Dust’.

The American Red Cross along with the American Heart Association provide excellent CPR education classes for all levels of health and wellness professionals. Not in the health & wellness field? Still consider getting First Aid, CPR, and AED certified so that you are prepared to assist an individual in the event of a cardiac emergency.

You’ve seen an AED located around the building. How do you use it?

1. **TURN ON AED**-Follow the voice and/or visual prompts.
2. **WIPE BARE CHEST DRY**
3. **ATTACH PADS**
4. **PLUG IN CONNECTOR, IF NECESSARY**
5. **STAND CLEAR**-Make sure no one, including you, is touching the person. Say, “EVERYONE, STAND CLEAR.”
6. **ANALYZE HEART RHYTHM**-Push the “analyze” button, if necessary. Let AED analyze the heart rhythm.
7. **DELIVER SHOCK**
8. **IF SHOCK IS ADVISED**-Make sure no one, including you, is touching the person. Push the “shock” button, if necessary.
9. **PERFORM CPR**-After delivering the shock, or if no shock is advised: Perform about 2 minutes (or 5 cycles) of CPR. Continue to follow the prompts of the AED.

**Hands Only CPR**

Hands only CPR may be just as effective at keeping blood circulation throughout the body of a cardiac event victim. If you seem someone collapse:

1. Have someone call 911
2. Keep CPR interruptions to a minimum,
3. Begin hands only CPR with straight arms and forceful chest compressions at about 100 per minute. The chest compressions should compress the chest about 2 inches deep.
4. Lift hands slightly after each compression to let the chest recoil
5. Take turns with a bystander until emergency medical services arrive to assist.

Knowing how to respond in the event of a cardiac emergency is extremely important. Physical activity may induce a cardiac event in individuals with heart disease. If known, keep an eye on the intensity at which an individual is working. If heart disease is unknown, improper response to an event can cause death.
February is American Heart Month. Heart disease is the leading cause of death and is a major cause of disability. One in three women and one in four men will die of heart disease or stroke each year. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk.

1. Know the signs and symptoms
2. Avoid smoking and secondhand smoke exposure
3. Choose a lifestyle which includes a healthy diet and exercise.

Do what you can to reduce your risk of developing heart disease.

Hope you have a happy and heart healthy February!

Marci Kuhrt
Director, Recreational Sports

Rec-Y of the Month — Lauren Griffin

Favorite Class Subject: English

Dream Vacation Stop: Ireland

If you could meet a famous person, who would it be and why? I would want to meet Johnny Knoxville because he is hilarious.

Hometown? Kenosha, WI

Favorite Season? Summer, because school is out!

If you were stuck on an island, what 5 things would you bring and why? tent — shelter, food, sunscreen — so I don’t get burnt, fire starter, books — so I don’t get bored

Major: Nursing
Favorite Restaurant? Wing Stop