Rec Sports Highlights

Viterbo Days

Viterbo University is holding its fourth annual Viterbo Days on Friday—Saturday, Oct. 9-10. Events include Admission Open House, Family Day, Friar Frolic 5K Run/Walk, Distinguished Alumni Awards, spaghetti dinner, theatre production, sporting events with brat and burger尾gate, and much more.

Mark your Calendar and Plan Ahead!

The Mathy Center will have reduced hours over mid-semester break.

Modified hours are as listed:
- Thursday, October 22: 6 a.m.-5 p.m.
- Friday, October 23: 10 a.m.-2 p.m.
- Saturday: Closed
- Sunday: 2 p.m.-9 p.m.

Fall Wellness Program

Schedule of Events

- **October 2**
  - Wall of Remembrance
  - Pink Ribbons for Sale
- **October 4**
  - Intramural Bowling begins @ Pla-Mor Lanes (8:30 p.m.)
- **October 12-16**
  - Pink Week
- **October 11**
  - Intramural Bowling begins @ Pla-Mor Lanes (8:30 p.m.)
- **October 14**
  - Sport Club Information Session (4 p.m.)
- **October 16**
  - Healthy U Challenge #1 Ends
- **October 17**
  - City Championship Volleyball Tournament at UWL
- **October 18**
  - Intramural Bowling begins @ Pla-Mor Lanes (8:30 p.m.)
- **October 22**
  - Mathy Center reduced hours (6 a.m.-5 p.m.)
- **October 23**
  - Mathy Center reduced hours (10 a.m.—2 p.m.)
- **October 24**
  - Mathy Center Closed
- **October 25**
  - Mathy Center hours 2-9 p.m.
- **October 25-31**
  - Rec Pass Double Punches Week

FOR MORE INFORMATION
VISIT US ONLINE!
- Rec Sports Review
- October 2015
- VOLUME 9, ISSUE 2

Awareness Month: October

This month, look for Breast Cancer Awareness events, post a pink ribbon on our Wall of Remembrance, and show your support! We have plenty of opportunity throughout the month of October to participate in fundraising, and awareness raising events. Check out our schedule on page 5 for more information!

Pink Ribbon Sale

As a way to show our support, Rec Sports will be selling pink ribbons all through the month of October. Ribbons will be $1.00. All funds raised will be donated to Gundersen’s Steppin’ Out In Pink.
Intramurals

Fall 2015 Season 2 is almost here!
Missed the sign ups for season one intramurals? Don’t worry, season two begins in October. Playing intramurals is a great way to meet new people, exercise, and have fun. The Rec Sports Department runs two seasons of Intramurals each semester. Each season is 5 weeks long. The first 4 weeks are league play, followed by a championship week. There are two different types of leagues, individual and team. Most team sports are co-ed and have a required male to female ratio. The Intramural participant handbook and a copy of the rules for each sport are available on the Rec Sports webpage.

Intramural Fall season two registration deadline is 8:00 p.m. on October 29. League play begins November 1.

Fall 2015 Season 2 Leagues
-Sunday, 8:30 p.m.: Bowling* @ Pla-Mor Lanes
-Monday, 7:15 p.m.: Competitive Volleyball @ Mathy Center
-Tuesday, 7:15 p.m.: Recreational Volleyball @ Mathy Center
-Wednesday, 7:15 p.m.: Basketball @ Mathy Center
-Thursday, 7:15 p.m.: Dodgeball @ Western Wellness Center
-Thursday, 7:30 p.m.: Badminton @ Mathy Center

*Individual League

To Play Intramurals
All registrations will be done using Sportifik. In order for a team to be scheduled into the league, the captain must watch the captain’s training video, pass the captain’s training quiz with a 100% pass rate, pay the team $40 forfeit deposit (if required), and have the minimum number of males and females accepted to their team. After that, all you need is your student I.D. and show up to play your games. For more information, visit the Rec Sports website.

We hope to see you register for Season 2!

Special Events

City Championship
The one and only time a year you will have the chance to play your friends from UW-L and Western Technical College is COMING! October 17th at 10 a.m. is the CITY CHAMPIONSHIP Volleyball Tournament. Students and friends will compete with and against each other in a crazy fun filled arena. Cost is $25.00.

Register at the Mathy Center front desk.

Healthy Living Week Wrap-Up
HLW 2015 Clean Living was a huge success! We would first like to thank all of those who attended our events as well as the guests who came. This week would not be possible without you!
To recap, all week long we had a Step Challenge, Eco-Challenge, and FREE 20 minute massages for everyone to be a part of! Each day was themed looking into aspects of Clean Living! Turn out was great and we were glad to be able to offer such great activities

Again we want to thank everyone who made this event possible and look forward to next year!

August Rec-tation
Welcoming the incoming Freshman on August 29th, we offered a whole variety of activities to demonstrate all that the Rec Sports Department has to offer! The turn out was great and teams were super excited about the volleyball tournament!
Thanks to the O Leaders and RS Staff, we were able to have a really great night full of fun and fitness!
**Lift of the Month—Overhead Squat**

Step 1: With your feet wider than shoulder width apart, bend your knees and grasp a barbell with a wide grip and your palms facing inward.

Step 2: Raise the barbell to your chest.

Step 3: Fully extending your arms and retracting your shoulder blades, raise the barbell straight up toward the ceiling. For your starting position the barbell should be parallel to the floor and slightly behind your head.

Step 4: Keeping the barbell high overhead, inhale as you squat down by bending your knees until your upper legs are parallel to the ground. Do not let your knees extend past your toes.

Step 5: Powering your lift with your heels and your legs, exhale as you raise back to the starting position.

Step 6: Repeat for a complete set.

**Whole Body Exercise:** 1 set of 10 Reps for general strength.

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**Group Fitness**

Be sure to check out any of the new classes if you have not already!

Group Fitness instructors have been busy in creating great classes for us all! With Butts n’ Guts, Tone n’ Tighten, and Zumba as well as many others to keep us on our toes, consider trying a more mindful session of exercise such as Yoga Sculpt or Late Night Slow Flow Yoga. They can be a very relaxing classes with the exercise component to help keep yourself in check and listening to your body.

**Schedule Update:** Due to some classes with no attendance—please watch your Viterbo email for any changes to the Group Fitness schedule over the next couple weeks!

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**Late Night Fitness—9:00 p.m. on Thursdays!**

- October 8—Zumba with Lizzie
- October 15—Strength/Cardio with Cortney
- October 22—NO LATE NIGHT—Mid semester break! :)
- October 29—Yoga Sculpt with Rachel
- November 5—Insanity with Lizzie
- November 12—Strength/Cardio with Cortney
- November 19—YogaFlow with Rachel
- November 27—NO LATE NIGHT—THANKSGIVING
- December 3—Zumba with Lizzie

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**PINK WEEK! Oct. 12-16**

During the week of October 12-16, participate in Group Fitness in Pink! Anyone who shows up to Group Fitness Classes wearing pink throughout the week will receive punches for a pink punch card! Help promote breast cancer awareness. Look for more information about the Pink Week when attending classes throughout the month of October.

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**REGULAR FALL 2015 GROUP FITNESS SCHEDULE**

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>6:45 AM</strong></td>
<td>Rise and Shine Yoga</td>
<td>Tone n’ Tighten*</td>
<td></td>
<td>NEW! Yoga Sculpt</td>
<td>Tone n’ Tighten*</td>
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<tr>
<td><strong>NOON</strong></td>
<td>Total Strength</td>
<td>Pilates</td>
<td>Total Strength</td>
<td>Yoga</td>
<td>Tabata*</td>
</tr>
<tr>
<td><strong>5:30 PM</strong></td>
<td></td>
<td></td>
<td>Butts n’ Guts</td>
<td></td>
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<tr>
<td><strong>6:00 PM</strong></td>
<td>Kick and Lift</td>
<td>PowerFlow</td>
<td>CSI</td>
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<tr>
<td><strong>6:30 PM</strong></td>
<td></td>
<td></td>
<td></td>
<td>Butts n’ Guts*</td>
<td></td>
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<tr>
<td><strong>7:00 PM</strong></td>
<td>Yoga</td>
<td>3-for-1 Fusion</td>
<td>Yoga</td>
<td>Kettlebells</td>
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<tr>
<td><strong>8:00 PM</strong></td>
<td>NEW! Late Night Slow Flow Yoga</td>
<td></td>
<td></td>
<td>Zumba</td>
<td></td>
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<tr>
<td><strong>9:00 PM</strong></td>
<td></td>
<td></td>
<td></td>
<td>Late Night Fitness**</td>
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</table>
To sign up for a Personal Trainer visit the Rec Sports web page.

Tips from the Trainer—Do you know how to protect your spine?

Looking into any of the components of physical fitness, we talk about the major 5: Cardiovascular, Muscular Strength, Muscular Endurance, Flexibility and Body composition. These are wondrous things to be mindful of when we are looking into improving or maintaining our fitness goals.

One of the most important aspects of our health, the one that allows us to perform such movements that affect the 5 major components, is our spine health.

When conducting any exercise we should be mindful of the quality over quantity. Pumping out repetitions of exercise that might be of poor quality will do no good to your exercise routine, and could potentially be dangerous! Examining this theory, I’d like to bring the focus back onto the spine and to it’s protection.

Pre-bracing is a skill that is not always reviewed. You might ask.. What is pre-bracing? Think of a cell-phone tower. The appearance of the tower is tall and high into the sky. Think now of the base. In order to withstand stormy weather, wind, rain, snow, or blizzards, etc. the base must be wide. The width at the bottom of the tower provides the stability. Think now of your spine, and how in your body the spine may resemble the concept of the tower.

At this point, you might think- “What does a tower have to do with the spine…?” Over time, with repetition, the muscles can fatigue and lose their ability to provide the good base for the spine. This being said, we need to utilize a pre-brace technique, regardless of the exercise.

Incorporating this skill into your exercise routine can be very easy, however it may take some time to focus and make it a habit. The “Brace” portion comes from the ability to contract the abdominal muscles such as the reflex you might have to brace for impact. Thinking specifically of the spine you can start to automatically think of protecting it when starting an exercise— “Overhead Squat! Let me brace my abdominals in order to protect my spine.” This is not simply holding your breath, but contracting as if bracing for impact.

Try it with the lift of the month!

Welcome NEW Fitness Staff!

Over the beginning half of the semester, we have welcomed a few new faces! We would like to introduce 3 newest individuals to the Fitness/Wellness group.

First, we’ll check into Personal Training: Jason is our newest certified personal trainer who will begin working with students throughout the semester. His interest in basketball started him in the fitness field where he seems to have found his niche.

Secondly, we would like to introduce Shayla Buryska and Colton Susen. They are both juniors at UWL, here for a field practical experience as Health Fitness Specialists.

Throughout the semester, these 3 individuals will have the opportunity to work with clients and assist in the promotional aspect of our Fitness department. You’ll be able to look forward to their smiling faces and I am looking forward to all they can offer to the Viterbo community!

- Cortney Fitness/Wellness Intern

REC PASS—What is it?

So you’ve seen your friends win some neat prizes because of their REC Pass, but you’re not sure what it is! The REC Pass is an incentive program that allows you to track, and be rewarded for the activity you’re already doing!

How much does it cost? $2
Where can I register? Mathy Center Front Desk
My card’s full, now what? Turn it into the front desk to be awarded prizes OR pay an additional $1 for additional passes to work up to a bigger and better prize!

The punches:
1-Punch Activities (Informal)
Open Gym
Fitness center use
Activities on the track
Drop in use of the multi-purpose room

2-Punch Activities (Formal)
Group Fitness classes
Personal Training sessions
Intramural Sports
Sports Club Activities
Rec Sports Special Events

REC SPORTS REVIEW
November is Breast Cancer Awareness Month

Breast cancer affects many individuals every year. October is the month that raises awareness of signs, symptoms, and preventative screenings available to better inform people of the risks associated with breast cancer. Since this form of cancer is very common, with nearly 120 new cases for every 100,000 women, the primary focus of October tends to be directed towards women. With statistics rising, the 2013 statistics of risk are scary. The Susan G. Komen Foundation reports:

“In 2013, it was estimated that among U.S. women there will be: 232,340 new cases of invasive breast cancer, 64,640 new cases of in situ breast cancer (which occurs in the ducts), 39,620 breast cancer deaths.”

With numbers like that, the Susan G. Komen Foundation has developed 4 steps to help you take preventative measures against developing breast cancer and understanding the warning signs.

1. **Know Your Risk**—this includes learning your family history for breast cancer and also talking to your doctor about individual risk factors you currently have that could lead to breast cancer development.

2. **Get Screened**—Under this category there is a couple of steps that need to be taken. First, ask your doctor which screenings are best for you. Second, undergo a mammogram. A mammogram is especially done every year once a woman hits the age of 40 and has an average risk stratification.

3. **Know what is normal for you**—if any of the following changes occur, please see your health care provider. Some abnormal symptoms may include: lump, hard knot, or thickening of breast tissue or underarm, and swelling, warmth, redness or darkening, changes in size or shape, skin dimpling or pulling, any new pain, or any other unusual sign.

4. **Make healthy lifestyle choices**—You can make the healthy choice by maintaining a healthy body weight, adding exercise into your daily routine, limiting alcohol intake, limiting menopausal hormone use, and choosing to breast feed, if possible.

With early detection, survival from breast cancer is high. In women, only 21.9 per 100,000 cases of breast cancer result in mortality.

For more screening information visit the Susan G. Komen website at www.komen.org or call at 1-877 GO KOMEN (1-877-465-6636)

Don’t forget to check out Rec Sports Breast Cancer awareness activities!

- **October 1st**—Rec Sports will be selling pink ribbons and treats for $1 with all proceeds going to support Gundersen Health System's Steppin' Out In Pink. Also going all month long is a Daily Breast Cancer Trivia Challenge. Correct answers can be entered into a prize drawing!

- **October 2nd**—The Wall of Remembrance will be available to post a pink ribbon in honor or in remembrance of anyone currently fighting, survived, or died due to breast cancer.

- **October 12 to 16**—Pink Week—There are various activities happening during Pink Week! Real Men Work Out in Pink—All week men are encouraged to participate in activities in the Mathy Center wearing pink. Caught wearing pink? Might win a prize! Show up to Group Fitness in Pink and receive punch- es for a prize! Come sweat it out while showing support!

- **October 15th**—3-5p.m.—Breast Cancer Models with Sue

- **October 15th**—5-6:30p.m.—Paint a pumpkin Pink!

- **October 29th**—Halloween Late Night Fitness!

Source: http://ww5.komen.org/BreastCancer/BreastSelfAwareness.html

Read about keeping yourself aware of breast cancer warning signs!
Thousands of women each year are diagnosed with some form of breast cancer. Even though breast cancer is predominantly found in women, men may also be diagnosed with breast cancer. Approximately one percent of the male population is diagnosed with breast cancer; this is an estimate of 2,140 new cases annually.

Breast cancer affects not only the individual, but also their families, work and friends. October is Breast Cancer Awareness Month. Recreational sports is actively participating in spreading awareness and helping to raise funds to support local research.

This month, recreational sports will be selling pink ribbons for $1 with all proceeds going to support Gundersen Health System’s Steppin’ Out In Pink. In addition, there will be a ‘Wall of Remembrance’ for individuals to post name of family and friends that have fought (regardless of outcome) or are currently fighting breast cancer. We hope to cover the wall by the end of the month. Lastly, October 12-16 is Pink Week. We are encouraging individuals to come to activities dressed in pink during the week. There will be prizes given away at group fitness and extra punches for the Rec Pass participants.

We hope you can join us and show your support for Breast Cancer Awareness month. Have a fantastic October!

Marci Kuhrt, Director, Recreational Sports

Hometown: Iowa
Birthday: January 19th, 1995
Major: Nursing
Name one thing that not many people know about you
“I Hate Bacon”
If you could stage one age forever, what age and why?
“21-Fun, independent, young”
Do you have any interesting hobbies?
“Bow hunting”
What is your pet peeve?
“Clutter”
What would be your dream job?
“Oncology Nurse”
What do you think is the greatest invention in your time?
“Netflix”
Name one thing you miss about being a kid
“Nap time”