

Wellness Center Fall 2010



www.uscupstate.edu/wellness

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How to Get Back on the Exercise Train

It's a story most of us have lived through at some time or other: we begin an exercise program, and it's going well, but after a week or two or a month or two or even a year or two, we fall off the program. It's a new school year and time for a fresh start...here's how!

Re-focus and commit yourself again. Exercise is like riding a bike, right? Once you've done it, it's fine to stop and pick it back up at a later date...well not exactly, if you've taken a break from your regular routine, it's important to re-condition yourself to make exercise a habit. Write it into your schedule, tell your friends about your plan or put it on your calendar.

Focus on one goal at a time. If you want to lose weight, get a better race time and gain more muscle mass, all by the holidays, pick one and focus on it. It's hard to add a new habit while working on others. It's difficult, but it's best to be patient and work on one goal at a time if possible.

Do it for one month. It isn't necessary to start at the beginning of a month — you can start today. But do it for 30 days. Commit to that, and once you're past that, it will get much easier.

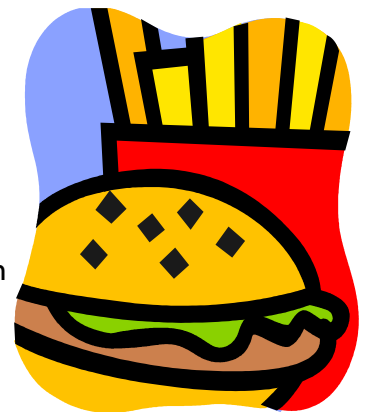
Do it at the same time every day. If you tell yourself that you will exercise when you find time, there will be many days when you don't find the time. Set a time of day when you can exercise every day — in the morning, lunchtime, after work are the three best times.

Learn from your mistakes. There's a reason you stopped your exercise program. Figure out what that was, and plan to beat it this time.

Celebrate every little success, in the beginning. The first few days are the most crucial. Reward yourself often during this time, and celebrate everything you do!

Cut 100 Calories at the Drive Thru

- Pass up a Wendy's baked potato with sour cream and chives and chow down on value fries instead. How great is that?
- Have a McDonald's cheeseburger instead of a Quarter Pounder with cheese.
- Downsize your drink: Trade a large fountain soda (with ice) for a medium.
- Go for grill marks. Order a flame-broiled chicken sandwich rather than one that's breaded (they're usually fried in oil).
- Treat yourself to an ice-cream cone at McDonald's instead of Dairy Queen.
- Crunch on one Taco Bell regular taco instead of a Rancho Chicken Soft Taco. And all the hot sauce you want.
- Slurp a cup of Panera Bread's low-fat chicken noodle soup instead of the cream of chicken with wild rice.
- Make your daily pick-me-up at Starbucks a skinny vanilla latte, not a regular.
- Downsize your drink: Trade a large fountain soda (with ice) for a medium.



Fall Certifications through Aerobic Fitness Association of America (AFAA)

An intensive one to three day workshops that focus on practical techniques for teaching group exercise classes. The emphasis is on skills that instructors need to teach successful group fitness classes and build confidence. All faculty, staff and students receive 30% off the price listed below.

If you're interested in learning more about AFAA Certification, call 800.923.2346 to sign up or contact Emily Prosser, Fitness Coordinator at x5069.

Certifications will be held on the dates listed below:

September 18th: Kickboxing Skills and Choreography \$129

September 19th: Kickboxing Certification \$239

October 29th, 30th and 31st: Personal Training Certification



“Today is the youngest you’ll ever be – live like it”.

It’s easy to get so caught up in the daily to-do’s . It’s so easy to let temporary life circumstances dominate the mind. This is a great little quote to toss on a post-it note and post up where you will see it everyday. You aren’t guaranteed anything in life – so cherish today and don’t forget just how young you are and how much life you have in front of you.

- Michael Weaver

Fall Group Fitness Schedule

Start the school year off right and come join us for a group fitness class! All classes are 50 minutes unless otherwise noted on the schedule. We are happy to be offering two new classes this Fall: **Zumba and Boot camp**. Bootcamp is a new addition to our lunchtime classes and is for ALL levels! Both classes are sure to give you a total body workout!! Please visit our website for additional information about the classes www.uscupstate/wellness

Monday	Tuesday	Wednesday	Thursday	Friday
12:15-12:45pm Lunchtime Pilates *begins Sept. 6	12:00– 12:50pm Boot camp with Debbie	12:15-12:45pm Lunchtime Pilates *begins Sept. 6	12:00– 12:50pm Boot camp with Debbie	12:00– 12:50pm Boot camp with Debbie
5:10-6:00pm Pilates with Rhea	5:10-6:00pm Indoor Cycling with Sam	5:10-6:00pm Pilates with Rhea	5:10-6:00pm Indoor Cycling with Sam	4:10-5:00 Yoga with Alena
6:10-7:00pm Cardio Tone with Felicia	5:30-6:20 Hydro Power with Maya	6:10-7:00pm Cardio Tone with Felicia	5:30-6:20 Hydro Power with Maya	5:10-6:00pm Cardio Tone with Felicia
7:10-8:00pm Zumba with Julie	6:10-7:00 Cardio Kick with Kodee	7:10-8:00pm Yoga with Alena	6:10-7:00 Cardio Kick with Kodee	
			7:10-8:00 Zumba with Julie	

Intramurals

Fall 2010 Intramurals events have begun. Don't miss your favorite sport sign up dates:

Fitness Quote

Continuous effort – not strength or intelligence – is the key to unlocking our potential.

~Winston Churchill

Event Name	Registration Closes	Captain's Meeting	Event Begins
Flag Football	8/31	9/2	9/7
Fantasy Football Draft #1	—	—	8/31
Fantasy Football Draft #2	—	—	9/2
Beach Volleyball	8/31	9/2	9/8
Indoor Volleyball	9/21	—	9/27
Texas Hold 'em	—	—	9/28
Soccer	9/28	9/30	10/4
Racquetball	10/12	—	10/18
Table Tennis	10/12	—	10/18
Badminton	10/26	—	11/4
Tennis	10/26	—	11/1
3 on 3 Basketball	11/2	—	11/1
Hot Shot Contest	—	—	11/16
Free Throw Contest	—	—	11/16
Bowling Night	—	—	11/17



Aquatics

Hydro Power class involves both shallow and deep water. You'll learn to use the water to its maximum potential for a great workout. Your cardio-respiratory endurance will be increased and joints are moved through their full range of motion.

Swim Lessons

Individuals of all ages and swimming levels will receive personalized instructions from a Certified Red Cross instructor. Contact Aquatics Director Maya Carter at 864.503.5079 for more information

FEES;	MEMBERS	NON-MEMBERS
Private	\$15/half-hr	\$18/half-hr
Semi-Private	\$8/half-hr	\$10/half-hr
Group	\$3.50/half-hr	\$4.50/half-hr

