



RECREATION REPORT

NEWSLETTER FOR THE STUDENT RECREATION & WELLNESS CENTER
AT CALIFORNIA STATE UNIVERSITY, LONG BEACH

www.asirecreation.org



BE PART OF THE TEAM WITH INTRAMURALS

From volleyball to basketball and tennis to soccer, Intramural Sports has many opportunities for students to be part of a team. Participants in Intramural Sports can sign up as a team with a bunch of friends, individually, or as a free agent who doesn't have a team, but still wants to participate in a league or tournament.

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FEATURED CLASS

BALL SCULPT

Your body's core is more than your abs; it includes your back, chest and pelvis as well as your abdominals

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ASK A TRAINER

How do I avoid the Freshman 15?

[ANSWER ON PAGE 4](#)



REC TECH

LCD interactive screens

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FRESH FOODS

Featured Dish:
Southwest Chicken
Wrap

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BE PART OF THE TEAM WITH INTRAMURALS

From volleyball to basketball and tennis to soccer, Intramural Sports has many opportunities for students to be part of a team.

Participants in Intramural Sports can sign up as a team with a bunch of friends, individually, or as a free agent who doesn't have a team, but still wants

to participate in a league or tournament. Free agents will be placed on a team that needs more players, or one that is full of free agents.

Intramurals offers a wide variety of sports leagues and tournaments, including those in basketball, volleyball, softball, soccer, flag football, tennis,

badminton and racquetball. For more information, visit www.asirecreation.org, or call (562) 985-0775.



GET ON THE BALL

“You can get a workout that not only gives your core the workout of its life, but the rest of your body as well.”

Your body’s core is more than your abs; it includes your back, chest and pelvis as well as your abdominals.

On Tuesdays and Thursdays from noon to 1 p.m., you can get a workout that not only gives your core

the workout of its life, but the rest of your body as well.

Using dumbbells, and exercise and bosu balls, the hour-long Get on the Ball and Sculpt workout increases your heart rate

while shaping your arms, legs and core.

Instead of grabbing a burger for lunch, why not try using that time to Get on the Ball and Sculpt?



How do I avoid the Freshman 15?

ASK A TRAINER

Students gain weight when they enter college because they change their eating, drinking and workout habits. They also encounter higher stress levels which can all cause weight gain.

The ways to stop this from happening are:

“Working out helps speed up your metabolism.”

- Making healthy eating choices. Even fast food places have healthy alternatives now.
- Alcoholic beverages have a lot of calories. Choose to get your “high” from a good workout
- Time management: make sure to schedule a workout time in your day and make it a priority. Working out helps speed up your metabolism, helps with weight loss or weight control and reduces stress.

With the opening of the SRWC there are plenty of opportunities to work out, take a free fitness class, play intramurals and the hours make it easy to schedule a workout time in your day. It’s also a fun hang out place for students.

Students should work out a minimum of three days a week for at least a half hour, ultimately five days a week for an hour.

-Maureen MacRae,
Fitness Coordinator



REC TECH: LCD TOUCH-SCREENS

All the information you ever needed to know about the Student Recreation & Wellness Center's environmentally friendly design is at the tips of your fingers.

The LCD touch-screen kiosk in the SRWC lobby highlights the steps the Associated Students took to ensure the SRWC is the greenest building on campus, and quite possibly

the entire California State University system. The SRWC is slated to be silver certified with the U.S. Leadership in Energy and Environmental Design (LEED).

Don't be afraid to try out these screens for yourself and learn something new about the SRWC.



FRESH FOODS

FEATURED DISH: SOUTHWEST CHICKEN WRAP

Undoubtedly the best seller at Fresh Foods Café Express, the Southwest Chicken wrap features a healthy portion of savory blackened chicken, smoky chipotle peppers, mayonnaise, roasted corn, black beans, roasted red peppers, red onion, and a dash of lime juice on a sundried-tomato tortilla wrap.