

AUG 2024

RECREATION NEWS

Official Newsletter of UB Recreation

Fall Semester Preview

★ **AUGUST 26TH, 2024** ← (first day of classes)

As the vibrant energy of summer transitions into the crisp excitement of fall, the University at Buffalo campus comes alive with the start of the fall semester on Monday, August 26th. With new classes, fresh opportunities, and a renewed sense of purpose, it's the perfect time to dive into the dynamic atmosphere of UB.

At UB Recreation, we're thrilled to welcome you back! To help you balance the academic grind with some much-needed play and relaxation, we're extending our hours and rolling out an array of fantastic programs. From late-night fitness sessions to sweat out the stress to lively basketball games to get your adrenaline going, we've got it all.

Did you know that regular physical activity can improve concentration and boost academic performance? **Studies show that students who engage in recreational activities are 40% more likely to achieve higher grades.** Plus, participation in campus recreation helps build a sense of community and belonging, which is vital for your overall well-being and success.

As you step into this new semester, remember that UB Recreation is here to support you every step of the way. Find your crew, build friendships, stay active, and create those unforgettable college memories. This semester is going to be one for the books - full of energy, growth, and fun!

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BOOST YOUR WELLNESS IQ

Fun Facts & Surprising Statistics



Embrace Wellness

August is a time dedicated to focusing on self-care, managing stress, and promoting health routines.

With the hustle and bustle of everyday life, it's easy to neglect our well-being. However, this month offers the perfect opportunity to pause, reflect, and rejuvenate. Let's explore some fun facts and thought-provoking statistics that will inspire you to prioritize your wellness journey.

- 1. Laughter is the Best Medicine:** Did you know that laughing 100 times is equivalent to 10 minutes on a rowing machine or 15 minutes on an exercise bike? Laughter not only boosts your mood but also burns calories and improves your cardiovascular health. So, don't forget to find humor in your daily life!
- 2. Aromatherapy Magic:** Essential oils have been used for centuries to promote physical and emotional well-being. Scents like lavender and eucalyptus can reduce stress, improve sleep quality, and even boost your immune system. Incorporate these soothing scents into your daily routine for an instant mood lift.
- 3. Nature's Healing Power:** Spending time in nature has been shown to reduce stress hormones, lower blood pressure, and improve overall well-being. Just 20 minutes in a park or forest can significantly boost your mental health. So, make it a habit to take a stroll outside and soak in the natural beauty around you.

TIPS

Practice Mindfulness: Reduce stress and improve mental clarity with a few minutes of daily meditation, focusing on your breath and being present.

Stay Hydrated: Drink at least 8 glasses of water daily to maintain energy and overall health.

Connect with Loved Ones: Social connections are vital for emotional well-being. Spend time with family and friends, and seek support when needed.

Healthy Eating: Fuel your body and mind with a diet rich in fruits, vegetables, and whole grains.

Set Realistic Goals: Keep motivated by setting achievable goals, whether it's a new fitness routine or better sleep habits.

“ REGULAR PHYSICAL ACTIVITY CAN REDUCE THE RISK OF DEPRESSION BY UP TO 30%, ACCORDING TO THE NATIONAL HEALTH SERVICE. ”






EARN ACADEMIC CREDIT WHILE STAYING ACTIVE WITH REC ACADEMIC CLASSES!

Looking to balance your academic life with physical activity? Look no further than UB Recreation's Academic Classes! Our diverse range of classes allows you to stay active, learn new skills, and earn academic credit all at once. Whether you're interested in fitness, sports, or wellness, there's a class for you. Incorporate recreation into your weekly schedule and discover the perfect way to stay engaged, healthy, and academically on track. Don't miss this unique opportunity to enhance your university experience—explore our REC Academic Classes today!



REGISTER NOW ➔

For more details, visit [REC Academic Classes](#).

FITNESS CLASSES

Join us this fall and make fitness a part of your weekly routine. Our expert instructors, Diana and Jenna, are here to guide you through every move, ensuring you get the most out of each session.

Embrace the opportunity to improve your physical health, relieve stress, and meet new friends. UB Recreation Fitness Classes are more than just a workout—they're a chance to be part of a vibrant, supportive community. Don't miss out on the fun and benefits of staying active this fall!

Check out our full class offerings and schedule for Fall 2024 [here](#).

Ready to take your fitness journey to the next level? UB Recreation offers a wide array of fitness classes designed to keep you motivated, healthy, and engaged. Our Fall 2024 schedule includes exciting options like **Spin Boot Camp**, **Functional Circuit Training**, and **Body Bar Blast**. Whether you're a beginner looking to start your fitness journey or a seasoned athlete aiming to push your limits, there's a class for everyone.








RESIDENTIAL FITNESS

Living on campus has never been more convenient or healthier! The Residence Hall Fitness Centers, run by Campus Living, offer everything you need to stay active and fit right where you live. With state-of-the-art equipment and a welcoming environment, you can easily fit in your workouts between classes, study sessions, and social activities. Make fitness a part of your daily routine without having to leave the comfort of your residence hall. Embrace a healthier lifestyle and take advantage of this fantastic amenity today! For more information on ResFit, visit [Residence Hall Fitness Centers](#).



UB REC Matchmaker Quiz: Your Ideal Activity



1

What's your main goal with UB Recreation?

- A. Stay active and fit
- B. Try new sports/activities
- C. Meet new people
- D. Relax and have fun

2

How often do you prefer to participate in recreational activities?

- A. Almost every day
- B. A few times a week
- C. Once a week
- D. Occasionally

3

What time of day do you prefer for recreational activities?

- A. Morning/Afternoon
- B. Evening
- C. Late-night
- D. No preference

4

Do you prefer indoor or outdoor activities?

- A. Indoor
- B. Outdoor
- C. A mix of both
- D. No preference

5

Are you interested in team sports or individual activities?

- A. Individual activities
- B. Team sports
- C. Both
- D. I'm open to anything

6

How competitive do you like your recreational activities?

- A. Somewhat competitive
- B. Highly competitive
- C. Not competitive at all
- D. I don't mind either way

7

How important is it for you to have access to fitness facilities?

- A. Very important
- B. Somewhat important
- C. Not important
- D. I'm more interested in other activities

8

Are you interested in attending special events or activities?

- A. Yes, I love special events
- B. Not really
- C. Occasionally
- D. Depends on the event

9

Do you prefer structured classes or open, flexible time?

- A. Structured classes
- B. Flexible open time
- C. A mix of both
- D. I don't have a preference

Mostly A's: Fitness Enthusiast

You might enjoy the Fitness Center and various fitness classes offered by UB Recreation. With a focus on staying active and fit, you'll have access to top-notch equipment and structured classes that match your energetic and goal-oriented lifestyle.



Mostly B's: Sports Adventurer

You might love the Open REC: Sports program & Intramural Sports leagues, where you can try new sports and activities. By joining a team or playing casually, these programs provide the perfect opportunity for friendly competition & staying active.



Mostly C's: Social Butterfly

You might thrive in Open REC: Programs, where you can meet new people and enjoy recreational activities in a fun and relaxed environment. These events are perfect for making friends and enjoying a lively social atmosphere.



Mostly D's: The Undecided

Explore all UB Recreation offers! From Open REC activities & Intramural Sports to fitness classes, REC academic classes, and student employment, there's something for everyone. **There's no limit to the fun and growth you can experience here!**





REC EMPLOYEE SPOTLIGHT SERIES



ANTONIO MUNOZ CARAZO

Meet Antonio Carazo, a sophomore lifeguard at UB Recreation who's making waves both in and out of the pool! From his passion for swimming and salsa dancing to his dream of providing clean energy in Central America, Antonio's story is one of dedication and community.



Discover how he balances academics with lifeguarding, the fun moments he experiences on the job, and why he encourages everyone to join the Swim Club.



Don't miss this inspiring spotlight on a remarkable student!

[Read the full article now!](#)

NATIONAL FRIENDSHIP DAY

**AUGUST 4TH,
2024**



Ever felt left out seeing everyone else at parties on Instagram? You're not alone. It's time to debunk myths that might be holding you back from making meaningful connections at college. **Here's a sneak peek at five friendship lies and how to overcome them using UB's recreational opportunities:**

- 1** **"Everyone Else's Life is a Huge Party":** Social media is just a highlight reel. UB REC offers tons of activities to create your own fun experiences.
- 2** **"I Don't Fit In or People Don't Like Me":** People probably vibe with you more than you think! Shared interests in UB's Open REC Programs make for easy convo starters.
- 3** **"Best Friends Forever":** Not all friendships are meant to last forever, and that's okay. UB's varied REC offerings let friendships develop organically.
- 4** **"I Need to Be Friends with Everyone":** Focus on building legit connections with people who get you. UB's REC programs help you find your tribe.
- 5** **"I'm Too Busy, Tired, or Introverted to Socialize":** Small efforts lead to meaningful connections. UB's flexible activities fit into a student's busy life.

Read the entire article, "**Finding Your Tribe**", on our website.





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| CAMPUS | FACULTY | INTRAMURAL SPORTS | MINOR | STUDENT LIFE | WHITE |
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