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RECREATION NEWS

Official Newsletter of UB Recreation



REC Student Staff Spotlight Series

GABBY CAYENNE

By: Abi Inman

Get to know the real UB Recreation Staff. The University at Buffalo Recreation department offers and hosts many amazing and fun programs, services, and opportunities for staff and students all year long. However, the well-oiled machine that is UB Recreation would not run without its dedicated and hard-working employees. Recognizing those employees helps offer insight into the heart and home of UB Recreation. (continue reading on next page.)



Gabby Cayenne



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REC Student Staff Spotlight Series (cont.)

Gabby Cayenne, a junior majoring in occupational therapy, became part of the Bulls Team Shop when she transferred to The University at Buffalo in January 2023. Since then, she has proven to be a valuable asset to both the Bulls Team Shop and UB Recreation. Gabby is set to assume the role of manager for UB REC Programming, succeeding Danny Ruano. In this capacity, she will spearhead and coordinate various events, including Unplug & Play, 1,000 LB. Challenge, REC Recess, and Take the Plunge. Moreover, Gabby is poised to contribute fresh perspectives by potentially introducing new events and innovative ideas in the future. Her commitment and capabilities make her a standout member of the UB REC team.

Gabby speaks about her experience working for UB Recreation as “riveting and uplifting”. Coming into a new school can be intimidating, the people you meet can make or break your experience. The individuals working at the Bulls Team Shop were the first people to welcome Gabby into her new environment where she was shown nothing but kindness and comfort by those she would now consider family.

One of Gabby’s fondest memories of the Bulls Team Shop is the bonding activities that allow staff to de-stress and connect. “I especially love the bonding activities that we have. It’s such an important time for everyone to come together and de-stress outside of the workplace. Most importantly I embrace the fact that it’s a time for me to get to know my coworkers on a deeper level and vice versa”.

With a semester under her belt, Gabby feels an immense amount of gratitude for being supported and welcomed, especially with what is yet to come.

Being promoted into a new role goes to show the work ethic and character Gabby has demonstrated during her time working for UB Recreation. Filling her with both excitement and nerves, she is thrilled to unleash her own creative ideas and determined to excel within the position. “I’m excited because I cannot wait to implement my own creative ideas for REC Programs and special events. I am able to use my creative abilities to the fullest.” Gabby added, “I am nervous, however, because I want to excel in this role and be a part of the growth of the Bulls Team Shop, and that, in a way, feels like a bit of pressure.”

Despite the pressure and anxiety that comes along with a new promotion, there is also enthusiasm for change. Gabby cannot wait to take charge and leave her mark, embracing the next adventure UB Recreation has to offer her.



2024

Revitalize Your Resolutions: A Fresh Approach to New Year's Goals

As the calendar turns its page to a new year, many of us find ourselves reflecting on the past and envisioning a brighter future. It's that time when New Year's Resolutions take center stage, guiding us towards self-improvement and personal growth. In this article, we'll explore some common resolutions, backed by statistics, and introduce unique ideas that blend innovation with tradition to make 2024 your most transformative year yet.



COMMON RESOLUTIONS:

Get Fit and Healthy: According to a global survey conducted by PwC, an astounding 56% of individuals worldwide have expressed a firm commitment to prioritize their health and fitness in the year 2024.

Save Money: The desire for financial stability continues to dominate, with 48% of respondents globally aiming to bolster their financial health, as reported by the World Economic Forum.

Learn Something New: In a survey by LinkedIn, 42% of respondents expressed a keen interest in continuous learning, with a focus on acquiring new skills and staying relevant in a rapidly changing world.

UNIQUE RESOLUTIONS:

Mindful Tech Consumption: With 52% of individuals globally expressing concerns about excessive screen time, as per a study by Statista, 2024 becomes the year to redefine our relationship with technology.

Cultivate Gratitude Daily: The World Happiness Report underscores the importance of gratitude, with individuals who actively practice gratitude reporting higher life satisfaction.

Optimize Sleep Hygiene: Recognizing that 45% of global adults still struggle with sleep-related issues, as highlighted by the National Sleep Foundation, prioritizing sleep is crucial in 2024.



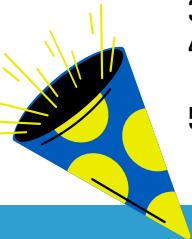
TIP's:

1. Try new ways to stay healthy, like holistic wellness or outdoor sports.
2. Explore modern money moves, like investing sustainably or checking out digital currencies.
3. Use high-tech apps to easily handle and boost your money.
4. Dive into forward-thinking courses, using tech like augmented reality for an interactive learning journey.
5. Learn about specific topics that match upcoming industries, building a versatile and modern skill set.



TIP's:

1. Limit your screen time, use apps for mindfulness, and consider taking breaks from technology.
2. Boost your gratitude by doing small, kind things every day.
3. Show thanks not just in words, but by doing things that bring positivity to your community.
4. Improve your sleep by using modern sleep tech, creating routines that work for you, and choosing eco-friendly bedding.



Happy New Year!



**WELCOME
BACK!**

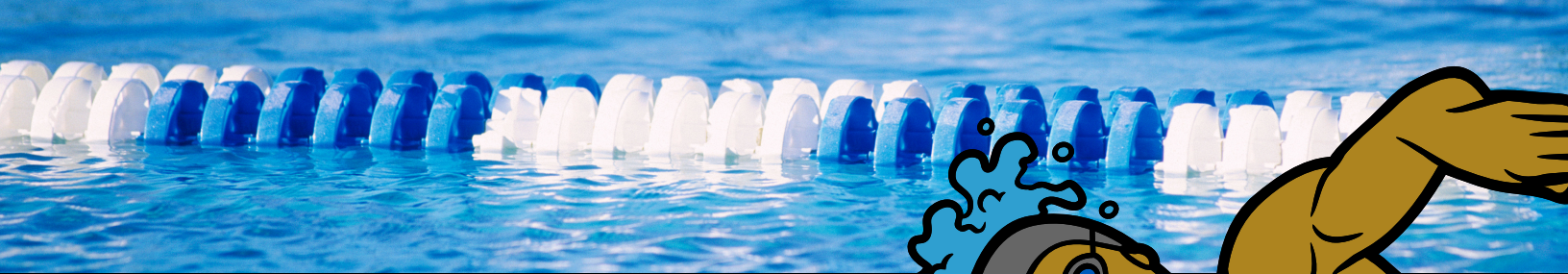


SPRING 2024 SEMESTER

1/24/2024 - 5/7/2024

Welcome to Spring 2024 at the University at Buffalo! Good news - our Recreation services are expanding. Now, you can enjoy more Fitness Classes, Unplug & Play sessions, Open REC, Intramural Sports, and more. With extended hours, it's easier than ever to get involved. This semester is your shot to stay active and enjoy campus life.





Unlock the Waves of Confidence

TRY SWIM LESSONS WITH US!

In the vast sea of life, opportunities to enhance your skills and boost your confidence are like undiscovered islands waiting to be explored. One such island of self-improvement is nestled within the University at Buffalo's Recreation program, offering a comprehensive and enriching swim lesson experience. Whether you're a novice seeking to conquer your fear of water or an advanced swimmer aiming to refine your technique, UB Recreation's swim lessons provide a professional and friendly environment tailored to your individual needs.

Why?

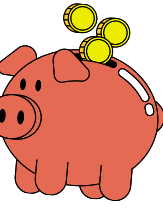


- 1. Dive into Personalized Learning:** We understand that everyone has their own comfort level in the water. Our swim lessons are designed to cater to individuals of all skill levels, from beginners taking their first strokes to seasoned swimmers honing their techniques. The small class sizes ensure personalized attention, allowing our experienced instructors to address your specific needs and guide you through a tailored learning experience.
- 2. Safety First:** Water safety is paramount, and our instructors prioritize creating a secure environment for all participants. By enrolling in our swim lessons, you not only gain essential water safety skills but also develop the confidence to navigate aquatic environments. Our instructors are certified and well-versed in creating a supportive atmosphere, fostering an environment where you can feel secure as you progress in your swimming journey.
- 3. Fitness and Well-being:** Swimming is an excellent full-body workout that promotes cardiovascular health, muscle strength, and flexibility. Our swim lessons go beyond the basics, incorporating fitness elements into each session. You'll not only refine your swimming techniques but also improve your overall physical well-being, making your time in the water both enjoyable and beneficial.
- 4. Flexible Scheduling:** Life is a busy current, and we understand the importance of flexibility. We offer a range of swim lesson times to accommodate various schedules. Whether you're looking for a group environment or some one-on-one lessons, there's a time slot that fits your calendar. Our goal is to make the benefits of swim lessons accessible to everyone, ensuring that you can embark on your aquatic journey without sacrificing other commitments.
- 5. Join a Community:** Swimming is not just a solo activity; it's a community experience. By enrolling in UB Recreation's swim lessons, you become part of a community of like-minded individuals who share a common goal of improving their swimming skills. The camaraderie within our classes adds a social aspect to your learning journey, creating a supportive network that enhances the overall experience.



New Year's

RESOLUTION WORDSEARCH



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TRANSFORMATION
HEALTHY HABITS
MINDFULNESS
REFLECTION
COMPASSION
PERSONAL GROWTH
COMMUNITY

WELLNESS
ENERGY
RENEWAL
GOALS
HEALTH
LIFESTYLE
STRESS RELIEF

RESOLUTIONS
EXPERIENCE
MEDITATION
NEW HABITS
CHALLENGE
LEARNING
OPTIMISM

FRIENDS
PEACE
DETERMINATION
RELAXATION
RECREATION
POSITIVITY
NUTRITION

STRENGTH
WORKOUT
FITNESS
NATURE
YOGA
GYM
JOY

