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January
2022

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Bulls Team Shop

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CPR/AED and First Aid Training



BUFFALO

buffalo.edu/recreation

UB Recreation Newsletter

gift yourself >>>

Didn't Get What You Wanted this Year?

The Bulls Team Shop is open for business and ready to get you fitted with the hottest Buffalo Bulls apparel. We have options from Nike, New Era and more. Stop by during the week and shop our sales racks and check out the NEW inventory – just in time for basketball season!

Our **January Hours of Operation** are:

Monday – Friday: 12pm-4pm

Sat & Sun: CLOSED

We will also be open during all home Men's & Women's Basketball Games. GO BULLS!

Follow us on Instagram: @bullsteamshop

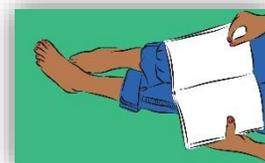


What's Your Resolution?

A New Year's resolution is a tradition in which a person resolves to continue good practices, change an undesired trait or behavior, to accomplish a personal goal, or otherwise improve their life.

Popular Resolutions:

- **Improve physical well-being:** eat healthy food, lose weight, exercise more, eat better, drink less alcohol, quit smoking, stop biting nails, get rid of old bad habits
- **Improve mental well-being:** think positive, laugh more often, enjoy life
- **Improve finances:** get out of debt, save money, make small investments
- **Improve career:** perform better at current job, get a better job, establish own business
- **Improve education:** improve grades, get a better education, learn something new (such as a foreign language or music), study often, read more books, improve talents
- **Improve self:** become more organized, reduce stress, be less grumpy, manage time, be more independent, perhaps watch less television, play fewer sitting-down video games
- **Be more involved in sports or different activities.**
- **Spend less time on social media** (such as Facebook, Instagram, Twitter, Tumblr etc.)



In a 2014 report, 35% of participants who failed their New Year's Resolutions admitted they had unrealistic goals, 33% of participants didn't keep track of their progress, and 23% forgot about them; about one in 10 respondents claimed they made too many resolutions.

winter break >>>

Happy New Year, New You!

Physical exercise is important for maintaining physical fitness and can contribute to maintaining a healthy weight, regulating the digestive system, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system.

If improving physical fitness is on your to-do list for 2022, start by joining our team at UB Recreation. Your Recreation Membership will include access to the Recreation Facilities on North and South Campus. Some of these include a 50-Meter Swimming Pool, 6,900 sq. ft. Fitness Center (with Cardio Deck,) 1/6 Mile Indoor Jogging Track, Racquetball Courts, Locker Rooms with Sauna and Steam Rooms and more!

To purchase a Recreation membership, please visit our website: <http://www.buffalo.edu/recreation/membership.html>

Or visit one of our Member Services Offices:
Alumni Arena | 175 Alumni Arena, North Campus
Clark Hall | 113 Clark Hall, South Campus

**Must be 18 or older or be accompanied by a parent/guardian. Please bring valid photo identification and form of payment.*

Membership Rates

Membership Rates	Month Permit	Semester Permit	Annual Permit
UB Undergraduate Student*	FREE	FREE	FREE
UB Graduate/Professional Student* (starting 06/01/2021)	N/A	\$27	N/A
UB Faculty and Staff* (new prices begin 07/01/2021)	\$25	\$85	\$195
Community** (starting 07/01/2021)	\$35	\$105	\$230

**Undergraduate/Graduate/Professional Students must currently be enrolled in courses at UB. Faculty and Staff must currently be employed at UB.*

***Alumni members are considered community.*



5 Reasons You Should Learn CPR

<<< become a lifesaver

It's Easy to Learn. CPR doesn't require years of medical training to learn. In fact, it most often takes a single class through a certified organization, like American Red Cross, that will train you in the technique.

Increased Chances of Survival. There are more than 356,000 out-of-hospital cardiac arrests annually in the United States, and nearly 90% of them are fatal. That's a staggering number and one that can be lessened by having more people trained in CPR techniques and the use of AEDs, who can intervene while waiting for emergency medical services to arrive.

Increased Confidence. Being faced with an emergency medical situation can be terrifying for anyone, especially for those without training as they are hesitant to help. While these emergencies are always unexpected, with CPR training, you gain the skills and knowledge necessary to perform CPR and use an AED with confidence, and to make good decisions that can help someone in distress.

Save Someone You Care About. Did you know that almost 70% of Sudden Cardiac Arrests (SCA) occur at home? That means that you're more likely to use your CPR skills to help someone close to you, like a friend or family member, than assisting a stranger.

Sign-up to SAVE A LIFE, today! Register for a CPR/AED Class online at:
<http://www.buffalo.edu/recreation/services/cpr-training-american-heart-association-.html>

