

connect with us >>>



AUGUST
2021

in this issue

Recreation Open House

National Wellness Month

Self-Care Activities

Employment



BUFFALO

buffalo.edu/recreation

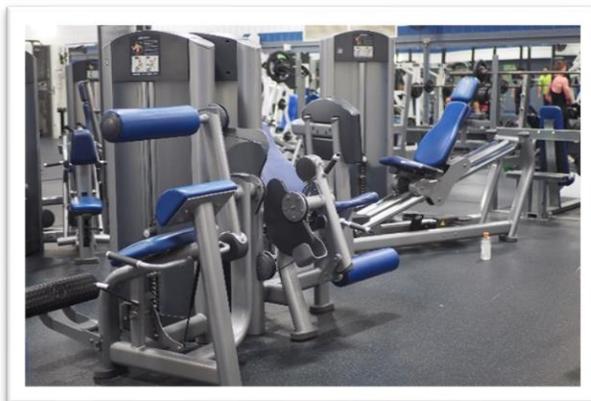
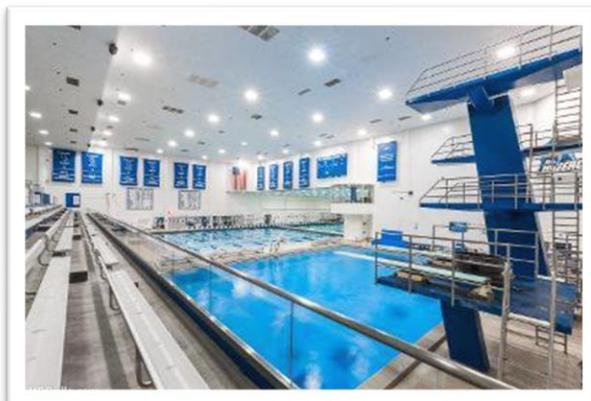
UB Recreation Newsletter

welcome back >>>

Recreation Open House

Our Open House event will be held on Friday, August 27th from 6pm-10pm inside Alumni Arena. With a variety of programming, UB Rec aims to give you a taste of what services and programming we have to offer. We create the opportunity for connection in a competitive or relaxed environment.

- **3-ON-3 BASKETBALL TOURNAMENT:** If you like sports, make sure to participate in our 3-on-3 Basketball Tournament. This will be single elimination, so bring your “A” game! Games will be held in the Ed Wright Practice Facility. Registration open 6pm-6:45pm. First 24 teams to sign up or 6:45pm, whichever happens first. First games tip-off at 7pm.
- **GIANT LIFE-SIZE GAMES:** UB Rec’s Giant, Life-Size Games will be available from 6pm-10pm in the Alumni Arena Foyer and create an inclusive, low-stress atmosphere for fun competition. Come out and test your skills with a GIANT game of chess, have some laughs playing Jenga or even give Connect 4 a try! Disengage from your phone or computer and have some fun with others.
- **CHAIR YOGA:** Looking to boost your mood and reduce stress? Join our Mini-Chair Yoga Sessions, which can improve your flexibility, concentration, and strength! This class is a gentle form of yoga. You will practice yoga sitting in a chair or standing using the chair for support. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation with the aid of a chair. Classes will start at 6:30pm (15 minutes in duration) and end at 8pm.
- **WATER BASKETBALL GAMES & INNERTUBE WATER POLO:** Make a splash in our pool by participating in Water Basketball and/or Innertube Water Polo - both are offered from 7:30pm-9:00pm.
- **OPEN RECREATION:** In addition to these structured programming events, please check out our self-paced programming offered from 6pm-10pm, which include our Fitness Center and Cardio Deck, Jogging Track and Open Swim.
- **BULLS TEAM SHOP:** The Bulls Team Shop will be open for shopping, so you can gear up for the fall semester. Enjoy 20% OFF your Entire Purchase from 6pm-10pm. Go Bulls!



more this month >>>

August is National Wellness Month

Healthy Habits are Not Developed and Adhered to Over-night... It commonly takes 4-6 weeks to adapt or implement a habit. We can use the month of August to practice well-being in order to make it a priority all year long. Being well is not just a one-time event, it is comprised of small daily acts that are based on positivity, compassion, and mindfulness.

Ways to Practice Wellness this Month:

1. **Drink more water:** 90% of our body is made out of water. Water is an essential nutrient that assists with nutrient transportation, hydration, excretion of waste products, joint lubrication, tissue health and maintaining body temperatures. 6-10 cups of water each day is helpful, but if you feel thirsty drink! Ideally, we should consume .5 oz. water per 1lb of body weight; a person who weights 140 lbs. should consume 70 oz. of water per day (without taking into account exercise and environment).
2. **Allow your skin to glow:** Our skin is the largest organ of the body. It protects the internal parts of our body from harmful environmental factors each day. Hydrating the skin through water consumption and moisturizer can help to maintain skin cells and decrease risk of dry skin (dead skin cells). Applying sunscreen protects our bodies from harmful, UVA and UVB rays. Dermatologists recommend a minimum of 30 SPF or higher.
3. **Revamp snacks:** Snacking can be fun; we may be hungry (physical hunger) or have an appetite (psychological hunger). We tend to reach for something salty or sweet that is convenient. Decreasing processed snacks that contain sugar and fat and replacing with healthy snack such as carrots and hummus or yogurt with berries will increase the amount of fiber, phytochemicals, and antioxidants we are putting into our bodies. Aim for your snacks to have the colors of the rainbow.
4. **Take a breath:** Breathing is an innate process we hardly think about during the day while away and at night while asleep. However, taking time to assess how we are breathing has been linked to decreasing stress throughout the day. Next time you have a micro break, inhale for 4 counts, hold for 4 counts and then exhale for 4 counts – the Navy Seals even use this technique to establish calm.
5. **Self-care and self-love:** Self-care is the way in which we care for our mental, emotional, and physical health, though activities we do to keep us our best selves. Practicing self-care is an action-oriented way that we can show ourselves self-love.
6. **Self-care actions:**
 - a. Recognize and accept emotional state
 - b. Taking time for yourself
 - c. Getting enough sleep
 - d. Exercise
 - e. Eating right
 - f. Using self-talk
 - g. Removing negative self-talk
 - h. Forgiving yourself
 - i. Committing to self-love
 - j. Continue to learn
7. **Get outside:** Take your exercise routine outdoors. Fresh air, trees, flowers, birds, animals all do wonders for the soul.
8. **Put on your shades:** Protecting the eyes from the sun is just as important as sunscreen. Make sure your sunglasses protect your eyes from UVA and UVB rays. Glasses should be large enough to cover the eye; polarized will also help to reduce glare. If you wear glasses, investing in transition lenses or prescription sunglasses will help to keep your eyes protected from the sun.
9. **Go green:** Going green will help to reduce your carbon footprint. Simply daily tasks of using less packaging, plastic, recycling, buying produce from local farms, planning a garden, recycling, reducing waste, composting, turning off water, and turning off light are simple things we can do each day to help the earth.
10. **Sleep:** The amount of sleep we require changes with age. The amount of sleep as we age can be dependent on responsibilities, life, time available to sleep, and environment. Trying to get the best sleep when we can is vital to both physical and mental health. When we don't get adequate sleep, our appetite changes; we tend to crave sweet and savory foods. Inadequate sleep each night affects brain function, similar to consuming alcohol – we don't process information as quickly and reactions are delayed. So, set up a sleep routine and stick to it!



We're Hiring!

CPR Instructors | Facilities Monitors | Fitness Instructors | Intramural Sports Officials | Lifeguard and Swimming Instructors | Sports Club Assistants and more!

buffalo.edu/recreation/about-us/employment-opportunities