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November  
2021

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# BUFFALO

[buffalo.edu/recreation](http://buffalo.edu/recreation)

# UB Recreation Newsletter

current topics >>>

## Fall Recess

Alumni Arena and Clark Hall will switch to modified hours and services starting Wednesday, 11/24 - Sunday, 11/28. Regular semester hours will resume on Monday, 12/2.

### All Recreation Facilities

DAY	DATE	CLOSED
Thursday	11/25/2021	Closed All Day
Friday	11/26/2021	Closed All Day

Monthly closures and updates can be found on our website at:  
<http://www.buffalo.edu/recreation/facilities/hours.html>



## 1,000 LB Challenge

**Are You Up for the Challenge?** Test your strengths and sign up for the 1000 LB. Challenge for a chance to make it into the 1000 LB. CLUB!



### The Challenge:

Have the sum of your maximum lift for: Bench Press, Squat, and Deadlift equal to or greater than 1,000 lbs!

Participants who complete the challenge will be inducted into the UB REC 1000 LB. CLUB and receive our UB REC 1000 LB. CLUB pin.

**Date:** Second Friday of Every Month

- 1<sup>st</sup> Lift: SQUAT
- 2<sup>nd</sup> Lift: BENCH
- 3<sup>rd</sup> Lift: DEADLIFT

**More information:** <http://www.buffalo.edu/recreation/services/open-rec/open-rec-programs/1000-lb-challenge.html>

come out and shop >>>

# Bulls Team Shop

Our store is fully stocked with NEW Buffalo Bulls branded sweatshirts, sweatpants, t-shirts, hats, and more. Stop by during a Men's or Women's Basketball Game to shop our selection. We are also open:

**Mon-Fri:** 11am-8pm  
**Saturday:** 12pm-4pm  
**Sunday:** CLOSED

This is the perfect time to gear up for winter. The Bulls Team Shop will get you fitted from your head to your feet. Follow us on Instagram @bullsteamshop



# Have a Safe Thanksgiving

<<< give thanks

It's the most wonderful time of the year in the US – a time for food, family, friends, and being thankful. Originating as a harvest festival, Thanksgiving is one of the biggest holidays in the US. But there's much more to do during this beautiful time of giving thanks than just eating. Here's a bucket list for the ultimate US Thanksgiving celebration... **1.** Watch the Macy's Thanksgiving Day Parade. **2.** Break the wishbone for good luck. **3.** Eat a traditional Thanksgiving meal. **4.** Take a nap. **5.** Share what you're most thankful for. **6.** Watch an American football game. **7.** Be grateful for Friendsgiving. **8.** Run a turkey trot. **9.** Shop 'til you drop on Black Friday. **10.** Giving back.

Traditional foods are a large part of Thanksgiving celebrations. Many families include the entire family in the food preparation. Traditional foods include turkey, stuffing, gravy, sweet potatoes, cornbread, mashed potatoes, and cranberry sauce. Many people serve pie for dessert at the end of the meal. Popular pie flavors are pumpkin, pecan, sweet potato, and apple. The food is eaten, the dishes are washed ... now it's time to relax. Some families take bike rides, go on walks, or take naps. Others play board or card games together. Traditions are a great way to help friends and families bond, to feel part of the larger culture, and to give people something to look forward to.

**Save some calories with these healthy recipe swaps!**

- ONE WHOLE EGG** 2 egg whites = same protein, 2/3 calories
- SOUR CREAM** Greek yogurt – saves 55 calories per 1/4 cup
- MILK** Skim or 1% fat = same as full fat, 1/2 calories in 1/4 cup
- SALT TO TASTE** Sprinkle a little bit of lemon or lime – brings out the flavor without adding the sodium
- BUTTERMILK** A 1:1 mix of buttermilk for whole plain yogurt increases the fat and calcium
- CHOCOLATE CHIPS** Cocoa Nibs – Your cookies will now have an abundance of antioxidants or try dark chocolate chips (70% cocoa) these can be found in the baking aisle at the grocery store
- PASTA** Whole wheat pasta – higher fiber and as many as 50 fewer calories per serving. Studies show that reheated pasta is better for you. Cooked pasta has just as many calories as freshly cooked pasta. Starches become more resistant, which means lower levels of glucose, which keeps blood sugar in check.
- HEAVY CREAM** Use coconut milk as a substitute for heavy cream in soups and dips. Same texture and taste 1/2 the calories
- OIL IN CAKES** Unsweetened applesauce 1:1 ratio – if your recipe calls for 1 cup of vegetable oil substitute it with 1 cup of applesauce. Vegetable oil contains 400 calories and 56 grams of fat in 1/4 cup. The same amount of applesauce contains 25 calories and 0 grams of fat.

**mindful** .co

## How Much Exercise Does It Take to Burn Off Those Thanksgiving Day Calories?

6 OUNCES OF TURKEY 340 CALORIES		→	TURKEY TROT 5K 30 MINUTE RUN	
MASHED POTATOES & GRAVY 300 CALORIES		→	BURPEES 60 SETS OF 10 BURPEES	
HALF CUP OF STUFFING 180 CALORIES		→	PILATES 30 MINUTES	
CRANBERRY SAUCE 150 CALORIES		→	STAIRMASTER (MODERATE) 20 MINUTES	
ROLL WITH BUTTER 180 CALORIES		→	PUSHUPS 18 SETS OF 20 PUSHUPS	
PIECE OF PUMPKIN PIE 180 CALORIES		→	ELLIPTICAL TRAINER (MODERATE) 20 MINUTES	