

connect with us >>>



January  
2020

*in this issue*

A.M. Basketball

New Years Resolutions

Recreation Membership

CPR/AED and First Aid Training



**BUFFALO**

**buffalo.edu/recreation**

# UB Recreation Newsletter

early birds >>>

## A.M. Basketball

A Pick-up Basketball game is an informal game of basketball that has been spontaneously started by a group of players. Pick-up games can be played full-court or half-court, depending on the number of players participating and general player preference. Due to the lack of referees enforcing rules, the game is more relaxed

Join a game of pick-up or just shoot around! Everyone is welcome to play basketball **Monday through Friday from 6am-8am in the Ed Wright Practice Facility.**

**\*Schedule subject to change - please check the UB Events Calendar for up-to-date information on scheduling.**



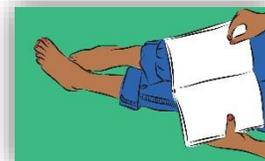
## What's Your Resolution?

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.



# 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 2020, 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 either of our Member Services offices during regular building hours.

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 Type	Month Permit	Semester Permit	Annual Permit	Day Pass
UB Student	FREE	FREE	FREE	FREE
UB Faculty and Staff	\$20	\$74	\$169	\$7
Alumni Association Member	\$25	\$77	\$174	\$7
Community Member	\$25	\$88	\$199	\$7
Ages 6-13	\$10	\$36	\$90	\$7



## 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.

**You Get to Use Lifesaving Technology.** With the invention and improvement of AED's (automatic electronic defibrillator), training for them is often included with CPR and First Aid. AEDs are portable machines, found in most public places, and are used to deliver an electric shock through the chest to the heart, to re-establish a normal heart rhythm.

**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>**

