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UB Recreation Newsletter

be our valentine >>>

Sweet Deals at the Bulls Team Shop

With merchandise on sale starting at 20% off, don't miss out on a chance to treat yourself, or your valentine this month!

We have stuff for the whole family. Stock up on Nike hoodies, sweatpants and more. Plus, stay warm with a New Era knit hat. Finish your look with any of our accessories from socks, to scarves, to tumblers and more!

We're open 11am-8pm Monday through Friday and 12pm-4pm on Saturdays. See you soon!

Also, make sure you're following us on Instagram @bullsteamshop



All About February

What do we celebrate in February? What is February famous for? It's a leap year this year, so let's celebrate all that this longer-than-usual February has to offer! Here's the short list of holiday happenings. February comes from the Latin word februa, which means "to cleanse." The month was named after the Roman Februalia, which was a month-long festival of purification and atonement.

Did you know:

- February is the only month to have a length of fewer than 30 days! Though it's usually 28 days, February is 29 days long in leap years such as 2020.
- January and February were the last two months to be added to the Roman calendar (c. 713 BC); originally, winter was considered a month-less period.

This month is packed with holidays and history. This year, it even has an extra day!

- **February 2** is Groundhog Day—the day we find out whether winter will last six more weeks or call it quits early. How did this quirky tradition get started? Find out the meaning of Groundhog Day.
- **February 14** is always Valentine's Day. Heads up, lovebirds! Today, the holiday is celebrated with love, flowers, and chocolate, but how did this holiday get its start?
- **February 15** is Susan B. Anthony's Birthday. How much do you know about this women's rights leader?
- **February 17** brings Presidents' Day, a federal holiday also known as Washington's Birthday that is celebrated on the third Monday in February. (George Washington's actual birthday is February 22.)
- **February 25** is Mardi Gras (aka "Fat Tuesday" or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.
- **February 29** is a Leap Day. This is the extra day that's added to our calendars every four years (with some exceptions) to ensure that our seasons and calendars don't drift out of sync!

February is also African-American History Month! The Library of Congress, National Archives & Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and US Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

Intramural Sports Spring 2022 Season!

Intramural Sports offers a wide variety of activities for our students, faculty, staff, alumni and the community. We cater to the needs of the competitive spirit in our patrons by providing safe and structured sports leagues. While we do keep track of wins and losses and declare a champion at the end of it all, it is important to keep in mind that the most important aspect we offer is fun!

Sign-up this spring to play 5v5 Basketball, Flag Football, Indoor Soccer, Outdoor Soccer and/or Volleyball. Registration windows vary for each sport, so be sure to check out our website for specific registration information.

Looking for a job? Intramural Sports Officials are the most important ingredient in the Recreation Intramural Sports Program. Persons in these positions must have an above average knowledge of the rules and officiating procedures of the game, enforce the rules of the game and be capable of controlling difficult game situations without bias. People wanting to become an official or scorekeeper will be required to complete the mandatory training sessions for their sport to learn the rules and officiating procedures of the specific sport they will officiate.



<<< more this month

Valentines Gift Ideas for Fitness Lovers!

If you or someone you love would much rather spend time hiking the trails or hitting the gym than chocolate and roses for Valentine's Day simply might not do. There's no better way to support their passion with a unique fitness inspired gift. Check out our simple gift ideas below!

- Keep your sweetheart in style this winter with work out gear from the **Bulls Team Shop**. Sweatshirts, sweatpants, Dri-Fit Shirts, duffle bags, water bottles and so much more! There's sure to be something your special one will love.
- Does your loved one LOVE to keep moving? Gifting them a **Group Fitness Pass** would be a wonderful way for them to have fun in between classes and stay in shape.
- Have some FUN with your sweetheart by hiking around campus, building a snowfort or make some yummy homemade strawberry kebabs with chocolate!



Keep Your Heart Healthy!

A group fitness class is a form of physical conditioning to enhance circulatory and respiratory efficiency that involves succinct exercises in a group setting.

When it comes to fitness, there's some truth to the old adage 'strength in numbers.' Research shows that the healthy actions of others rub off on us. A study published in the Journal of Social Sciences found that participants gravitate towards the exercise behaviors of those around them. And a 2016 study published in the journal Obesity found that overweight people tend to lose more weight if they spend time with their fit friends — the more time they spend together, the more weight they lose.

Come join us, keep your heart healthy and achieve your fitness goals this year!

