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MAY
2020

in this issue

At Home Fitness

Brain Health

Bodyweight Workout



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UB Recreation Newsletter

stay home, stay fit >>>

Try It!

YOUR 10-MINUTE BODYWEIGHT WORKOUT

YOU HAVE 2 MINUTES
TO COMPLETE:



5 BURPEES

10 PUSH-UPS

15 PLANK JACKS

20 JUMP SQUATS

REST IN THE TIME YOU
HAVE LEFTOVER

REPEAT 5X

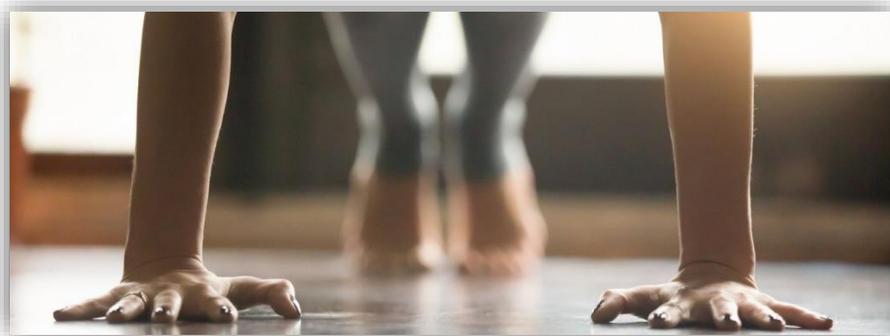
At Home Fitness

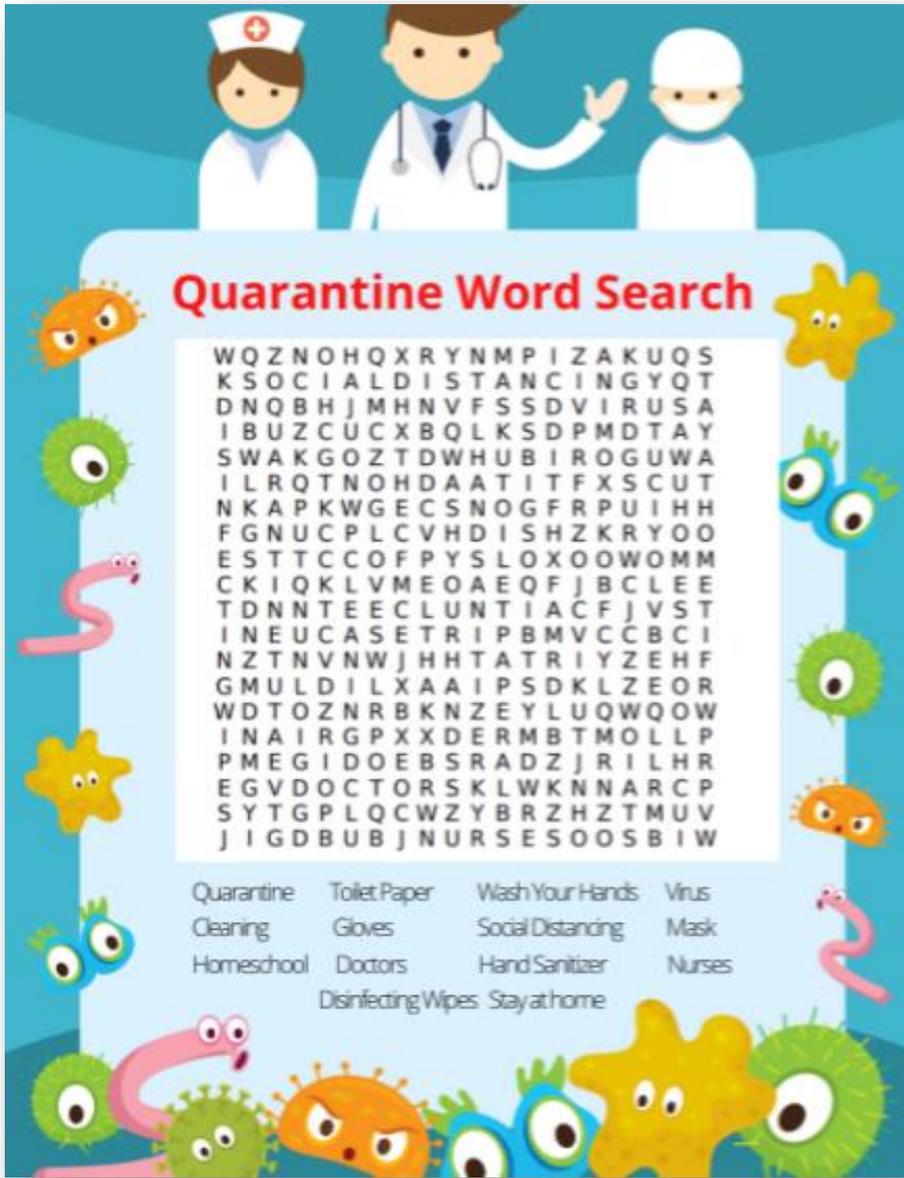
We may be practicing social distancing, but we can still workout and stay fit both physically and mentally. UB Recreation Group Fitness has provided a list of mostly free resources that can be done inside with limited space and equipment.

Health-related injuries may result from incorrect or excessive use of these exercise resources. UB Rec strongly recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breathe, he or she must stop immediately.

We hope you take advantage of these great free online resources and cannot wait to see you back in person!

Visit our website: <http://www.buffalo.edu/recreation/services/fitness/at-home-fitness.html>





Brain Workout

It turns out there's more to doing word searches than just scoring bragging rights when you're able to find the words in record time – and that pat on the back you like to give yourself – although that is a bonus! Apart from the fact that word searches are a portable and inexpensive way to have fun and keep busy, it also has awesome health benefits.

We all know how hard it is to juggle work and play, but taking a few minutes out of your busy schedule to destress with a good puzzle or word search gives you an added incentive to set aside 15 minutes in a day. And it just so happens to be the best of both worlds – allowing you to unwind while stimulating brain development.

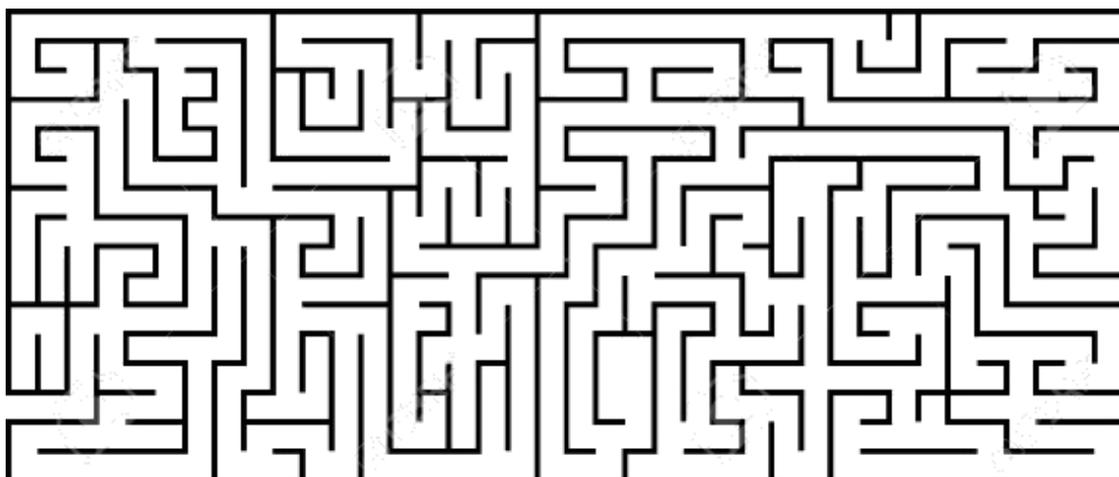
Because what's better than finding a tricky word in a sea of letters, beating your personal record – or encouraging some healthy competition with a friend or loved one? Sitting down to tackle a word search and that feeling that comes with successfully finding a word has some seriously good effects on your mood.

It stimulates the brains 'reward molecule', making you feel motivated and happy. Who doesn't want a quick win while dealing with the challenges of everyday life? Score!

Keep your brain active to boost your memory and brain development. Experts say this can help you prevent and delay the onset of neurological disorders like dementia and Alzheimer's.

Bring on the brain food – and brain teasers!

You're A-MAZE-ING!



<<< positive thoughts

