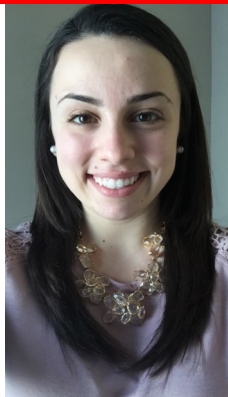


## Rec Center News

### Standout Workout Warrior



#### **Congratulations, Courtney Stone!**

Courtney is this edition's  
***Standout Workout Warrior!***

Fun Facts about Courtney:

**Favorite Group Fitness Class:**  
Zumba & Cardio Sculpt

**Favorite Workout Music:**  
Anything upbeat!

**Workout Philosophy:**  
Strive for consistency and progress. Never compare yourself or your fitness goals to anyone else's, and surround yourself only with people who bring happiness and positivity to your life.

### Group Fitness Senior Send Off

**Date: April 26th**

**Time: 6:00 PM—8:00 PM**

**Where: Mattioli Recreation Center**

Come participate in a one time only energetic group fitness class to celebrate all of our graduating seniors! This ultimate class will certainly target all major muscle groups and generate a real sweat!



[http://quantum.esu.edu/recreation\\_center/](http://quantum.esu.edu/recreation_center/)

### Stress Free Walk into Finals Week

7 Simple Activities to Do to  
Whenever You Experience  
Increased Stress

1. Take a walk from Kemp Library to the Union
2. Clothes your eyes and take 6 deep breaths
3. Participate in one of our Group Fitness Classes found on our diverse schedule [here!](#)
4. Drink two cups of water
5. Complete a HIIT workout on the Jacob's latter found in MRC. For example: 1 minute fast, 2 minutes at a slower pace. Repeat each interval 6 times.
6. Perform a [TRX](#) workout in our Rec B facility!
7. Think about 4 positive things that have happened to you within the past week.

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**@ESURec**

# Spring Into Action Running Status

By Melissa Huzar, ACSM EP-C



## Get to Know Your Personal Trainers!

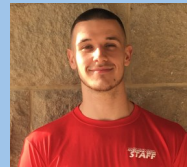


### Jimmy Agudelo

Major: Exercise Science

Hobbies: Weight lifting, snowboarding, hiking, dog walking

Training Philosophy: All about helping every person to believe in their journey, and reach every goal through mental and physical aspects!



### Dan Hislop

Major: Exercise Science

Hobbies: Exercising, watching and playing sports

Training Philosophy: All about getting you to see your true potential and capability!

Interested in working with these trainers? Contact Melissa Huzar, mhuzar@live.esu.edu, for questions or sign up [today!](#)

As we are entering into the vibrant days of spring, the weather begins to warm up with the company of freshly blooming flowers and lively green grass sprouting through the ground. All of which draws the inner runner to come alive within us. While some runners remain consistent over the crisp winter months with their running by taking the opportunity of our two wonderful facilities that offer treadmills, a 200 m suspended track, as well as cross training modalities for aerobic training; others do not take up on this advantage, and instead let their training begin to subside. Therefore the individuals that took advantage of the cross training opportunities brought to them, have an easier transition of taking their training to the great outdoors as we turn our clocks forward. As humans we get a little too caught up in the excitement that the fresh spring weather brings to our feet and decide to leap into a running program as if we've been training for a half marathon all winter (we all know we have been there at some point). After coming in from an adventurous 3 mile run, breathless and sore not understanding why you could not do it as easy as Forest Gump, your motivation to improve your running performance starts to dwindle. Below are some easy steps you can do to limit those decreases towards your running goals motivation:

### Start with SMART goals

- S – Specific
  - Create a set distance, time, or event
- M – Measurable
  - Create a plan on how you will measure your progress, such as how much of your long run did you run vs. walk
- A – Achievable
  - Is this goal achievable within the timeframe you gave yourself?
- R – Realistic
  - Is this a realistic goal based on your current and past training status?
- T - Timing
  - A set timeframe from now till your event, or a set couple of weeks (i.e. 3 weeks from April 13th)

Find a partner that is at the same level as you to begin your training program. Running with a partner, you are more likely to enjoy your run instead of focusing on the negatives. This partner may also provide you with more motivation to achieve the goal.

Listen to your body! If you are struggling to keep your feet running, simply turn that jog into a walk/run interval workout.

Plan a short route to run, with the ability to add on a little more each week. You are more likely to perform what you can handle if you create a planned running route instead of just winging it.

With these tips, we wish you a safe and happy run!