Rec Center News

Standout Workout Warrior

Congratulations, Megan Ciaccio!
For being ESU’s first
Standout Workout Warrior!

Fun Facts about Megan:
Favorite Group Fitness Class: Core cycling
Favorite Workout Music: Pop & Hip-Hop
Workout Philosophy: “Motivation gets you started, but habit is what keeps you going!”

Try Our New Small Group Training Programs!

Are you interested in the one on one attention received from personal training, but still want the motivation of working out in a group? Then try one of our new Small Group Training programs:

Leap to 5K
Winter Warmer (Yoga)

Dates: Feb. 29th – April 2nd
Cost: $40.00 for 8 one hour sessions
Contact Jill Harper, jharper@esu.edu, for questions!

BlackLit Late Night @ the Rec: Wear All White!

February 26th
10:00 pm – 2:00 am
Join the 2016 Rec Staff in MRC for a fun night full of glow in the dark activities, and of course free food!

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Keeping a Healthy Fitness Experience Through the “Brr” Months

By Melissa Huzar, ACSM EP-C

As the seasons transition from the warm sunny days of the long lasted summer, to the cold hibernating temperatures of winter, we find many road blocks that separate us from meeting our health goals. However, it is important to point out that there are numerous ways to participate safely in your choice of fitness activities through these chilly holiday months!

Dressing Warm for the Great Outdoors:
If you are a fan of the outdoor bootcamp workouts, or enjoy clearing your mind with a long run through Main Street; then the frigid air coming across our Monroe County might be a scary thought. However, with appropriate layering, the cold should have no impact on your training! The optimal layering process, as cited in Thomas Altena’s “What to Wear for Winter Exercise”, is as followed:

- **Base layer:** Some form of moisture wicking material, such as Nylon or polyester (i.e Dri Fit sports performance shirts)
- **Middle layer:** Material should consist of fleece or wool to keep in your body heat
- **Outer layer:** Windproof! This layer should be protecting you from the harsh breeze that may be experienced when exercising outside

While the key importance is to focus on keeping your core temperature of your body secure, it is also important to protect your extremities from the weather as well, including your head! Keep your ears and head covered with knit beanie, but try to avoid full face masks since those could potentially fog up your running sunglasses. For your hands, a simple pair of knit gloves or mittens will do just fine, but wool socks are a perfect fit to keep your toes warm and snug as they trek through potential snow (Altena, 2011).

Customizing Your Workouts to the Indoors:
With the chill air becoming a regular acquaintance as the days move closer to the upcoming holidays, it is normal for people of all generations to begin to migrate to the indoors. With this indoor migration, people tend to turn to more indoor activities that necessarily do not include their regular fitness habits. However, the change in the length of daylight does not necessarily have to impact your fitness schedule! As the cold air trots in, this is the perfect time for you to walk into the Mattioli Recreation Center! Take use of the facilities that are offered at your fingertips. Enjoy long runs? Use our suspended indoor track. Are you a fearless cyclist? Take the safety approach, and try one of our multiple cycling classes with our inspiring cycling staff! Enjoy working out in a group with upbeat muscle? Experiment through our diverse Group Fitness Schedule, where we offer everything from Yoga to High Intensity Interval Training. Or, entirely new to a fitness center, and not sure where to start? Sign up for our Personal Training Program, where one of our certified trainers can teach you the fundamentals of strength training. At the end of the day, it is important to keep up with your health no matter what the season is, and one of the best ways to do that is through exercise.

Reference:

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6 Valentine Day’s Weekend Activities To Do Around ESU

1. Go roller-skating! Check out Big Wheel Roller Skating center on 5th St!

2. Walk to the top of Mt. Minsi, and see the amazing view of the Delaware Water Gap

3. Take one of our wide variety of Group Fitness Classes! Click the link below to find your new favorite: [http://quantum.esu.edu/recreation_center/group-fitness/group-fitness-schedule-2/](http://quantum.esu.edu/recreation_center/group-fitness/group-fitness-schedule-2/)

4. Walk around WinterFest in Downtown Stroudsburg from 9am-6pm on Feb 13th! Experience winter themed activities as well as food and discounted shopping!

5. Enjoy free music and great food Saturday, Feb. 13th, night at Barley Creek Brewing Company! Regina Sayles hits the stage at 11 pm.