



## Campus Recreation

### EATING HEALTHY DURING THE HOLIDAYS

Food is an important part of the holiday season, and this time of the year involves several social events and family gatherings. While we tend to believe that only negative experiences trigger overeating, people often overeat at holiday parties and other social events. Food is closely tied with fun and enjoyment for most of us and we tend to think we will not have fun without it.

Typically, holiday parties have food that is both available and visible at all times. Just the visibility and availability of food can stimulate some to eat, rather than physical hunger. For others, favorite foods eaten only during certain holidays like Thanksgiving and Christmas are special. The food is so closely linked with these holidays it can feel wrong not to eat them. Finally, some people are stimulated to eat just by spending time with other individuals who are eating and having a good time. Most of us are probably looking forward to the upcoming holiday season, in some part, because of the food and eating involved.

The good news is that you do not have to give up socializing to eat healthy during the holidays. By following these tips, you can curb your annual holiday weight gain.

#### Before each social event:

- Maintain your normal eating patterns and don't skip meals. This leads to extreme hunger and overeating at the event.
- Eat a small, healthy snack before the event so you do not arrive starved.
- Continue your regular physical activity program. If you are away from home, remember that you can walk almost anywhere.

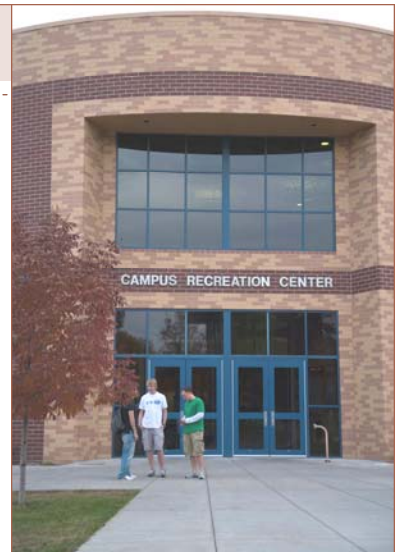
#### During the event:

- Keep busy by talking with friends and family or helping the host.
- At a buffet, look at all of the food available before serving yourself. As you plan what to eat, decide which of the available foods are most important to you, rather than taking a little (or a lot) of everything.
- Stand as far away from the food table as possible and drink low calorie beverages to control your desire to eat.
- Limit alcoholic drinks to one or alternate with low calorie beverages. This will limit your calorie intake and keep you in control of your eating.

#### After the event:

- Continue to eat meals at your regular times. Do not skip meals to make up for overeating at a party. Let hunger be your guide.
- If you feel the need to, add an extra half hour of walking to your schedule for a few days to burn extra calories.
- If you slip-up, do not beat yourself up about it. Remind yourself that this is not how you normally eat and try to learn from the experience.
- Stay positive and praise yourself for what you accomplished. You probably did better than you have in the past.

By following these simple steps, you can still eat well and have fun. Happy holidays!



### STRESS LESS WEEK NOVEMBER 30-DECEMBER 3

All programs are free to UNC students, faculty and staff and will be held at the Campus Recreation Center, unless noted otherwise.

#### FREE Chair Massage

Will be offered throughout the week in various locations.

#### Movie in the Pool

Tuesday, December 1  
8:00-10:00pm

#### Restorative Yoga and Breathing Techniques

Wednesday, December 2  
7:00-8:30pm

#### Partner Massage Workshop

Thursday, December 3  
7:00-8:30pm

#### FREE Group Fitness Classes

**Monday:** Core Challenge  
5:10-5:55pm

**Tuesday:** Step Energy  
7:00-7:55am

**Wednesday:** Kickboxing  
6:00-6:55pm

**Thursday:** BOSU Blast  
4:00-4:55pm

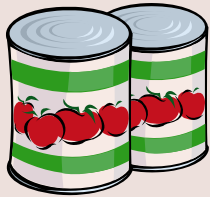
**Friday:** Hard Core, 3:00-3:25pm



**CLIMBING FOR CANS  
NOVEMBER 20  
5:00 PM**

Climbing for Cans top rope and bouldering competition is a non-profit event that provides much needed food for the less fortunate during the Thanksgiving season. In order to compete, each participant must donate four canned food items that will be donated to the Weld Food Bank.

Everyone is welcome and encouraged to participate, regardless of experience or ability. Food and music will be provided and raffle prizes will be given away.



**CAMPUS RECREATION  
CENTER HOLIDAY HOURS**

**Thanksgiving:**

Wednesday, November 25  
6:00am-5:00pm

Thursday-Saturday, Nov. 26-28  
CLOSED

Sunday, November 29  
10:00am-10:30pm

**December:**

Friday, December 11  
6:00am-5:00om

Winter Break hours will be announced soon. Please visit our website for updates.

**GET MORE FROM YOUR WORKOUT WITH THE  
ACIS FITNESS REWARDS PROGRAM**

Students, faculty and staff can now earn prizes for working out. The ACIS Fitness Rewards program encourages and promotes a healthy lifestyle while rewarding participants for working out. The more you exercise, the more prizes you earn!

Participants can pick up their Fitness Rewards Card at the Campus Recreation Center. Every time you visit the Campus Recreation Center to exercise for at least 30 minutes, have a staff member initial your card in the correct date box. Exercise can include running, lifting, biking, swimming, wall climbing, fitness classes, intramural sports and more.

All CRC members and students are able to participate. Once you reach the benchmarks listed below, claim your prize at the CRC administrative offices.

- 10 workouts = Water Bottle
- 20 workouts = Drawstring Backpack
- 30 workouts = T-shirt

When registering for the ACIS Fitness Rewards program, be sure to fill out an official sweepstakes form and drop it in the entry box at the CRC front desk. You could win a Schwinn bike or a trip for two to anywhere in the US!

**CAMPUS RECREATION CALENDAR OF EVENTS  
NOVEMBER-DECEMBER 2009**

**FREE Body Composition Clinic**

Monday, November 2, 5:30-7:30pm

**CPR/AED and First Aid Review and Challenge Course**

Monday, November 2, 6:00-8:00pm  
\$15.00 per certification

**Ladies Climb Night**

Friday, November 6, 6:00-9:00pm

**Yoga Techniques Workshop**

Sunday, November 8, 7:00-9:00pm

**Financial Fitness Wellness Workshop**

Monday, November 9, 6:00-7:30pm  
Kepner 1010

**Adult CPR/AED + Basic First Aid Certification Class**

Thursday, November 19, 6:00-10:00pm  
Students \$50.00, Faculty and Staff \$60.00

**Women's Only Swimming**

Saturday, November 21, 1:00-3:00pm  
Free for Campus Recreation members, \$5.00 for guests

**Group Fitness classes cancelled due to Thanksgiving Holiday**

Wednesday, November 25-Sunday, November 29

**Game Night**

Tuesday, December 1, 7:00pm

**Ladies Climb Night**

Friday, December 4, 6:00-9:00pm

**Adult, Infant and Child CPR + Basic First Aid Certification Class**

Saturday, December 5, 10:00am-5:00pm  
Students \$60.00, Faculty and Staff \$70.00

**FREE Group Fitness classes**

Monday, December 7-Friday, December 11  
Visit our website to view the modified Finals Week schedule

**All programs are free and take place at the Campus Recreation Center, unless noted otherwise. Visit [www.unco.edu/campusrec](http://www.unco.edu/campusrec) for more information on these events.**