



**What's New?** This section will keep you up-to-date on the most current happenings in Recreational Sports.

**Special Offers** Check this section for great deals on Rec Sports programs and services happening throughout the month!

**Activity of the Month** Familiarize yourself with some of the programs offered through the Department of Recreational Sports.

**Healthy Matters** Healthy Matters is an educational poster series intended to increase health knowledge and awareness. This section will highlight some of the monthly tips.

## What's New

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### Summer Building Hours (effective 5/12-8/18)

#### University Recreation Center

Monday-Friday	5:45am – 8:00pm
Saturday	10:00am – 4:00pm
Sunday	12:00pm – 6:00pm

#### St. Paul Gymnasium

Monday-Friday	5:45am – 8:00pm
Saturday	10:00am – 4:00pm
Sunday	12:00pm – 5:00pm

For specific area hours, including pool schedules, visit our [Hours web page](#).

## Special Offers

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### June 2007 Courtside Café Specials

The Courtside Café indoor services and outdoor grill will be open during the following hours throughout May session and summer: Tuesday-Thursday: 9:00am-2:30pm

Summer special: Raspberry Lemonade Smoothie for \$2.00

### Free Body Composition Tests:

There will be no free body composition testing during the month of June. If you would like a Body Composition Test, you may set up an appointment with a fitness specialist. The test will be \$5.00.

Contact [Kristina Hefty](#) or call 612-624-4544 for more information.

### Facility Tours

Tours of the University Recreation Center are available during all open building hours. Stop by the Member Service Office located in the lobby of the Rec Center for drop-in tours. If you would prefer to arrange for an appointment, email [Sandy Terhune](#), or call 612-626-8993.

For a tour of the St. Paul Gymnasium, email [Andrea Caven](#) or call 612-624-7880.

### Equipment Orientation

Have you ever wondered how to properly use the equipment in the fitness centers? To sign up for an Equipment Orientation, email [Kristina Hefty](#) or call 612-624-4544.

## Activity of the Month

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### Kayaking & Canoeing!

In the state of 10,000 lakes, why not try out canoeing or kayaking this summer! Kayak and canoe rentals can be made through the [Center for Outdoor Adventure](#) for up to seven nights.

## **Healthy Matters**

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### Three Steps to Healthy Self-Esteem:

Improving one's self-esteem involves change, which takes time and the belief that one has the ability to change. Consider the following:

#### 1. Challenge Negative Self-Thought:

Make conscious efforts to counter negative thoughts. Be reassuring, specific, logical, and objective. Sometimes our inner voice is our own worst critic; reshape some of the messages to build self-esteem.

#### 2. Practice Self-Nurturing:

Treat yourself as a worthwhile person! Take care of personal health and well-being; plan fun and relaxing activities; reward accomplishments; acknowledge strengths and achievements; be forgiving if an effort falls short of expectations; and realize you deserve it!

#### 3. Get Support from Others:

Friends provide a social support network that helps boost self-esteem. Further improve self-esteem by seeking out mentors and surrounding yourself with uplifting and positive people. Finally, consider talking with a counselor or therapist for professional assistance with issues related to mental health.

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Questions or comments? Email us at [recsport@umn.edu](mailto:recsport@umn.edu) or call 612-626-8993.