



**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

### Healthy Matters December Events for Res Hall Students

Relax...and relieve the stress of the upcoming finals week with a FREE Chair Massage!

Monday, Dec. 4 <sup>th</sup>	Frontier Hall	6:00-8:00 pm
Wednesday, Dec. 6 <sup>th</sup>	Middlebrook Hall	6:00-8:00 pm
Thursday, Dec. 7 <sup>th</sup>	Centennial Hall	6:00-8:00 pm

Feel revived with a complimentary chair massage and sign up to WIN A ONE HOUR FULL BODY MASSAGE compliments of Boynton Health Services and the Department of Recreational Sports.

### COA Second Annual Gear Sale!

Are you looking to sell or purchase outdoor winter equipment? COA will be selling some of its winter rental equipment as well as hosting this fun event for others to sell and purchase equipment. Stop by and check out the great deals!

When: Gear Drop-Off: Dec. 4<sup>th</sup>-5<sup>th</sup> 12:00 pm – 8:00 pm  
 Gear Sale: Dec. 6<sup>th</sup>-7<sup>th</sup> 12:00 pm – 8:00 pm  
 Where: Center for Outdoor Adventure – University Recreation Center

For more information, call 612-625-8790 or visit our [COA web page](#).

### Fall Semester Building Hours

#### University Recreation Center

Monday-Thursday	5:45am – 11:00pm
Friday	5:45am – 10:00pm
Saturday	8:00am – 7:00pm
Sunday	11:00am – 10:00pm

#### St. Paul Gymnasium

Monday-Thursday	5:45am – 11:00pm
Friday	5:45am – 10:00pm
Saturday	8:00am – 7:00pm
Sunday	11:00am – 10:00pm

Facilities will be **closed** December 24, 25, 26 & 31 and January 1 & 15.  
 December 16 – January 15 will have reduced hours. Holiday hours are as follows:

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

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

### Aquatics December 2006 Special Event Schedule

Date	Time	Facility	Event	Sponsor
12/3/06	9:30 am	Natatorium	Masters Meet	MN Masters

\*This event is free to the public.

\*This schedule is subject to change. For more Special Event Information, please call 612-626-1352.

## Special Offers

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### December 2006 Courtside Café Specials

Stop by the Courtside Café in the University Recreation Center for 75¢ Hot Cocoa all month!

The Courtside Café will be closed all Sundays in December. Holiday hours are as follows:

December 18-20 7:00 am-5:00 pm

December 21-22 9:00 am-2:00 pm

All other dates are regular hours. The Courtside Café will be closed the same dates as the facility over winter break.

### Free Body Composition Tests:

There will be no free body composition testing during the month of December. 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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### Nordic Ski Club!

The Nordic Ski Club is a group of skiers from the U of M that train together either on dry land or on snow by taking vans to local ski courses. We enter races and go on a team trip during winter break. We all enjoy skiing as well as being competitive at the same time.

This fall we spent weekdays running and roller skiing for practices and every Friday we played ultimate frisbee at the East River Flats.

Over Winter break, we take a training trip to the Valhalla Townhouses which are located at the beginning of the Birkebeiner race course, the site of the largest cross country ski race in North America. We will spend a week there skiing including a day where some members ski 100km. Many get up at the crack of dawn and ski all day except for a much needed lunch break. Last year 11 people skied the whole 100K. We will finish up the trip with the Seeley Hill Classic Race.



For the spring semester, we will be having practices during the week and the team will provide transportation to compete at six races throughout the season. Hopefully we will get a lot of snow this year, but even if we don't, we always manage to find some somewhere.

It is not too late to join the Nordic Ski Club! For more information, visit the [Sports Club Nordic Ski web page](#).

# Healthy Matters

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## **Tips to Manage Stress:**

- Eat a balanced diet to maintain a stable blood sugar.
- Take frequent study breaks to refresh yourself.
- Get plenty of exercise to reduce tension.
- Develop mutually supportive friendships and relationships. It can help to talk out worries with someone trustworthy and respectful.
- Pursue goals that are personally realistic and meaningful, versus goals that others have established.
- Become aware of how expectations or perceptions of situations may add unnecessary stress.
- Be aware of using alcohol and drugs as a way to manage or "escape" from stress.

If you would like to subscribe to this monthly newsletter, email [recsport@umn.edu](mailto:recsport@umn.edu) and type "Subscribe Member Newsletter" in the subject line.

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