Exercise of the Month

PLANK ROW
Place a pair of dumbbells (DB) shoulder width apart on the ground. While in a full plank position place your hands on the DB’s and feet shoulder width apart, lift the right DB until your elbow passes your torso and rotate your core to the right, alternate from right to left. Perform 3 sets of 10.

Local Race Dates

- Running of The Elves
  December 8th, Lewisburg, PA
- Meaty Beaty Cyclocross
  December 8th, Riverside, PA
- Jingle Bell Run/Walk
  December 8th, Harrisburg, PA
- Frostbite 5mile Run/Penguin 5K Walk
  December 9th, Duboistown, PA
- Christmas Bicycle Cross
  December 23rd, Carlisle, PA
- Bloomsburg Y New Year's Eve 5K
  December 31st, Bloomsburg, PA

*register for races at www.active.com

Holiday Survival Guide

Ahh, the holidays. Holiday season is upon us and with that brings unwanted stress and a dizzy array of demands —— parties, shopping, baking, bad eating/drinking habits and entertaining to name a few. So why is it that time and time again we allow ourselves to fall into these stress traps which make us dread the holidays. Well not this year, below is your ‘Holiday Survival Guide’ to keep you merry and bright this holiday season.

Plan Ahead. Set aside specific days for shopping, baking, visiting friends and family, and making your food choices. This will help prevent any last minute shopping for forgotten gifts or ingredients. By planning out when you will spend time with friends and family it keeps you to a schedule instead trying to be in too many places at once. If you decided when and where you will enjoy those holiday indulgences ahead of time you will be less likely to over eat and drink.

Stick to a Budget. Before you go food and gift shopping set a realistic budget and stick to it. Don’t try to buy an avalanche of gifts or gourmet food and drink because you think it will bring happiness to your loved ones, in the end it will only bring on stress and unhappiness for yourself.

Don’t Abandon Healthy Habits. Do not let the holidays become a free-for-all, overindulgence will only bring on guilt and more stress. Eat healthy snacks before parties so you don’t overdo it on the sweet and salty snacks. Never skip a meal the day of your party. By skipping a meal you will lower your blood sugar and metabolism and be more likely to eat high calorie foods. Limit your alcohol consumption. Remember alcohol is empty calories and can lead to poor food choices.

Take Time for Exercise. Taking the time to exercise will help relieve stress and prevent holiday weight gain. Keeping your current exercise routine in place during the holidays can keep you on schedule so you do not get caught up in the holiday chaos.

Be Realistic. The holidays don’t have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.

Embrace the Holiday Spirit! Enough said.

Recreation Services Contacts

Joe Santorine, Assistant Director of Athletics/Recreation. 570-577-1656 or joe.santorine@bucknell.edu
Laurel Kopecy, Fitness/Strength Assistant. 570-577-1465 or laurel.kopecy@bucknell.edu
Towel Talk
December 2012

Group Fitness Schedules

Please note the changes in the group fitness schedule

Finals Schedule December 3rd – December 15th

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7am-8am</td>
<td>Spinning- Phil</td>
<td></td>
<td>Spinning- Phil</td>
<td></td>
<td>Spinning- Phil</td>
</tr>
<tr>
<td>8am-9am</td>
<td>Pilates-Katrina</td>
<td>Step- Michelle</td>
<td>Pilates-Katrina</td>
<td>Step- Michelle</td>
<td>Pilates-Katrina</td>
</tr>
<tr>
<td>9am-10am</td>
<td>Spinning-Laura</td>
<td>Yoga- Elizabeth</td>
<td>Yoga-Elizabeth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12pm-1pm</td>
<td></td>
<td>H.I.T.- Kari</td>
<td>Tabata-Laurel</td>
<td>H.I.T.- Kari</td>
<td>Tabata-Laurel</td>
</tr>
<tr>
<td>4pm-5pm</td>
<td>Zumba-Grace</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5pm-6pm</td>
<td>Yoga- Cheri</td>
<td>Tai Chi- Steve</td>
<td>Yoga- Cheri</td>
<td>Tai Chi- Steve</td>
<td></td>
</tr>
<tr>
<td>6pm-7pm</td>
<td>Kickboxing-Joey</td>
<td>Yoga- Erik</td>
<td>Yoga- Erik</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Winter Break Schedule December 17th – December 21st

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am-10am</td>
<td>Yoga-Cheri</td>
<td></td>
<td>Yoga- Cheri</td>
<td></td>
<td>Yoga-Cheri</td>
</tr>
<tr>
<td>12pm-1pm</td>
<td>Spinning-Laurel</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5pm-6pm</td>
<td>Tai Chi- Steve</td>
<td>Yoga-Cheri</td>
<td>Yoga-Cheri</td>
<td>Tai Chi- Steve</td>
<td></td>
</tr>
<tr>
<td>6pm-7pm</td>
<td>Yoga- Erik</td>
<td></td>
<td></td>
<td></td>
<td>Yoga- Erik</td>
</tr>
</tbody>
</table>

Recreation Services Contacts
Joe Santorine, Assistant Director of Athletics/Recreation. 570-577-1656 or joe.santorine@bucknell.edu
Laurel Kopecky, Fitness/Strength Assistant. 570-577-1465 or laurel.kopecky@bucknell.edu