March Fitness Madness

The shortest but yet longest month of the year, February is over and March is here! March brings the hope of spring and warmer weather, longer and brighter days, the luck of the Irish and of course March Madness. With the change of seasons upon us, March is a great time to re-evaluate your current fitness routine and see where you can spring it up. Below are some great tips to do so.

🌿 Retail Therapy. Trade your winter parka in for new fitness clothing as the spring collection will be hitting the shelves. Look for clothing items that will keep you warm on chillier mornings but that are made of moisture wicking material. Choose bright colors as they will be easier to see at night, and are great to look at!

🌿 Happy Feet. By now your feet have had enough of the treadmill running and are ready to hit the pavement again. A new pair of running shoes can make all the difference in the transition from indoor to outdoor running.

🌿 Race Signups. You have been telling yourself you are going to sign up for that race in August, but you have plenty of time to do so. Sign up now, as prices for races start to increase and now it is time to start to implement your training plan.

🌿 Fitness Challenge. March Madness does not have to be just watching basketball games. Be creative and design a fitness bracket between your family and friends of all new ways to exercise, the new activity you all enjoy the most keeps moving on in the bracket.

🌿 Nutrition. March is National Nutrition Month. This is a great time to really focus on your nutrition. Start by trying new healthy recipes that incorporate in season Spring vegetables. Make it a point to really pay attention on your nutrition this month and you will be set for the rest of Spring and into Summer.

Local Race Dates

- **Humdinger Trail Runs 2013**
  - March 2nd, Danville, PA

- **Ephrata Wellness 5K Walk/Run**
  - March 4th, Danville, PA

- **Jogging of the Jays Run-a-Thon**
  - March 8th, Bloomsburg, PA

- **Spring Thaw 5K**
  - March 9th, Selinsgrove, PA

- **5K Irish Jig Jog**
  - March 16th, Mechanicsburg, PA

- **Triple Play 5K**
  - March 23rd, Lewisburg, PA

Register at [www.active.com](http://www.active.com)

Exercise of the Month

TRIANGLE PUSHUP

Start in the form of a regular pushup. Move both hands under your chest and make a triangle with your hands. Pointer fingers should touch and your thumbs should touch on the bottom forming the triangle. Slowly lower your body down and push back up w/o moving your hands

Recreation Services Contacts

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Spring Clean Fitness

It is time for Spring Cleaning and it is not just for your house and closet anymore. Spring cleaning can be a great time to make any adjustments to your current fitness routine. Here are some great ideas to revamp our current fitness routine.

✿ Get a Physical
✿ Set a Schedule
✿ Team Up with a Friend
✿ Clean out your pantry
✿ Pump up your Playlist
✿ Stay Hydrated
✿ Plan a Trip
✿ Play a new Sport

Recipe Websites
www.everydaypaleo.com
www.eatingwell.com
www.whfoods.com
justeatrealfood.blogspot.com

Smartphone Apps
MyFitnessPal
WeightWatchersMobile
LiveStrong-MyPlateCalorieTracker
MapMyRun
Nike Training Club

Spring Fitness Programs
Lean in ‘13
Cardio Junkie
Max 30
Fitness 101

Upcoming Events
Tuesday March 5th @ 10:00pm – ‘MASHUP’
Wednesday March 20th @10:00pm – Candlelit Yoga & Fitness 15 Challenge
Thursday March 27th @ 10:00pm- March Madness 3 on 3 Basketball Tournament

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