



# The Department of Campus Recreation Newsletter

Fall 2009 Issue

Volume 1 Issue 1

## Welcome

Welcome to the Department of Campus Recreation Newsletter. Our primary goal is to enhance the quality of life on campus for the student, faculty and staff by providing a diversity of programs and facilities to meet your recreational needs. Daily exercise is good for body and soul and it is never too late to start becoming active and improve your health. Not motivated? Well here is one way to motivate yourself. Choose activities that you enjoy so you will be more likely to continue with exercising. I encourage you to get involved with Campus Recreation. I guarantee, you can find something you like whether it is working out, participating in our outdoor recreation activities, participating in a fitness class or joining a sport club or intramural sport team. Our department is comprised of the Wellness Center, Fitness and Wellness Programs, Intramural Sports Program, Special Events and Sport Clubs. In all we offer over 10 intramural sports, 36 weekly fitness classes, informal recreation, a variety of special events and of course the Wellness Center for all your workout needs.

There is something for everyone here in Campus Recreation.  
Some of our major events coming up are:

- Sixth annual Wellness Expo on Wednesday, November 11<sup>th</sup>. The Expo will take place in the Student Activity Center Ballroom A. Over 1,500 students, staff, faculty and community members will participate in the event this year. This year's Expo will feature over 35 different vendors from Stony Brook University's immediate campus, the University's Medical Center and many community businesses. From 11:00am to 2:00 p.m. vendors will set up booths to provide free wellness information, give-a-ways and screenings. There will be a variety of product samples ranging from vitamins, beverages, lotions and shampoos, to various healthy snacks. Also offered will be foot and back massages, electrolysis, eye exams, pulmonary lung function tests, arts and crafts and spinal screenings.
- Annual Turkey Trot 5k Run/Walk on Sunday, November 15, 2009 at 10:00am.
- As part of our fitness and wellness program we offer Personal training at a cost available for students, faculty, staff and affiliates who have a valid wellness center membership.

For a more detailed list of events and programs please visit our website at:  
[www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)

**Don't just sit there on the bench! Get into the game!**

**Marie Turchiano**  
Associate Director of Campus Recreation



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# The Department of Campus Recreation



## Letter from the Editor:

Let me take this opportunity to welcome you to the first addition of the new Campus Recreation newsletter. The newsletter originally started last year as a Wellness Center newsletter but we have looked to expand the newsletter this year to incorporate the entire Department of Campus Recreation. The newsletter will be coming out quarterly and will encompass the Wellness Center, Fitness & Wellness Programs, Intramurals, Sports Clubs and Special Events.

The Campus Recreation newsletter will feature articles not only from the professionals on our staff but from our student staff as well. One of our featured columns each newsletter will be our staff insider which will take a look inside one of our student staff and their experiences at Stony Brook University and working with the Department of Campus Recreation.

There is one student in particular that I would like to personally recognize for their contributions and putting this newsletter together and that is Trisha Sims who is our Wellness Center Marketing Intern. One of the major responsibilities of our marketing intern is to put together and organize the campus recreation newsletter among many other duties. There is a tendency for student staff to often get overlooked for all that they do. With that being said I would like to congratulate Ms. Sims on a job well done with this newsletter and I trust that you will do the same.

We hope you enjoy the Campus Recreation newsletter, and stay informed about upcoming deadlines and events from our Department. Please be on the lookout for the winter addition of our newsletter which will be a special student staff addition.

All the Best,

Steve Macchiarolo  
Manager of Student Personnel & Special Events

## Mission Statement:

To provide the students, faculty and staff at Stony Brook University with the opportunity to recreate in a positive and friendly environment. Recreation is provided through a wide variety of programs and opportunities, including an extensive intramural sports programs, sports clubs, open recreation, fitness activity classes, special events and equipment rental.

The Department of Campus Recreation believes that good sportsmanship should be displayed by all participants before, during and after each campus recreation sponsored activity.

# The Department of Campus Recreation

## Campus Recreation Staff



**Marie Turchiano**  
Associate Director



**Natalie Cothren**  
Graduate Assistant,  
Intramurals & Sport Clubs



**David Hairston**  
Manager, Intramurals  
and Sport Clubs



**Steven Macchiarolo**  
Manager of Student Personnel



**Dean Bowen**  
Manager of Fitness &  
Wellness Programming



**Kristin Mishrell**  
Graduate Assistant,

## Interning at the Wellness Center

By: Trisha Sims

As a senior here at Stony Brook University, I am expecting to graduate in May 2010 with a Bachelors Degree in Health Science. I am passionate about helping others and giving back to the community. In the future, I hope to impact others lives, whether it is just for a moment or for a lifetime. As an intern for The Wellness Center, I have been given the opportunity to do just that. Every week I am working on different projects that aim to encourage people to live a healthy lifestyle. Not only am I interested in health, but I am enthusiastic about taking care of the environment. I think it is important to make an effort to reduce pollution and conserve our natural resources. My experience at Stony Brook has been gratifying. I have grown over the last four years, and I am looking forward to use what I have learned in the next chapter of my life.

## Free Motion Fitness Demo

The Wellness Center is promoting a demonstration machine from Free Motion Fitness. The new Free Motion Fitness Strider is designed to help you target more muscles for faster results. This hybrid machine has many benefits and features; it increases caloric expenditure, boosts flexibility, and has no impact movement.

Please stop by the Wellness Center to try out the Strider demo from Free Motion and enhance your fitness performance. This particular demo will also be on display at the annual Wellness Expo on Wednesday, November 11 in the Student Activities Center.

Please give us your feedback by filling out a survey after you try out the demo and you will receive a free giveaway.

You can view the Freemotion Strider at <http://www.youtube.com/watch?v=hpXbBJ6LPAM>



# The Department of Campus Recreation

## Staff Insider

In every newsletter, we will be interviewing a student staff member from the Department of Campus Recreation to gain an inside perspective of their thoughts and opinions. This month's victim is John Deng who spoke with Josephine Lamberty about his job and experiences at the Wellness Center.



**Name: John Deng**  
**Major: Economics**  
**Status: Junior**  
**Favorite Color: Black**

*Josephine:* Share with us an interesting fact about yourself?

**John:** I once slept for 36 hours straight after getting no sleep for 3 days straight.

*Josephine:* Besides working at the Wellness Center do you actually work out there on your own time?

**John:** I use the gym twice a week, usually right after my shifts. It's convenient for me. Working here motivates me to work out after sitting here for three hours. When I am indecisive on whether or not to work out, I think I'm already here so why not.

*Josephine:* What is your favorite thing about working here?

**John:** I get paid to see you Tuesdays and Francine on Thursdays.

*Josephine:* What are the benefits working for Campus Rec?

**John:** 1. I Get Paid 2. I get to meet people 3. Learn people skills 4. Free CPR Certification for all staff.

*Josephine:* If you could change anything about the wellness center what would it be?

**John:** Change the music that is played .

*Josephine:* How will your experience at the wellness center help you in the future?

**John:** I will be able to tolerate many different types of people and improve the chances of me finding a job at another fitness facility

*Josephine:* Favorite Wellness Center Moment?

**John:** Being the First Employee of the Month and watching Francine kick everyone out of the Wellness Center at closing time.

*Josephine:* Why did you decide to work with Campus Rec?

**John:** I needed a job freshman year and had work study.

**John:** I'm currently a junior and still working here.

*Josephine:* Why is that?

**John:** I would rather work here than anywhere else.

*Josephine:* There are 3 positions at the wellness center. Front Desk, Lockers, Cardio. Which do you prefer & why?

**John:** Lockers. Time flies by while you are renting out lockers and the front desk can get boring.

*Josephine:* There are only 2 radio stations played in the wellness center. What is your favorite or least favorite song?

**John:** Obsessed by Mariah Carey. I'm obsessed with the song Obsessed and don't want to hear it for another year. They play it at least 3 times an hour.

*Josephine:* In June, a ground breaking ceremony was held for the new Campus Recreation Center which is said to be completed by 2012. What are your thoughts about it?

**John:** I don't think it will be completed in time but once it is its going to be amazing and I'm looking forward to the indoor track.

*Josephine:* What is the most popular fitness class and which is your favorite?

**John:** Spinning is definitely the most popular but I personally have not tried any myself.

*Josephine:* Do you see a difference between students and Faculty who use the Wellness Center?

**John:** Faculty and staff use the cardio area more than the free weights.

*Josephine:* One of our biggest problems at the Wellness Center is the dropping of the weights. What do you think can be done to prevent this issue?

**John:** The best thing we can do is remind students not to drop the weights and if they continue to drop them then we ask them to leave the wellness center. If the students knew the safety issues and how it sounds then they would probably be a little more attentive to the issue.

# The Department of Campus Recreation

## Upcoming Events

<u>Event</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
Wellness Expo	November 11, 2009	11:00a.m.-2:00p.m.	SAC A
Racquetball Tournament	November 12, 2009	7:00p.m.	Pritchard Gym
Turkey Trot (Fee or Deposit Required)	November 15, 2009	10:00a.m.	Pritchard Gym (Check-in)
Wellness Workshop: Nutrition	November 18, 2009	1:00p.m.-2:00p.m.	Student Union Room 236
Total Cholesterol Screenings	November 18, 2009	1:30p.m.-2:30p.m.	SAC Why Lobby

### Wellness Center Holiday Hours

Thanksgiving Break: November 25-29, 2009 (CLOSED)

Finals Week: December 17, 2009 (7:30AM-9PM)

December 18, 2009 (7:30AM-6PM)

December 19, 2009 (10AM-4PM)

December 20, 2009 (3PM-9PM)

December 21 & 22, 2009 (7:30AM-8PM)

December 23, 2009 (7:30AM-6PM)

December 24, 2009-January 3, 2010 (CLOSED)

### **Whitewater Challengers**

Written by Jennifer Long

If you love exploring the outdoors and having a good time, you need to attend one of Campus Recreation's off campus events! Just this semester, The Department of Campus Recreation adventured to Pennsylvania for an exciting white water rafting trip. In early September, tickets for the trip sold out days after they went on sale. The ever popular trip ran for the sixth year in a row and cost only thirty dollars for undergraduate Stony Brook students. The cost of the ticket covered a student's transportation, equipment, and instruction.

This affordable deal made it possible for more than 100 students to attend the event. The trip that departed early on a crisp Sunday morning proved to be quite the event. "I loved the trip!" said Amie Lun, a junior who attended the white water rafting event. "It was a fun experience and it's really cool that Campus Recreation held a trip like this."

With the temperature reaching almost 70 degrees, the rafting conditions were perfect. The class two rapids provided a challenging course for the boats and an intense work out for those rowing. Throughout the day the soaked students battled the white water as they traveled 9 miles down the Leigh High River.

This exciting event was just one of the events, The Department of Campus Recreation has planned for the year. Our goal for these trips is to provide students with fun, challenging, and affordable events. Events like the white water rafting trip get students out into the world to learn and experience new things. With no previous experience needed, Campus Recreation trips are open to Stony Brook Undergrads and Graduate students. Keep your eyes and ears open for upcoming Campus Recreation events. We plan to have trips that include Skiing/Snowboarding, Snow Shoeing & Cross Country skiing, as well as trips attending Professional Baseball and Basketball games.

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# The Department of Campus Recreation

## Fall 09' Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00-12:55PM <b>Pump &amp; Sculpt</b> w/ Dawn  (SAC Aerobic Studio)	12:00-12:55PM <b>Core n' More</b> w/ Dawn  (SAC Aerobic Studio)	12:00-12:55 PM <b>Cardio Fusion</b> w/ Lucille  (SAC Aerobic Studio)	12:00-12:55 <b>Body Blitz</b> w/ Lucille & Dawn  (SAC Aerobic Studio)	12:00-12:55PM <b>Pilates Mat</b> w/ Lucille  (SAC Aerobic Studio)	10:00-10:55 AM <b>Spinning</b> w/ Lucille  (SAC Spin Studio)
3:50—5:10PM <b>Tae Kwon Do</b> w/ Xristos  (ISC—Dance Studio)	1:00-1:55PM <b>Hatha Yoga</b> w/ Pat  (SAC Aerobic Studio)	1:00-1:25PM <b>HardCORE</b> w/ Dawn  (SAC Aerobic Studio)	1:00-1:55PM <b>Breathe, Stretch, Relax &amp; Meditate</b> w/Liz  (SAC Aerobic Studio)	1:00-1:55PM <b>Boot Camp</b> w/ Dan  (SAC Aerobic Studio)	11:00-11:25AM <b>HardCORE</b> w/ Lucille  (SAC Aerobic Studio)
5:20-6:15PM <b>Pilates Mat</b> w/ Lucille  (SAC Aerobic Studio)	4:50-5:15PM <b>HardCORE</b> w/ Lucille  (SAC Aerobic Studio)	4:50-5:20PM <b>30 Min. Express</b> w/ Claire  (SAC Aerobic Studio)	4:50-5:15PM <b>Ab Lab</b> w/ Jeannean  (SAC Aerobic Studio)	3:00-4:45PM <b>Hatha Yoga</b> w/ Pat  (SAC Aerobic Studio)	
6:20-7:15PM <b>Spinning</b> w/ Lucille  (SAC Spin Studio)	5:20-6:15PM <b>Adv. Boot Camp</b> w/ Dan  (ISC—Dance Studio)	5:20-6:15PM <b>Latin Explosion</b> w/ Damaris  (ISC-Dance Studio)	5:20-6:15PM <b>Spinning</b> w/ Jeannean  (SAC Spin Studio)	4:45-5:40PM <b>Spinning</b> w/ Liz  (SAC Spin Studio)	
7:20-8:15PM <b>Total Body</b> w/ Jeannean  (ISC—Dance Studio)	6:20—7:15PM <b>Core Conditioning</b> w/ Dawn  (SAC Aerobic Studio)	5:25-6:20PM <b>Spinning</b> w/ Claire  (SAC Spin Studio)	<b>6:20-7:15PM</b> <b>Kripalu Yoga</b> W. Jeannean  (SAC Aerobic Studio)		
8:20-9:15PM <b>Kripalu Yoga</b> w/ Jeannean  (ISC—Dance Studio)	6:30-8:00PM <b>Reiki Circle</b>  (SAC 309)	6:20-7:15PM <b>Vinyasa Yoga</b> w/ Jeannean  (ISC—Dance Studio)			
	7:20-7:45PM <b>Ab Lab</b> w/ Jemi  (ISC—Dance Studio)	<b>6:25-7:20PM</b> <b>Intense Cross Training</b> w/ Liz  (SAC Aerobic Studio)			
		7:25-8:20PM <b>Boot Camp</b> w/ Jemi  (SAC Aerobic Studio)			
		<b>7:20-8:15PM</b> <b>Belly Dancing</b>  w/ Sahita & Amanda  (SAC Aerobic Studio)			

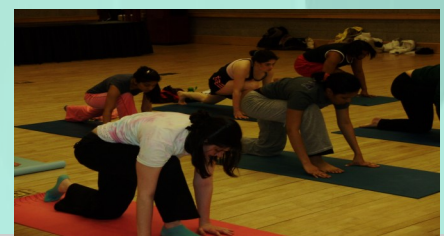
## Fitness and Wellness

Written by  
Stephanie Walters

We offer a wide variety of classes and programs designed to keep the students, faculty and staff at Stony Brook University fit and healthy. There are 36 different fitness classes a week that take place in the afternoons and evenings in either the Indoor Sports Complex (ISC) Dance Studio or on the basement of the Student Activities Center (SAC). In order to attend classes you must have a valid Stony Brook University ID. In addition to your ID card faculty, staff, and graduate students must have a punch card which can be purchased at the Wellness Office, SAC 225. Additional information about fitness classes and programs including scheduling and descriptions can be found on the Stony Brook University Campus Recreation website ([www.recreation.sunysb.edu](http://www.recreation.sunysb.edu)).

Throughout the school year, the Fitness and Wellness area will be providing the Stony Brook Community with many exciting activities and events. There is a free blood pressure and total cholesterol screening available in the SAC Why Lobby during the month of November. One of our most popular events; The Wellness Expo is taking place on November 11<sup>th</sup> in SAC Ballroom A between 11am and 2 pm. This will give the Stony Brook University community a chance to explore and learn more about the many wellness associated businesses close by.

You can find us on Facebook as well; our group name is "Stony Brook University, Campus Recreation, Fitness and Wellness."



# The Department of Campus Recreation

## Keys to Successful Lifting

Kristin Mishrell

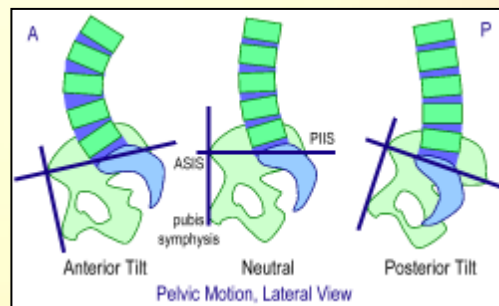
Graduate Assistant, Wellness Center



As a second year student in the physical therapy program, I will admit that I have become a people-watcher: I observe gait and movement patterns that I have learned in the few semesters of PT school. Observing people is one of the important duties of working in the Wellness Center to insure the safety of the users and employees. I observe the patrons going through their workouts with the hopes of slimming down their physique or adding pounds of muscle. In the PT program, we learn techniques to strengthen and stretch muscles as well as control movements. As I observe patrons working out, I cannot help but to critique their technique in my head. It seems that many people make the same mistakes in their lifting techniques because no one has taught them the correct way to perform it. Here are some basic rules to follow when lifting even if it is only a small amount of weight. These concepts should be used in everyday life, not just in the weight room.

Body mechanics is described as the efficient use of one's body to produce motion that is safe, energy conserving, and anatomically and physiologically efficient. It involves the maintenance of body balance and control. It is important to perform safe movements that conserve energy, reduce stress & strain, and reduce possibility of injury.

First, find your functional neutral posture. This is described as midway between flexion and extension of the spine. It places the least amount of stress on ligaments, joint capsules, and joint surfaces. Flex and extend your spine by tilting the pelvis back and forth. Reduce the motion until you have settled into a comfortable position. Functional neutral posture may not be the same for everyone. Maintain this posture during lifting activities.



There are many lifting models that one could use when lifting an object. These models are often different ways to strengthen muscles in the legs and back and each have their advantages and disadvantages. Without describing each model, here are some basic keys when lifting, whether it's a light or heavy load:

- Remain close to the object you are going to lift
- Use large muscles like your quadriceps and gluteal muscles, not the smaller muscles of the back
- Increase your stability by increasing your base of support (feet apart) and lowering your center of gravity within your base of support
- Avoid twisting
- Tighten your abdominal muscles: 2 of 4 abdominal muscles wrap around to attach to the spine, therefore, contracting these muscles increases the stability on the spine
- **Decrease the amount of weight** if you cannot keep proper technique (keeping your spine in neutral) or ask for help to lift the object.

I know that I will compensate by arching my back with increased weight. When I cannot actively control that arching, I lower the weight until I can. Although I am sure that many young people are not concerned with hurting their back because it tends to be an injury that occurs later in life, it is often the result of consistent, constant misuse and improper technique causing stress and strain over many years. Decreasing the wear and tear now many increase your function as an older adult.

# The Department of Campus Recreation

## Intramural and Sport Clubs: Fall 2009 Season

Written By Natalie Cothren

Graduate Assistant, Intramurals & Sport Clubs



The fall 2009 intramural and sport club seasons are well underway and have exhibited some great competitive spirit. The first season of intramural competition is wrapping up now. Flag football and soccer playoffs are in the works and dodgeball closed its season recently with some intense and heated matches. The flag football teams have survived the unseasonably cold weather to bring the season around to playoff time. From the coed to the men's competitive league, some star teams have come through, rising to the top of the brackets with prime seed positions. These should make for some excellent games with the championships to be played in LaValle Stadium under the lights. Soccer has also seen the rise of some talented teams who have proven themselves through high scoring games. We also completed three small scale tournaments for Texas Hold'em, handball and outdoor volleyball. All of which had great turnouts and came down to neck and neck final rounds. One more tournament will be held this fall and that will be a one day racquetball event. The deadline is November 12 so do not miss it! Sign up in the Campus Recreation office, room G-7 in the Sports Complex.



The second intramural season deadline has recently passed for indoor volleyball and 3 on 3 basketball. If you know anyone that is playing, stop by and check out what intramurals are all about! The more teams we have, the better the competition and the greater the excitement. For any given sport, there can be a men's competitive, men's recreational, women's and coed league—depending on how many sign up for each. No matter who you are and who you want to play with, there is a place for you.



On another note, there are two big flag football tournaments in the near future that anyone can sign up for. The first took place at Adelphi University on November 7<sup>th</sup>, 2009 which was co-sponsored by Stony Brook University. The second will be at the University of Maryland from November 20<sup>th</sup> to the 22<sup>nd</sup>, 2009. If you are interested, contact David Hairston at (631) 632-7120.

Updates for individual club sports can be found on their websites, all of which are displayed under the Campus Recreation web page. There are a variety of clubs with different levels of competition and experience, so take the time to see what might be of interest to you. Get out of your room, leave the blackberry at home and get moving with Campus Recreation this fall!



# The Department of Campus Recreation

## The Flu and You

### Recognize it:

Influenza usually starts suddenly and may include the following symptoms:

- Fever (100 degrees or higher) and cough or sore throat
  - Headache
  - Fatigue
- Runny or stuffy nose
  - Body aches
  - Chills
- Diarrhea and vomiting

### Prevent it:

- Stay healthy by getting plenty of sleep, being physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Wash your hands often with soap and water. Alcohol-based hand cleansers are also effective.
- Cough and sneeze into a tissue or into your elbow (not your hand!).
- Avoid touching your eyes, nose, or mouth; germs are spread that way.

### Seek Medical attention immediately if you have...

- Difficulty breathing or shortness of breath
  - Bluish or gray skin color
- Unable to take or retain fluids
- Severe or persistent vomiting
  - Extreme lethargy
- Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion

**STONY  
BROOK  
UNIVERSITY.**

### Taking Preventive Measure at the Wellness Center

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Since the April outbreak of the H1N1 virus, the Wellness Center has recently incorporated new preventive measures to help keep faculty, staff and students germ-free. These preventative measures include utilizing *Purell* hand sanitizers, stocking bathrooms with plenty of soap dispensers and paper towels, and educating students, staff and faculty about the signs and symptoms of the flu.

The best way to protect our campus is to be proactive and help reduce students from getting sick.

To find out more information about influenza planning you can visit [www.sunysb.edu/flu](http://www.sunysb.edu/flu) or contact the Student Health Service at (631) 632- 6740



# The Department of Campus Recreation

## Campus Rec Center...COMING SOON?

By: Francine Marie Joseph

Have you ever wanted to get in a good workout in the evening at the wellness center but it was too crowded? Have you heard that Campus Recreation was planning on building a new Recreation Center? If your answer was yes to both of these questions, then I have some news for you. Mission Campus Recreation Center is underway...and this is not a rumor. This new facility should be done by 2012.

This facility will be approximately 85,000 square feet and will be built right in between the sports complex and the student union. Worried about parking? Well the reason the recreation center is going to be built in between the sports complex and the union is because of the parking that surrounds both buildings.

The Recreation Center will have three floors filled with brand new state of the art recreational equipment for Stony Brook students. The first floor will have a three court gymnasium, a multipurpose room, fitness studio, 3574 square feet of weights and fitness, campus recreation administrative offices, conference room and student staff break room/lockers.

The second floor is designed to have two fitness studios, a wellness suite, 11,952 square feet of cardio and weights, Cardio Theater, stretching area and a 1/10<sup>th</sup> mile track above the three basketball courts.

Lastly, the lower level of the recreation center will not be your average building basement. This level will be equipped with a multi-activity court, locker rooms that have 133 lockers instead of 40, two unisex changing rooms and an equipment rental area.

Not only will this facility have equipment to satisfy your physical needs but the whole facility will be equip with wireless internet to satisfy your mental needs as well. Did I mention mental needs? Speaking of mental needs I almost forgot to mention that one of the resource areas in the facility will be used to team up with the Center for Prevention and Outreach so that peer educators will have more room to give depression screening and perform outreach duties.

Wondering what will happen to the wellness center on the third floor of the SAC? Well the center will no longer be there sadly. The weights, treadmills and all the other equipment in that facility will be traded in or donated. Look at it this way, no more waiting for treadmills or benches and more room for free weights. We have all had wonderful memories at the wellness center but "*When one door closes another door opens*" - Alexander Graham Bell. So my fellow Seawolves please trust me when I say this is not a rumor, the campus recreation center is finally coming.

## Wellness Center Winter Special

For a limited time,  
Stony Brook Faculty and Staff

can buy

Winter memberships for  
**\$35.00**

Valid from

**December 1st, 2009**

until

**January 31st, 2010**

Sign up for your membership  
in the  
**Bursar Office**  
today!

For more information call  
(631) 632-6850

# WELLNESS

## EXPO

### 11-11-09

### SAC A

### 11 pm - 2 pm



# The Department of Campus Recreation

Cut along the dotted line

# 15% off

## Wellness Center Membership

Faculty and Staff may bring this coupon to Stony Brook's Bursar Office to receive **15%** off a Wellness Center membership.

Expires January 2010

# 3 Day Free Pass

All Faculty & Staff can now experience the **Wellness Center for FREE** with our limited availability **3 Day Free Pass.**

Faculty & Staff can sign up for a FREE 3 day pass by visiting the Wellness Office in the Student Activities Center, Room 225.

The pass is good for any 3 days during the fall semester. All you will need to sign up is your Stony Brook University ID card.

If you have any questions regarding the Wellness Center or this promotion please do not hesitate to contact us at 632-6850.

### Personal Training

Interested in learning the right tools and knowledge about starting an exercise program?

The Wellness Center has personal trainers to help you reach your exercise goals.

Your trainer will provide a free consultation/fitness assessment to determine your fitness level and discuss your goals. Your trainer will use the information from the consultation to create an exercise program that works for you.

### Individual Personal Training Packages

	Student	Faculty/Staff/ Affiliate
1 Session:	\$40.00	\$45.00
5 Sessions:	\$180.00	\$205.00
10 Sessions:	\$320.00	\$370.00



To register call Dean Bowen,  
Manager of Fitness and Wellness Programming  
at **(631) 632-7263** or  
The Wellness Center Office