

R.E.C. REPORT

STUDENT RECREATION CENTER | 618/453-1277 | REC.SIU.EDU | JANUARY 19, 2017



SRC to Be Open Until Midnight on Saturday, January 28

The Student Recreation Center will remain open for those students out and about for Polar Bear on Saturday, January 28, 2017.

The upper level (south end) will remain open. The south (Grand Avenue side) entrance will be manned and unlocked until midnight that day. Bathrooms will be available and the Alumni Lounge will be open for students to come in and warm up.

Check out the Six Steps to an Amazing Weekend.

Courtesy of Wellness and Health Promotion Services, a department of Student Health Services.

New Platform Plates, Barbells and Storage Racks Now in West Weight Room.

Users of the West Weight Room will see new plates, barbells, and racks coming to this area for the two platforms located in the room. RSS spent well over \$4k for these items that will serve users much better than the ones currently in the room being used in the platform areas.

"I am excited for the users in this area. We spoke to a lot of the users and worked closely to get the best items out there on the market. The new items will make this area much safer and proper use of these items will result in a much safer environment for all," stated Troy Vaughn, Director of RSS. New items include an assortment of new Rogue High Temp bumper plates, storage racks, and barbells.

Spring Programs Kick off the Start to 2017 at RSS!

If your 2017 New Year's resolution is to become fit, we are the place for YOU! We have an assortment of group fitness classes, "Fitness Plus" classes, and many other options available to students and members for the springtime! Additionally, several fitness-related special events are also on tap for the spring. Many of these classes are popular and sign-ups will go quickly!

Intramural Sports has a complete offering for the spring semester with both team and individual sport options. As well, over 35 sports clubs will be active throughout the winter and into the spring! Outdoor Pursuits and Outdoor Adventures also have an array of trips and options available for those that like to get outside!

The RSS website is always a great resource for all to catch up on the latest in opportunities with RSS... please click to rec.siu.edu and bookmark the page!

6 STEPS to an AMAZING WEEKEND

If you choose to drink alcohol, know that you have many opportunities to make simple decisions that reduce the risk to yourself and others.

— Southern Illinois University Carbondale —

- 1 EAT**
Start off the day with a breakfast full of proteins and fats (i.e. eggs, bacon). Remember to eat throughout the day.
- 2 PLAN FOR A RIDE**
Plan a way to get home at the end of the day. Ask a friend to be a designated driver, catch a cab or use public transit.
- 3 DRINK WATER**
Keep hydrated. Drink lots of water before, during and after drinking.
- 4 STICK TOGETHER**
Stick with your friends. No one likes being left behind!
- 5 CALL FOR HELP**
If you see someone who needs help, step up and be an active bystander! Don't hesitate to call 911 for help!
- 6 GET CONSENT**
Get consent before any sexual activity. Legal consent can't be given if either party is under the influence of alcohol or drugs or is sleeping or unconscious.

SIU STUDENT HEALTH SERVICES 618/453-3311

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