

I Am #OswegoFit

The SUNY Oswego campus offers a variety of opportunities for students. Have you explored them yet?

More Than Just the Gym

Thought about joining an intramural sports league or tournament? They are a great way to get regular physical activity, and have a fun time with friends.

1) Oswego offers several sport and tournament opportunities, these include:

- Basketball, broomball, indoor soccer, handball, volleyball, dodgeball, and more! Each sport offers regular gendered leagues, co-ed leagues, and differing levels of competition.

2) To register a team or sign up for a tournament, visit the SUNY Oswego website and look for campus recreation and intramural sports.

3) Swimming is excellent cardio. Did you know the Lee Hall is open for students to free swim or exercise?

- Lap swim hours:
M,W,F: 11:30am-1:30pm
- Aqua fitness class:
M,W: 7:30pm-8:30pm(free)

4) Joining a club sport can create a huge impact to your SUNY Oswego experience!

- Recreational and competitive clubs exist for our athletes.
- Play for fun or compete against other schools!
- Some club sports include: rugby, ice hockey, lacrosse, fencing, scuba, dance, ultimate frisbee, and many more!

5) Don't forget The Oswego Fitness Center locations!

- Glimmerglass is located on west campus between Oneida and Onondaga halls.
- Cooper is located on central campus, directly across from Cooper dining hall.

TOILET TALK

Dad Bod to Beach Bod.

March 26th, 2018

Did You Know?

- At least 30 minutes of physical activity everyday is ideal?
- The more hours you sit, the higher your risk is for having metabolic problems?
- Exercise helps your brain and improves mental function?
- Exercise can help delay aspects of the aging process?

Laker Life Tip

Walk to your classes instead of driving, or using the bus across campus. We know the weather can be bad, but when you can do it, walking can cut down your carbon footprint and help you get your daily exercise in!

Fitness Center Info you Need!

- Cooper and Glimmerglass Fitness Centers are open M-Thurs. 7am-10pm, Fri 7am-8pm, and Sat/Sun 10am-9pm.
- Gym memberships start at \$55 for the semester or \$105 for the year (as a student on campus).

Upcoming events!

- Friday, March 30th is Easter Friday -No Classes!-
- Friday, March 30th 10am-6pm is Master of Arts Thesis exhibition in Tyler Hall. The free event will feature the work of 5 master's students at SUNY Oswego. Located in Tyler Hall.
- Saturday, March 31st 12pm-3pm is Men's and Women's Tennis vs. Alfred. Located at the Romney outdoor tennis courts. Free admission, show your Lakers support!

Feedback? • 315.312.5648 • lifestyle@oswego.edu

WORDS TO WHIZ BY:
"We aim above the mark to hit the mark."

-Ralph Waldo Emerson

Fitness True or False?

1) Eating low fat foods is best for weight loss.

False- It is possible to eat food with zero fat, but loaded with calories. Remember, it is reduction is calorie intake, not fat or carbohydrates that promotes weight loss.

2) Muscle weighs more than fat.

False- Muscle and fat weight the same. Muscle is denser and takes up less space than fat. A pound of muscle and a pound of fat both weigh a pound.

3) Muscle burns more calories than fat.

True- It is estimated that a pound of muscle burns between 20-80 extra calories per day. Fat burns zero extra calories. Thus, adding muscle can help you burn more calories and lose more weight.

Buddy Benefits!

- Working out is more fun with a buddy. Having a fitness pal can help you enjoy workouts more and increase your motivation to stay active.
- Having a buddy will make it easier to explore new workouts. Trying new things won't be as intimidating.
- Motivating and supporting each other go a long way, it can be the difference between sticking to a plan, or giving up.

Tried out any Apps?

Garmin Fit- GPS on your phone to track distance, speed, elevation and calorie estimates for running.

Myfitnesspal- With a database of over 3 million foods, this app makes keeping track of your food easier than ever.

Nike Training Club- Provides workout routines for your fitness level and target body areas.

We Know We're Funny

How do you find Will Smith in the Snow?

.....Follow the Fresh Prince

SUNY OSWEGO LIFESTYLES CENTER EVENTS



OPEN MIC NIGHT
EVERY THURSDAY
PENFIELD LIBRARY, 7PM



LOOK FOR OUR WAGON
MONDAY - FRIDAY
INFO AND GIVEAWAYS



HUMP DAY
EVERY WEDNESDAY
15 CONDOMS FOR \$1



SUNY OSWEGO LIFESTYLES CENTER

This issue of Toilet Talk was brought to you by G.A. Mathew McCabe and Peer Educators Annie Seichepin, Stephanie Lopez, Ashley Johnson and Kayla Murphy.

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