August 2020 Newsletter

Recipe of the Month

Whip together a quick and easy Chicken Tortilla Dump Dinner brought to you by the Food Network!
Locker Clean-Out

If you did not get the opportunity to clean out your locker this summer, please watch your emails for details on how to arrange for locker pick-up and clean-out after the Fall semester begins.

For more information, contact Ken Maxey, Operations Coordinator, at kmaxey@fullerton.edu.

Fitness

Quote of the Month
“Your body can stand almost anything. It’s your mind that you have to convince.”

Fitness Myth of the Month
Spot Reduction

The Reality

Exercising specific muscle groups to “burn” the fat in that area (ex. doing ab exercises to burn fat around your stomach and sides) DOES NOT reduce fat in those specific areas. You cannot choose where your body holds fat, so you cannot choose where to “burn” it. Focusing on reaching a caloric-deficit through steady, reasonable dieting, and a regular workout regimen is more effective in reaching body composition goals.

What is spot reduction?
The claim that fat in a specific area of the body can be targeted and reduced through exercising specific muscles in that desired area.
Summer Drop-in-Fitness

Virtual Drop-in Fitness Classes are still being offered for free online via Zoom! Join us every week for classes like:

- Abs Boot Camp
- Barre
- Guts, Butts, & Thighs
- Low Impact HIIT
- Yoga
- Zumba
- Stretching

Can't make a scheduled class? No problem! View our recorded classes on our YouTube channel any time.

Aquatics

Recognizing and Treating Heat Illness

There are 3 stages of heat illness from least to most severe.

- Heat Cramps (mild)
- Heat Exhaustion (moderate to severe)
- Heat Stroke (severe medical emergency)

Here is a list of fluids in order of effectiveness that should be used for rehydration.

- Commercial sports drink such as Gatorade or Powerade
- Coconut water or milk
- Water
Stage 1: Cramps
If you are experiencing cramps, follow the tips below:

- Cease outdoor activity and move into a cool place
- Hydrate with cool liquids
- Gently rub the cramped area

Once the patient is rehydrated, cooled down, and is no longer experiencing cramping, it is safe to resume activity, but monitor the patient closely.

Stage 2: Heat Exhaustion
Symptoms may include nausea, vomiting, disorientation, flushed skin, confusion, cramping, and rapid pulse. Provide the following care:

- Get into a cool place and remove or loosen restrictive clothing
- Give cool liquids in small amounts, sipping slowly
- Fan and/or cool down with wet towels
- Continue to provide cool beverages, fanning and monitor their condition

If their condition does not improve, or if the person loses responsiveness or goes in and out of responsiveness, call 911 immediately and follow the advice provided.

Stage 3: Heat Stroke
This is a life-threatening condition.

Symptoms may include loss of responsiveness or changing levels of consciousness, inability to sweat, but not because the body has been cooled down, weak, rapid, pulse, confusion, disorientation.

If you or someone you know is experiencing these symptoms, call 911 immediately and provide the following care:

- Provide immediate and rapid cooling
- Place ice packs on body or put the patient in an ice bath
- Fan the patient
- Monitor condition until help arrives

Titan Outdoors
Trail Hikes
Bummed that the gyms are closed again? Don’t worry! We have you covered!

We have a ton of trails in and around Orange County. No matter if you are doing something mellow like Carbon Canyon, or something bigger like the iconic Mt. Baldy, always go prepared. Always take the 10 hiking essentials with you on every outdoor trip you or your friends take!

Keep your eye out for Fall events coming soon! Day trips, live interviews with Outdoor Professionals, and more!

Follow us on social media for more information!
10 Hiking Essentials

Check out these 10 Hiking essentials from U.S. National Park Service. You can check out their page for more in-depth information.

1. Navigation – Map, compass, and GPS system
2. Sun Protection – Sunglasses, sunscreen, and hat
3. Insulation – Jacket, hat, gloves, rain shell, and thermal underwear
4. Illumination – Flashlight, lanterns, and headlamp
5. First-Aid Supplies – First Aid Kit
6. Fire – Matches, lighter and fire starters
7. Repair Kit and Tools – Duct tape, knife, screwdriver, and scissors
8. Nutrition - Food
9. Hydration – Water and water treatment supplies
10. Emergency Shelter – Tent, space blanket, tarp, and bivy

Virtual Summer Programming

Virtual Learn to Swim

Thank you to everyone who participated in the Virtual Learn to Swim sessions!

We hope we provided insight and instruction to help you feel more prepared to teach your child how to swim. All participants and previous Learn to Swim participants will receive an email in the next two weeks with both recorded sessions for you all to view.

Don't forget to view the Water Safety Guides from the American Red Cross under the Virtual Resources tab on our website.
Virtual Titan Youth Summer Camp

Thank you to everyone who joined us for an awesome summer with our Virtual Titan Youth Summer Camp!

Current and past summer participants will receive an email in the next week with access to all the recorded class sessions.

Don't forget to view our At-Home Activity Guides under the Virtual Resources tab on our website.

Intramural Sports

Intramural Sports is back in a whole new way...through eSports! Throughout the Fall semester, we will be hosting month-long leagues and two-week tournaments in games like:

- NBA 2K
- Madden NFL
- FIFA
- Super Smash Bros. Ultimate
- Rocket League and more!
Platforms include (depending on the game):

- PS4
- XBOX One
- Nintendo Switch
- PC

Follow us on social media for more information!

Reminders & Updates

1. **Membership Update**
   - All monthly and payroll memberships were frozen in March. You are not being charged for your membership while the facility is closed.

2. **Facility Update**
   - The Student Recreation Center remains closed until further notice.

3. **Recreation Movement**
   - Sign-up for the 2020 Recreation Movement running all summer long! Help Cal State Fullerton log minutes by following these simple steps.
     1. Visit [2020 Recreation Movement](#)
     2. Create an account using your CSUF email address
     3. Choose and take your class
     4. Log your minutes

4. **F45 Challenge App**
   - The F45 Challenge App is now available for you, for FREE! [Register online](#)
     and follow their daily workouts via your phone, tablet, or computer.

Send us your Feedback

We want to hear from you! If you have any feedback on new programs you want to see from Titan Recreation, let us know by clicking the button above!