December Newsletter

Quote of the Month: “Slow progress is better than no progress”

12 Days of Wellness Challenge

Join our 12 Days of Wellness Challenge where you can enter to win one of four $25 Amazon Gift Cards!

Simply complete 3 or more tasks from each of the following categories: Fitness, Nutrition, Well-Being, & Community.

Then, fill out our short form and DONE!

VIEW TASKS
FILL OUT FORM
Featured Tips of the Month

A “bad” exercise is a commonly used label when debating the efficacy of specific exercises and the potential risks that come from doing them. Are crunches a “bad” exercise because they are “bad’ for your back? Dr. Andy Galpin, Assistant Professor at CSUF, debunks the myth of “bad exercises” and explains there are no bad exercises, just bad applications of that exercise.

WATCH VIDEO HERE TO LEARN MORE...

Choking is the fourth leading cause of accidental death. In 2017 in the United States, 5,216 people died from choking, with approximately 5000 of those persons being elderly. If a person is wheezing, coughing or cannot speak or breathe, how can you help?

READ MORE...

Featured Virtual Drop-in Fitness Classes

Sign-up for FREE virtual Drop-in Fitness classes! No fitness equipment is needed to participate. Recorded classes are also available here.

Hardcore Abs with Taylor
Every Tuesday @ 12PM &
Every Wednesday @ 5:30PM
Click here for more information!

Barre with Andrea
Every Tuesday @ 5:30PM
& Every Thursday @ 6:30PM
Click here for more information!

STRONG NATION by Zumba with Dieanna
Every Wednesday &
Thursday @ 12PM
Click here for more information!

View our Fall 2020 Class Schedule
Featured Programs & Services

10 Tips for Winter Camping

If you plan to head out this season, staying warm and comfortable is a must! This article will provide you with tips on the right sleeping bag, how to have delicious, hot coffee in the mornings, and more!

LEARN MORE...

Why Swimming is a Great Workout

Swimming is a great, total body workout. There are many reasons why swimming is good for you, but here are 10 we felt were important. Remember, you don't have to swim in a pool, you can run, jump, jog, etc. to get a great low-impact workout.

LEARN MORE...

Gear Rental & Local Guide

Rent all our high-quality gear and get outside for a nice hike, camping, or even backpacking! With competitive prices for students and members and a variety of options, we can get you outfitted for the outdoors! Prices start as LOW as $5 for a 4-day rental.

LEARN MORE...

VIEW OUR GUIDE...
Personal Training

Meet one of our Personal Trainers, Jared! Jared has a Bachelor of Science in Kinesiology and has been training for 4 years!

**Specialties:** Strength Training, Athletic Performance, Olympic Weightlifting, and Injury Prevention

December 18th is the last day to sign-up for Fully Fit before we close this program until the Spring semester. You can sign-up for all of your Personal Training services now.

LEARN MORE...

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**December 1-18th: 12 Days of Wellness Challenge**
Join our 12 Day Wellness Challenge from Dec. 1-18th! Enter in to win one of four $25 Amazon Gift Cards!

**December 9th: At-Home Fitness Fundamentals @ 10:45 AM**
A free workshop hosted via Zoom by one of our certified Personal Trainers! Learn how to adapt different household items into makeshift weights, the basics of workout programming, exercise technique, and more!

**December 10th: Guided Massage @ 5:30 PM**
Relax your shoulders, take a breather, and destress before finals week. You will be joined by a Certified Massage Therapist to learn different self and partner-massage techniques that you can use at home.
**Fun Recipe of the Month**

It's the Holiday season...build a not-from-the-box Gingerbread house!

**VIEW RECIPE...**

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**Reminders & Updates**

1. **Join the Alumni Association**
   - 2020-2021 graduates can purchase an alumni membership for only $57! [Become part of the Alumni Association](#) so you can stay a member with Titan Recreation after graduation

2. **Join our Discord Server for all things Intramural Esports**
   - Join other Titan's on our Discord server [here](#)

3. **Virtual Offerings**
   - View all our Virtual Offerings on our [website](#)

4. **Titan Recreation Portal**
   - if you are experiencing any issues with the portal, please email [titanrecreation@fullerton.edu](mailto:titanrecreation@fullerton.edu)

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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!