September 2020 Newsletter

Recipe of the Month

Check out this delicious Healthy Apple Pancakes recipe brought to you by Ambitious Kitchen's 30 Seasonal Recipes to Cook in September!
Fitness

Quote of the Month
“Fitness is not about being better than someone else... it’s about being better than you used to be.”

Fitness Myth of the Month
Soreness as a measurement of exercise efficacy
The idea that a workout wasn’t “good” or “effective” if you do not feel sore afterwards.

The Reality
The soreness that we feel after exercising, known as Delayed-Onset Muscle Soreness (DOMS), is NOT directly correlated to muscular adaptations after exercise. The soreness that people feel after exercise is a result of eccentric (lengthening) muscle contractions. In the short-term, DOMS can actually lower training efficacy because of its demotivating factors towards exercise and its effect on the muscle’s ability to complete work. Therefore, excessive DOMS should not be sought after when working out and should not be used as an indicator of exercise efficacy.

Fall 2020 Drop-in-Fitness

Sign-up for our FREE virtual Drop-in Fitness classes with Titan Recreation!

Classes like:
- HIIT
- Hardcore Abs
- Guts, Butts, & Thighs
- Zumba
- Yoga...and more!

Offer a diverse set of group fitness opportunities to help you with your fitness goals.

No fitness equipment is needed to participate!

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

Drop-in-Fitness Schedule

How to Register: Visit the Titan Rec Portal
1. Sign in with your campus portal
2. Select Virtual Fitness Classes
3. Register!
4. You will receive an email with the Zoom Link 30 minutes before class starts
5. Registration closes 30 minutes before the start of class
Personal Training

Take the next step in your fitness journey with one of our Personal Training Programs!

All of our trainers are certified by a Nationally Accredited Organization to assure you a high level of personal training services.

Check out what we are offering this semester below and sign-up via the Titan Rec portal!

**Generalized Training Program**

As low as $25!

[Click here for more info]

Clients will receive:

- Complete the same 12-week program
- Receive your choice of a light, medium, or heavy resistance band pack
- Have exclusive access to a fitness group to connect with other participants in the program

**Personalized Programming Service**

As low as $50!

[Click here for more info]

Clients will receive:

- Personalized workout program based on your needs and goals
- 1-on-1 weekly progress checks with one of our Certified Personal Trainers

**1-on-1 Virtual Training Sessions**

As low as $25!

[Click here for more info]

Clients will receive:

- 1-hour training sessions with their assigned Certified Personal Trainer to guide you and take you step-by-step through each of your workouts

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**100 Mile Run Club**

Join our 100 mile run club by registering via the Titan Rec Portal! You will receive an email confirmation with the link to join our club on Strava...for **FREE**!

What you'll receive:

- Interaction with fellow Titans
- Exclusive 100 mile club merch

For more information, email our Graduate Assistant, Jordan Garcia, at zz-jordgarcia@fullerton.edu.
Aquatics

First Aid Tip of the Month
Recognizing and providing Care for a Stroke

**Face:** Do you notice drooping of the eyes, cheeks, or lips on one side of the face?

**Arm:** Ask the person to raise both arms. If one drifts downward, on the same side of the drooping face, they could be experiencing a stroke.

**Speech:** Ask them to repeat a simple sentence like “The sky is blue”. If the speech is slurred or unintelligible, then...

**Time:** Note the time the symptoms occurred and call 911 immediately.
Have the person rest in a comfortable position and reassure them that help is on the way. If they lapse into an unresponsive state, check for signs of life and be prepared to administer CPR if needed.

100 Mile Swim Club

100 mile swim is back...on Stava!

Join our 100 mile swim club by registering via the [Titan Rec Portal](#). You'll receive an email confirmation with a link to join the club on Strava...for **FREE**!

Use an app like My Swim Pro? No problem! Both apps can link together.

What you'll receive:
- Interaction with fellow Titans
- Prizes for every 25 miles swam

For more information, email our Aquatics Coordinator, Alison Wittwer, at awittwer@fullerton.edu.
Special Events
Hosted by the Aquatics Department

Virtual Fun Friday

Join us via zoom to play Virtual Bingo and win prizes!

You must be a CSUF student in order to win.

Registration Details:
- opens September 3rd @ 8 AM
- closes September 10th @ 12 PM

Game Night

Join us for our first Game Night of the semester!

Show off your Trivia skills and win prizes!

Registration Details:
- opens September 3rd
- closes September 9th
- Limited to 50 participants

Register before spots are filled!
Be sure to sign up this month for our Couch to Crushing workout series!

This is a FREE 6 week at home climbing-training program starting in October. Don't have any climbing experience but want to change up your routine? This series is PERFECT for you!

What You'll Get:

- 4 days of programming per week
- FREE pinch block with sign-ups to help you train from home
- Cardio days, HIIT classes, Pull up exercises, and more!

For more information, email Michael Brown, our Rock Wall and Outdoor Adventure Coordinator at michaelbrown@fullerton.edu.
Talks of the Wild Series

Join Titan Outdoors for our Talks of the Wild Series on Instagram Live!

Blake Cason is a smile-out-loud kind of lady. Blake has been teaching and coaching since 2005 in a wide range of capacities. From sexual health communication to meditation to intuitive eating, none of the topics Blake addresses could be called "easy." Log on and be ready to do some mindfulness activities and learn how to fully be present in your outdoor experiences.

Join Titan Outdoors for our Talks of the Wild Series on Instagram Live!

Join us as we chat with Sarah Kat, an Accomplished backpacker, #vanlifer, and Acro Yoga instructor. Sarah is a high-spirited nomad that believes in the power of play! She is a Certified LIFT School of Acrobatics Instructor, a YogaSlackers Teacher, a RYT 200, and WFR. We will chat about how she got involved with all these activities, how she balances them, and how you also can also dream big!
Hiking Club

Join the Titan Outdoors Hiking Club!

We provide 9 local hikes, varying in degrees of difficulty in distance and elevation change.

Register via the Titan Rec Portal to receive the link to the club on Strava!

What you'll receive:

- Chance to enter our photo contest to win outdoor gear
- Be entered to win a National Park Annual Pass
- A way to relax and have fun outside!

Email any pictures you take on your hikes to michaelbrown@fullerton.edu to be entered in our hiking club photo contest.

Intramural Sports

F-SPORTS

REGISTRATION FOR ALL LEAGUES AND TOURNAMENTS NOW OPEN!

Registration is free
Register online at titanrecreation.fullerton.edu
Sign-up on imLeagues.com*

*waivers must be signed in order to participate
Registration for Intramural Esports is now open!

Register for free on the Titan Recreation portal. Once registered head to IM Leagues to sign-up and compete in our leagues and tournaments for games like:

- NBA 2K20, FIFA 20, Madden NFL 20
- Rocket League
- League of Legends
- Super Smash Bros. Ultimate
- Call of Duty: Warzone

Winners of all of our leagues and tournaments will receive exclusive champion merchandise.

Register now for our Super Smash Bros. Ultimate tournament. Registration closes on Friday, September 11th @ 11:59PM.

Be sure to stay connected to imLeagues and our Titan Recreation social media accounts for more updates!

Reminders & Updates

1. Locker Clean-Out
   - If you did not get the opportunity to clean out your locker during summer, please be on the lookout for information regarding locker clean-out via email.

2. Titan Recreation Portal
   - If you are experiencing any issues with the portal, please email titanrecreation@fullerton.edu.

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

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

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!