Whether you are headed to a 4th of July party, or just hanging at home this holiday weekend, here are some Health & Fitness Tips to keep you on your game!

**Wear Sunscreen:** Sun is a great way to absorb some healthy Vitamin D, but don’t forget the sunscreen. Studies show that sunburns increase risk of skin cancer by 12 times!

**Eat Light:** Make the most of light fresh salads and try grilling your foods!

**Hydrated all day:** July is hot so make sure you drink plenty of water to keep your body from overheating, and TRY to cut back on the caffeinated and sugary drinks that dehydrate you. Don’t forget to snack on fresh fruits that not only hydrate you but are full of vitamins, fiber and water.

**Keep Hot food Hot and Cold food Cold:** Food should be kept at the recommended temperatures to protect from harmful bacteria! So, keep cold foods cool over ice and store hot foods ASAP that are not consumed after your mealtime.

**Play Outside:** Play your favorite lawn games as it encourages everyone to be active and fit!

**Skip the Sugary Stuff:** Cut up strawberries and melon or grill peaches, pineapple or bananas to satisfy your sweet tooth without adding unnecessary processed sugar.

**Make Your Drinks Healthy:** Try to whip up some home-made iced tea sweetened with agave nectar, or
Chicken-Orzo Salad with Goat Cheese

Ingredients
1 1/4 cups uncooked orzo (rice-shaped pasta)
3 cups chopped grilled chicken breast strips (such as Tyson)
1 1/2 cups trimmed arugula
1 cup grape tomatoes, halved
1/2 cup chopped red bell pepper
1/4 cup pre-chopped red onion
2 tablespoons chopped fresh basil
1 teaspoon chopped fresh oregano
2 tablespoons red wine vinegar
1 tablespoon extra virgin olive oil
1/8 teaspoon salt
1/8 teaspoon black pepper
6 tablespoons (1 1/2 ounces) crumbled goat cheese

1. Cook pasta according to package directions, omitting salt and fat; drain well.
2. Combine pasta, chicken, and the next 6 ingredients (through oregano) in a large bowl; toss well.
3. Combine vinegar, oil, salt, and black pepper in a small bowl, stirring with a whisk. Drizzle vinegar mixture over pasta mixture; toss well to coat. Sprinkle with cheese.

Meet Kylene!
This fall will be my 5th anniversary working at the law school. I started off as a front desk associate while I was in graduate school, and then got hired as a Certified Personal Trainer upon completion of my Master’s Degree in Exercise Science. In addition to training, I also teach a circuit based group exercise class once a week, called Body Blast. Over the 5 years I have worked here, I have come to know some of the regular members pretty well so I love catching up with them during their time at the gym.

Outside of work, I like to spend my down time bike riding, training for running races, trying new restaurants, traveling, and spending time with my friends and family.

The **Tour de France** begins on Saturday July 2nd and runs through July 24th. You don’t have to be a professional cyclist to take our Cycle classes though! Summer is generally much slower for us here at the Sport & Fitness Center, so if you’ve been holding off on trying it out, now’s your chance to experience a small, but focused class. All of our Cycle instructors can help you set up your bike to fit your frame. These 30 and 45 minute classes are a great way to get your cardio in (and bring out your inner cyclist), especially on those stormy summer days!

- Monday: 4:30-5:15pm
- Tuesday: 12:15-12:45pm
- Wednesday: 5:45-6:30pm
- Thursday: 12:15-12:45pm

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**Member Highlight**

**Judge William Pryor**

William Pryor has been a member of the facility for 11 years. A 1959 graduate of the law center, he later became an adjunct professor. Judge Pryor was appointed to the local trial court by President Lyndon B. Johnson in 1968 and to the court of appeals in 1979 by President Jimmy Carter.

He comes to the facility regularly and enjoys every visit. He has always been an active person and loves exercise. He uses his time at the gym as a release from his day to day work.
Please note that the entire building closes at the given time, including the locker rooms. Please plan your work out and locker room usage accordingly.

The pool closes 15 minutes before the rest of the facility.

Summer Hours of Operation

Sunday: 9:00 AM — 6:00 PM
Monday: 6:30 AM — 9:30 PM
Tuesday: 6:30 AM — 9:30 PM
Wednesday: 6:30 AM — 9:30 PM
Thursday: 6:30 AM — 9:30 PM
Friday: 6:30 AM — 8:00 PM
Saturday: 9:00 AM — 6:00 PM

July 4th Holiday Hours of Operation

Saturday, Sunday & Monday, July 2-4: CLOSED

Regular hours will resume on Tuesday, July 5th. Group exercise classes will also resume on the 5th.

Please have a safe and happy holiday with your friends and family!

Contact Us:
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