Summer Walking Challenge!

We hope you have been keeping track of your steps! The walking challenge has one final event in August:

**August 5th @ 12 PM:** Walk to the Washington Monument!

The challenge ends **August 10th** so make sure all your steps have been recorded in the American Heart Association app!

On **Wednesday August 12th**, the winners of the challenge will be announced. Join us from 12:30 - 1:30 in the Sport & Fitness Center lobby for raffles, snacks, & awards! See you there!

Trying to Beat the Heat?

Sometimes when the humidity is high and the sun is beating down on the pavement, the appeal of a workout outdoors, seems to disappear rather quickly. So why not take your workout to the pool?

**Try these workouts:**

**Lap Swimming:** 2,000 yards
- 500 warm up
- 6x50s: Kick @ :10 seconds rest
- 5 x 100s: Freestyle @ :15 seconds rest
- 12 x 25s: Breathing every 3 or 5 strokes @ :10 seconds rest
- 1 x 400 cool down

**Water Aerobics:** 20 minutes
- Aqua Jog: 5 minute warm up
- Repeat 2 times:
  - 20 Deep Water Jacks
  - 20 Chest Flys
  - 20 Back Flys
  - 2 minutes of traveling chair pose

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Ask the Trainer:

Q: I am tied to my desk for 8 hours plus every day. How can I make the most out of a workout at my desk?

A: To start, I would recommend adding your workout to your calendar and scheduling just like you would a work meeting.

If you do that already and still find you’re working instead of exercising during that time, then try to do incorporate some exercises at your desk.

Get creative! On a conference call? No one knows you’re doing squats, push ups, and & planks while you wait for your turn to speak. Body weight exercises are great way to work up a sweat just about anywhere.

Another easy addition, is to use a stability ball as your chair. It keeps your core muscles engaged and plus you can use it for other body weight exercises while you’re on those long conference calls. Think crunches, leg curls, reverse lunges, etc. Also inquire as to whether getting a standing desk or treadmill desk is an option. Both are great alternatives to a regular desk where you are seated all day.

Most importantly, kept up every 20-30 minutes and walk around for a few minutes. It keeps your muscles from getting too tight and gives your brain a break from staring at your computer screen.

Avocado & Lump Crab Salad:

Ingredients:
- 1 medium Hass avocado (about 5 oz avocado)
- 4 oz lump crab meat
- 2 tbsp chopped red onion
- 1 1/2 tbsp fresh lime juice (from 1 lime)
- 1 tbsp chopped fresh cilantro
- 2 grape tomatoes, diced
- 1/2 tsp olive oil
- 1/4 tsp salt and fresh black pepper

Directions: In a medium bowl, combine onion, lime juice, cilantro, tomato, olive oil, 1/8 tsp salt and fresh pepper, to taste. Add crab meat and gently toss. Cut the avocado open, remove pit and peel the skin or spoon the avocado out. Season with remaining 1/8 tsp salt and fill the avocado halves equally with crab salad. This makes 2 servings.

Recipe from: skinnytaste.com

Member Highlight

Meet Taylor, a current Georgetown Law student who is regular at the Sport & Fitness Center! In fact, he usually the first member to check-in on a daily basis.

Asked what he enjoys most about his workouts at the Sport & Fitness Center, Taylor said, “The staff is always friendly and accommodating no matter what time of day. The facilities are high quality and always very clean & organized. The basketball courts are a great place to play pick-up and I have enjoyed the intramural leagues. Working out is an important part of my routine and it helps me take a break from law school. I am glad to be able to be a member and have the Fitness Center on our law campus!”
The Benefits of Group Exercise:

When people first join a gym they are often unsure of where to start. Some are lost as to how to perform exercises properly, which exercises they should be doing, and/or how much weight they should be using.

Group exercise is a good introduction to the gym because it offers beginner participants a foundation and structure for their workouts. Plus, for those who are old gym rats it offers some workout variety and a technique refreshers!

Here are our top reasons why YOU should join US in the group exercise studios:

1. **Motivation**: It is inspiring to be around like-minded, hard working individuals. The instructor offers their own words of encouragement, the music gets you into a rhythm, and the people build off one another's energy.

2. **Structure**: The instructor has done all the work for you. They coach you through the warm-up, workout, and cool down. No planning involved on your part.

3. **Proper Form**: The instructor is there to show you proper form as well as make sure each individual is executing the exercise the correct way. This prevents injury and teaches you proper technique.

4. **Variety**: Gyms purposely offer a plethora of different classes. They want you to try them all because each one is designed for something different whether it be cardio, strength, stretching, etc. Mix it up.

5. **Accountability**: The more you come to group exercise classes the more instructors and other students get to know you. Participants hold one another accountable as well as instructors asking where you’ve been. It builds team morale and makes it more likely you’ll keep coming back.

6. **Fun**: The music is bumping, the instructor is motivating, and the participants are pushing each other. There is nothing like it!

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Meet Rhonda

Rhonda has been working at the Sport & Fitness facility for four and a half years as the Assistant General Manager. She is famous for her killer group exercise classes! If you haven’t taken a class with Rhonda yet, you haven’t been fully initiated into the Georgetown Law community.

Outside of work, she enjoys spending her down time catching up with friends over good food and even better wine. She also likes to escape the city life and head to the Jersey shore for the weekend!

She is currently studying for a PhD in Health Psychology, which she hopes to tie in with her work here at the Law Center. Her primary interest in the field is looking at how exercise can improve cognitive functioning and slow the decline of loss.
**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

**Fall Semester Hours Begin Monday August 31st**

- Sunday: 9:00 AM — 8:00 PM
- Monday: 6:30 AM — 10:30 PM
- Tuesday: 6:30 AM — 10:30 PM
- Wednesday: 6:30 AM — 10:30 PM
- Thursday: 6:30 AM — 10:30 PM
- Friday: 6:30 AM — 8:00 PM
- Saturday: 9:00 AM — 6:00 PM