FITNESS MATTERS

Georgetown Law Sport & Fitness Center

January 2015

Remember Why You Started

In This Issue

- Locker Promo
- Making Time for Exercise
- Dean’s Challenge Events
- Meet Jabari
- Member Highlight
Keep Your New Year’s Resolutions:

January has arrived and so have all the signs, ads, commercials, etc. encouraging a “new year, new you.” About 50% of Americans make a New Year’s resolution and of those who do make a resolution only 1 in 8 see it through for the entire year. The most popular resolutions, according to the University of Scranton’s study, are to lose weight, get organized, and spend less, save more.

Let’s tackle how to be successful with a fitness related resolution. Whether it is losing weight, starting an exercise program, signing up for a race you’ve never done, or anywhere in between you need a game plan. Bumps in the road will come so having a plan to tackle them is always best.

1. Set Short Term Goals: Hitting benchmarks keeps your motivation up
2. Buddy System: Having someone else hold you accountable makes you more likely to go than to skip
3. Put it in your Calendar: Just as you would a meeting or a social engagement, block out time for exercise
4. Get an App: Log miles, calories eaten and burned, etc. Tracking is a constant reminder and holds you accountable. The numbers don’t lie.
5. Celebrate small victories: Positive reinforcement keeps you going! Just make sure your celebration isn’t counterproductive to your goal (ie: no chocolate cake after you hit your first weight loss goal)

Have a New Years Resolution you would like to share with us? It doesn’t have to be health / fitness related. Share it with us on our Facebook page, Georgetown Law Sport & Fitness Center or on Twitter @GtownLawFitness. We would love to hear from you and support you along the way!

Member Highlight:

Jay Thomas

A member of the faculty since 2003, Jay joined the sport and fitness center shortly after it opened. Among his more memorable moments at the fitness center was falling off the stair climber in plain sight of several of his students. Not to be discouraged, Jay has since mastered the art of the stair climber. All the same, he prefers to do his strength workouts at home, unobserved by more able-bodied members of the J.D. class.

Jay is best known to sport and the fitness staff as the “grammar police.” Always offering his kind grammatical corrections to the wordings of various signs posted around the facility. Thus, we could think of no one more deserving of our first faculty member highlight than Jay!

*Side note: Jay was disappointed to learn that no actual privileges come with this honorable selection.

Little Lawyers Swimming Laps!

Year-round group swimming lessons have finally made their way to the fitness center pool. The program was created for children (ages 4+) to participate in our acclaimed Saturday morning swim program.

We encourage all faculty, staff and students with children to join the program. It is available to all members and non-members of the fitness center. We have taken a different approach to teaching swimming by providing:

- Weekly progress reports with an update on how your child is doing. Along with home work and refrigerator reminders.

- Smaller class sizes that will allow your children to focus.

The program has gone off without a hitch. Current class slots filled and a considerable waitlist is growing for February!

The program was created to be a building block for your child’s future. We provide four levels of instruction.

Mommy & Me, Jurorfish, Lawyerfish, Judgefish

To register for group and private swimming lessons email: BJW63@law.georgetown.edu
February Hour Changes

President’s Day Monday 2/16: 10:00 AM - 6:00 PM

Spring Semester Hours of Operation

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 — 5:00 PM