THE DEAN’S CHALLENGE IS HERE!

The 12th Annual Dean’s Challenge is finally here! Registration will begin January 20th and will close January 29th. This 5 week event is designed to help you learn more about health and wellness, and maybe even find a new form of exercise, or help you develop a new healthy habit. The staff of Wellness Promotion and the Sport & Fitness Center have worked hard to put together a great program for you. It is free to sign up, and upon completion, you will receive a t-shirt, along with the chance for some fun prizes! Not to mention that you will have hopefully picked up a healthy habit or two...the best prize of all! Watch out for signs about registration, or mark the dates below into your calendar. A fun-filled Event Calendar will be released shortly!

DEAN’S CHALLENGE REGISTRATION

Wednesday, January 20th: 3:30-5:30pm in the lobby of Sport & Fitness

Thursday, January 21st: 1:30-3:30pm in the Chapel Area

Or: Anytime after Wednesday, January 20th but before January 29th at the front desk of Sport & Fitness
Meet Jason!

Jason has worked at Sport & Fitness since it opened in 2004. He has been here in various positions, including General Manager since 2011. He has a Bachelor's degree from James Madison University in Health Assessment and Promotion with a concentration in Nutrition.

Jason holds NFHS certifications in officiating basketball and soccer as well as a Grade 7 USSF referee.

He also plays on area tennis teams and on the weekends can be found spending time with his wife and their dogs at local parks.

ASK THE TRAINER

Q: I am brand new to the gym and so intimidated! I don’t know where to start, but I’m too afraid to ask questions. What should I do?

A: Yes, the gym can certainly be intimidating! If you don’t want to think about a routine at all, maybe a personal trainer is the best bet for you! They put a personalized workout together and take you through it so all you have to do is show up and work hard!

If that’s not for you, some basic guidelines are below:

♦ Start small! If you’ve never exercised, try walking on the treadmill for 30 minutes a day. As that gets easier, increase your pace. As that get easier, maybe try to jog for 5 minutes, then 10, and so on. You have to start somewhere!

♦ Consider weight training. Even if you aren’t sure what to do on your own, try taking a group exercise class! This is an excellent way to learn the basic movements and form. AND, group exercise classes are included in your membership at no extra charge!

♦ Intensity is important. If you can read a book or talk comfortably throughout your entire cardio workout, you’re not making the most of it. It’s true: anything is better than the couch. But one hour of leisure cardio while reading or chatting with your friend doesn’t mean you can have that Venti frappuccino with extra whipped cream or the extra piece of cake at the party.

♦ Don’t forget to stretch! Flexibility is so important and often forgotten. While so many of us sit at a desk all day, our posture and muscles suffer. If you struggle in making time specifically for this, try taking a Yoga class. An hour of stretching and relaxing the mind will send you off in a positive mood!
Thinking about your fitness-related New Year’s Resolution? Here’s some tips to get you started:

⇒ 150 minutes of moderate intensity cardio per week (or 75 minutes of vigorous intensity)
⇒ Resistance training —> 2x/week
⇒ Flexibility training 2x/week

*This is the minimum recommendation for healthy adults by the ACSM. Please consult a physician before beginning any exercise program*

Would you rather a more specific workout program?
Contact Rhonda Bompensa at rbd37@law.georgetown.edu to be set up with a personal trainer.

NEW YEAR’S RESOLUTION TIME!

January is the time of year when many people try to make changes in their life. The trick is transitioning these changes into a habit! It’s a well-known fact that many people choose to start a diet or a workout program as their New Year’s Resolution, which is why you’ll see a lot of new faces at the gym in January! Try not to get annoyed though.

Let’s celebrate the fact that so many people are trying to be healthier!

So if you have to wait an extra 5 minutes for a machine, try getting some stretches in while you wait! Flexibility is an often-overlooked part of wellness. ;-)

MEMBER HIGHLIGHT

Meet Mariko! Mariko Cool works in the J.D. Academic Services Office. About the time she turned 39, she decided she wanted to be able to do a push-up. That took a few months of group exercise classes (and a progression of wall-, chair-, and stair-push-ups) and by that point she was hooked. Four years later, she looks forward to her gym time as a fun way to get a boost of energy, burn off stress, and learn new things. And, she can do push-ups, for the first time in her life! When she is not at work or the gym, she loves to read, knit, and hand-sew tiny things, like this quilt, which she plans to be working on for the next few years.
Regular 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 — 6:00 PM

*These hours will begin on Saturday, January 2nd*

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.

JANUARY HOLIDAY HOURS

Friday, January 1st: New Year’s Day—CLOSED

Monday, January 18th: Martin Luther King, Jr. Day—CLOSED

Contact Us:
600 New Jersey Ave NW
Washington, D.C. 20001
(202)-662-9294

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