Letter from the Director:

Fellow Recreation enthusiasts!

Now is an exciting time of growth and progress for UAB Campus Recreation. To say we’ve grown is a bit of an understatement. Once a small staff, our department physically grew when eight new professionals became part of our team.

In addition to staff, the philosophy of Campus Recreation has grown dramatically as well. As a department we gained a physical structure...an all-encompassing fitness and wellness facility that we can offer to the University community. We are not just offering programs and services; we are changing people’s lives.

As many of you may already know, the new facility has experienced a construction delay. At first this delay seemed unfortunate, but as a staff we began to see the situation as an opportunity.

Our new opening date is Monday, May 9, 2005 - the beginning of a new semester. A new semester always marks new beginnings, new opportunities, and new dreams. Join us as we live this dream!

In closing, I thank each one of you for embracing the Campus Recreation philosophy. You are the pioneers of this facility and it is yours to experience and enjoy.

Welcome to Your Campus Recreation Center!

Brian Cooper

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CONSTRUCTION UPDATE

Pardon our dust as we construct a premier site for the UAB faculty, staff, students and alumni to exercise your right to fun, fitness and a healthy lifestyle. Each newsletter we will update you on the progress of YOUR new Campus Recreation Center as we countdown to the opening date. Our goal is to provide you with the latest updates each month so that you are the very first to see the project take shape each and every step of the way.

The $25 million dollar facility covers one city block, spans four levels and encompasses 150,000 total square feet. Once inside, you will find high ceilings, plenty of natural light and activity areas that meet the needs of all participants regardless of fitness level.

To date, the project is 95% dried in, and the contractors are now working on the finishing touches. As you can see from the pictures, the floor in the four-court gymnasium is laid and all basketball hoops, scoreboards and court dividers are mounted. Most of the walls throughout the facility have been painted and the stairways, counters, ceilings and lighting fixtures are being installed currently. Extensive work has been done in both the men’s and women’s locker rooms as most of the lockers are in place and tile for the shower walls has been set.

The Campus Recreation Center will open May 9, 2005. Keep your eye out for more exciting details as they become available!
HEALTHY COOKING!

HEART HEALTHY HOLIDAY TREATS

EATING HEALTHY DURING THE HOLIDAYS CAN BE TOUGH! HERE IS A GREAT TASTING AND HEALTHY RECIPE TO TRY THIS HOLIDAY SEASON!

APRICOT BAKED APPLES 
(SERVES 8)
8 Rome apples, cored (or other baking apple)
3/4 cup apricot preserves
1/2 cup raisins
1/4 tsp ground ginger
1/4 tsp ground cinnamon
Preheat oven to 375 degrees.
Mix apricot preserves with next 4 ingredients. Spoon apricot mixture into apples. Place apples in baking dish. Add 1/2 inch of water. Bake at 375°F for 45-60 minutes, basting frequently.

SERVE HOT.

NUTRITION INFORMATION PER SERVING: 185 CALORIES, 0G PROTEIN, 0G CARBOHYDRATE, 0G FAT, 0MG SODIUM

*$http://www.fcuk.org/health/recipes/christmas.html

LOOK FOR MORE GREAT RECIPES AND HEALTHY COOKING TIPS IN UPCOMING ISSUES!

Ask Dr. JOSH!

Dr. Joshua C. Klapow is an Associate Professor in the Department of Psychology (Social and Behavioral Sciences, UAB), and the Department of Health Care Organization and Policy (School of Public Health, UAB). Dr. Klapow is the Director of the Health Outcome Assessment Unit in the UAB Center for Outcomes and Effectiveness Research and Education (COERE). He also serves as a behavioral science consultant to the World Health Organization. He is the co-host of Healthy Habits, a weekly health and behavior segment on Alabama ABC 33/40. Dr. Klapow is a licensed clinical psychologist. He received his Ph.D. in clinical psychology with a specialization in Behavioral Medicine from the University of California, San Diego in 1995.

How do I maintain my exercise routine throughout the holidays?

-Discouraged in December

The key is to not stop all together. If you let your workouts go completely over the next couple of months then you will find yourself starting from scratch in 2005 and you don’t want to do that!! Here’s how to get S.M.A.R.T.™:

Your S.M.A.R.T.™ Exercise Plan

Setting a holiday exercise goal. This is your most critical step! What realistically can you do during the holiday season? Make sure your goals fit with the reality of your holiday schedule. It’s far better to set smaller goals that you can reach than to set goals you will never achieve.

Monitor your actions. Now is the time to keep track of things. Because your schedule is going to change over the next two months it’s important to keep track of the days you worked out. Get a calendar and mark off each day that you got the workout in.

Arrange the calendar for exercise success. Look at the major holiday periods on your calendar. Mark when you are going to exercise in and around those times. Don’t kid yourself, if you know you won’t fit in a workout the week of Christmas, then schedule exercise right before and right after. Again, it’s better to reach your goals than set goals you can’t achieve.

Recruit a support team. Research shows that having support, be it family, friends, coworkers, etc. will help you stick with your program. So get people on board. Tell them you’re trying to stick with an exercise program and that their support and encouragement is critical to your success. Show them any progress you have made and thank them for their help.

Treat your actions. Finally, reward your exercise commitment by enjoying the holidays and indulging a bit. You may not work out as hard as your use to, but remember, if you can stick with a light program then all you’ll have to do is kick it into high gear after the holidays. If you stop completely, then 2005 will mean starting all over again. It’s much easier to increase the intensity of your workouts than start from scratch.

So be S.M.A.R.T.™ about your exercise program and you will head into 2005 on a healthier and happier note. Happy Holidays!
CONGRATULATIONS!
Each year The President’s trophy is awarded to one women’s and one men’s team who have accumulated the most points during 2003-2004 academic year. This year PI KAPPA PHI was awarded this honor for the men and LADY X was honored for the women! Great Job teams!

We had a record number of flag football teams this year at 81 and 6v6 Volleyball teams at 45.

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TRIP
*Ski Sugar Mtn, NC
*Jan 14-17
Student $225, F/S/Alum $235, Other $245

*Tumbling Rock Wild Cave, AL
*Feb 19
Student $35, F/S/Alum $40, Other $45

*Hike Walls of Jericho, AL
*March 4
Student $8, F/S/Alum $10, Other $13

Dates
Meeting
Depart/Return
Jan 14-17
Jan 7
3 pm/10pm

Student $225, F/S/Alum $235, Other $245
Feb 19
Feb 17
8am/10pm

Student $35, F/S/Alum $40, Other $45
March 4
March 1
9am/10pm

Student $8, F/S/Alum $10, Other $13

When the possibility of a new Recreation Center was discussed it was very exciting. To actually see it become reality has been a dream come true." -Jannette Rainey

Contact our staff!
205.934.8224
fax 205.934.8070
132 Hill University Center
1400 University Blvd.
Birmingham, AL 35294
Business Hours:
Mon-Thur 8 a.m.- 6 p.m.
Friday 8 a.m.- 5 p.m.
Membership Line
205.996.5374

STAFF STATS

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KEN DUNLAP
Recreational Sports

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JENNIFER MEDLOCK
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*Previous job: University of Alabama for 16 years as Assistant Director for Recreational Sports

*Previous job: Facilities Coordinator at Bell/Wallace P.E. Complex

*Double Honors Program, B.S. History/Psychology- University of Alabama at Birmingham

*Previous job: Graduate Assistant for Marketing & Public Relations University of Southern Mississippi Recreational Sports

*M.S. Economic Development- University of Southern Mississippi

DONALD SANDERS
*Previous job: Graduate Assistant for Marketing & Public Relations University of Southern Mississippi Recreational Sports

*M.S. Sports Administration- Central Washington University

“...
In an effort to meet the needs of our membership that have children, the following details the Campus Recreation Center’s policies regarding dependants.

As defined by the Office of Campus Recreation, for the purpose of accessing the Campus Recreation Center, a dependant is: anyone 18 years of age or younger where a parent or legal guardian and dependant relationship exists. The member will be asked to produce evidence that this relationship exists (copy of birth certificate) at the time he/she completes the minor waiver form. The maximum age for this relationship to exist for Campus Recreation Center membership purposes is 18 years of age.

**Level of Access**

**Age 0-3:** Are not permitted in any areas of the Campus Recreation Center unless on a tour of the facility.

**Age 4-12:** Are permitted to use the Kids Zone.

**Age 6-15:** Are permitted into all areas of the Campus Recreation Center (except the weight rooms and cardio fitness areas) with direct parent/guardian supervision* during the hours of:

- Fridays 5:00pm – 9:00pm
- Saturdays 8:00am-9:00pm
- Sundays 11:00am-5:00pm

*Direct supervision is defined as being in the same room no further than 20 feet apart. Parent/legal guardian MUST be actively participating in the same activity as the dependant i.e., playing basketball together, playing racquetball together, swimming together, etc. This does not mean that the parent can be, for example, in a group exercise class while the dependant sits along the wall and watches.

**Age 16-18:** Are permitted into all areas of the Campus Recreation Center with indirect parent/guardian supervision* during the hours of:

- Fridays 5:00pm – 9:00pm
- Saturdays 8:00am-9:00pm
- Sundays 11:00am-5:00pm

*Indirect supervision is defined as: parent/legal guardian must be in the facility at the same time as the dependant, however both are not required to be in the same area.

*Days and hours of children’s access may be expanded during holidays and semester breaks.

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**2005 Spring Schedule**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>7:30</td>
<td>Mat Pilates</td>
<td>Mat Pilates</td>
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<tr>
<td>8:00</td>
<td>Yoga</td>
<td>Yoga</td>
<td>Yoga</td>
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<tr>
<td>8:30</td>
<td>Hi-Lo</td>
<td>Hi-Lo</td>
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<tr>
<td>9:00</td>
<td>Ballet</td>
<td>Ballet</td>
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<tr>
<td></td>
<td>Conditioning</td>
<td>Conditioning</td>
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<tr>
<td>9:30</td>
<td>Jazz/Funk</td>
<td>Jazz/Funk</td>
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<tr>
<td>12:15 p.m.</td>
<td>Interval Express (30 min)</td>
<td>Interval Express (30 min)</td>
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<tr>
<td>2:00</td>
<td>Tae Kwon Do</td>
<td>Tae Kwon Do</td>
<td>Tae Kwon Do</td>
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<tr>
<td>3:00</td>
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<tr>
<td>4:00</td>
<td>Pure Strength</td>
<td>Step</td>
<td>Pure Strength</td>
<td>Step</td>
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<tr>
<td>5:00</td>
<td>Step</td>
<td>Mat Pilates</td>
<td>Step</td>
<td>Mat Pilates</td>
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<tr>
<td>6:00</td>
<td>Kickboxing</td>
<td>Yoga</td>
<td>Kickboxing</td>
<td>Yoga</td>
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<tr>
<td></td>
<td>Rhythm &amp; Motion</td>
<td>Boot Camp</td>
<td>Rhythm &amp; Motion</td>
<td>Boot Camp</td>
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</tbody>
</table>

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**Cost:**

- $30 per class for students, faculty, and staff.
- $20 for T/R 12:15 p.m. Interval Express
- $40 for T/R/F 8 a.m. Yoga

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**2005 Spring Schedule**

**UNIVERSITY FITNESS**

**Information:** Classes are limited to 10 participants and pre-registration is required.

- Please call 934.8224 or visit HUC 132 for more information!

- Classes begin January 10th and conclude April 22nd.
- All classes meet in Sorority Square Room #1

- Classes will expand with opening of Recreation Center

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You **SWIM**

You **SWEAT**

You **STORE**

RESERVE your locker NOW!

996.5374

FIND a **FITNESS TIP**

Don’t forget to stretch for at least 15 minutes before any strenuous exercise to avoid muscle injury!