Breast Cancer Awareness Month

Meet the Operations Department

Fitness Spotlight: Erik Lege

Join the Campus Rec Pros & Learn About Their Goals and Purposes.

Learn About our Rec. Sports Department

2014 Health and Wellness Fair

October’s Upcoming Events
Welcome back Tigers! As we gear up for another fun-filled year and officially launch our first newsletter for the semester, I would like to take this time to share with you what to expect from us and what we would like to expect from you here at the Rec. One of our goals is to offer quality services to our TSU community through well planned out activities, sports, and events that promotes lifelong health and wellness and encourages an active lifestyle for all diversities. We will continue to strive to provide the best customer service and welcoming environment to our members. However, like every establishment there are policies and procedures all must follow to maintain a safe environment. Reminder: Make sure to always present your valid Tiger 1 id to gain access to the facility. Once you are verified as a current student you will be assigned a key tag which can be used to enter the facility, check out equipment, and even register for scheduled events. I look forward to an exciting, adventurous, and healthy academic year!

Sincerely,

Ms. Iisha D. Voltz
Recreation Services Program Director

“Fitness is not just exercise it’s a Lifestyle.”
Are you ready?
Hello Tigers!

The operations department in the Recreation and Wellness Center is dedicated to making sure that you all have a functional, well operating Recreation Center. Our job is to provide you with the best experience possible each and every time you come to use YOUR facility.

Our rec center has numerous activities to keep our members healthy and fit; you can stop by the front desk of the rec center to inquire about the activities that are taking place every week. We also offer memberships to faculty, staff and community members at a reasonable price.

The pro shop is located at the front desk of the recreation center where you can buy fitness supplies such as duffel bags, water bottles, hats, shirts, protein packs and much more.
Breast Cancer Awareness

October, it’s time to paint the town pink! It’s October, and we all know what that means: pumpkin carving, dead leaves, cold weather, and National Breast Cancer Awareness Month! Aside from Skin Cancer, Breast Cancer is among the most common cancer for women and the Second leading cause of death in women after Lung Cancer. In fact, it is estimated that about 1 in 8 women will develop breast cancer in their lifetimes while a whopping 1 in 36 women will die from breast cancer. Among these women, Black women hold the highest mortality rate and are more likely to die from breast cancer than any other race.

Breast Cancer originates from the overgrowth of abnormal cancerous cells in the breast tissue but can be easily spread to other parts of the breast. The most common type of breast cancer is Ductal Carcinoma, a non-invasive early stage of breast cancer, which affects the milk ducts, or thin tubes that carry breast milk to the nipples. Another type of breast cancer includes Lobular Carcinoma, a more invasive cancer which originates in the lobes of the breast where milk is produced. This is important because, depending on the origin of the disease doctors will know whether or not invasive treatment is needed.

While some women show no symptoms of breast cancer, common symptoms include: nipple discharge, lumps in the breast or underarms, breast pain, or change in the shape or size of breast. Women between the ages of 50-74 are advised to get screened for breast cancer every two years. And, while breast cancer is less common in men, men are advised to start their biannual Breast Cancer screenings as early as age 35.

While helpful, screening will not prevent Breast Cancer but may help to reduce the risk of breast cancer dramatically. Other prevention tips include: limiting alcohol to no more than one drink per day, breast-feeding, staying physically active, limiting the duration of hormonal therapy to no more than five years and controlling weight, as obesity increases the risk of obtaining breast cancer.

In addition, it is extremely important to eat a balanced diet filled with fruits and leafy green vegetables such as spinach and kale, which contains large amounts of antioxidants. Other foods that may ward off cancer include: garlic, berries, tomatoes, cruciferous vegetables such as broccoli, cabbage and cauliflower, whole grains, and green tea.
The Campus Recreational Professionals ("REC PROS") are the voice of TSU Rec. members who utilize the campus recreational facility. Membership is restricted to currently enrolled students, staff, faculty, and TSU rec. members. Each student, Graduate or undergraduate must be currently enrolled and have a cumulative GPA of 2.0. For more information about the club please contact Jessica Allen at allenjl@tsu.edu.

Upcoming Events

- Community Service Days

  Houston Food Bank - October 28, 2014
  8 a.m - 12 p.m

  MS Walk - November 9, 2014
  8 a.m - 12 p.m (Set-up) 12 p.m - 4 p.m (Breakdown)
On September 17, 2014 the TSU Recreation Center and Health Center held its annual Health and Wellness Fair. For the last thirteen years TSU Recreation Center and the Health Center have worked hand and hand with the community and different vendors every year to make sure that each TSU family member is heading down to the right path towards a healthy lifestyle. This year, thirty eight vendors participated in the event. They provided a variety of informative services and health screenings to our visitors free of charge. The students walked away with knowledgeable facts and valuable health information. The fitness and wellness staff also provided group exercise demonstrations of their respective classes. This year’s event was a huge success and it brought a change in students and community guests who were eager and determined on “Enduring the Path to Health”. TSU Recreation Center looks to educate students on strength and development in every area of their lives. The effort to reform public education has been gaining momentum. Each year this event has brought about positive changes and we look forward to the Health Fair every year!!!!
Erik Lege is the personal training and campus wellness supervisor for the Recreation Center. He is a man who eats, sleeps and breathes FITNESS. It is something he has had an unbridled passion for as long as he can remember. He was a standout football player in high school and college and had the opportunity to compete in the Arena Football League. When that chapter in his book of life concluded he sought out on a new path; spreading his knowledge of fitness to the community and leading others on a journey of health and wellness. Now Erik uses his knowledge and passion to help others achieve their fitness goals. In the short time he has been a part of the REC family, he has made a resounding positive impact on the fitness and wellness program. Eric believes in the “80/20” principle; fitness is eighty percent nutrition and twenty percent exercise. His motto is “What you put in your pantry and refrigerator is where your fitness journey starts”

Favorite Exercise: Calisthenics
Favorite Food: Grilled Chicken
Favorite Movie: “The Secret”

Group Ex Class: “Tiger Boot Camp”
Every Mon. & Wed. @12:15pm
Lunges are an excellent exercise for the lower body; you can do them anywhere and the effects can be seen in no time, in the form of shapely, toned legs and shapely rear end. Our personal trainer **Anthony Powell** will walk us through the basics and the proper technique of this awesome exercise.

The basics: It’s important to do lunges properly so you don’t put unwanted strain on your joints. Here’s how to perfect your form:

Step 1:
Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don’t keep looking down). Always engage your core.

Step 2:
Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn’t touch the floor.

Step 3:
Keep the weight in your heels (heel should remain flat on the floor) as you push back up to the starting position.

Incorporate this exercise into your training regimen and you will see results in no time! For more fitness info, stop by the fitness and talk to one of our fitness specialists. They can assist you with fitness advice, free fitness assessments and personal training questions.
Do you have a passion for sports? Still have that urge to compete? Looking to make new friends along the way? Regardless of what drives you to participate, the REC Sports Department has what you are looking for. We offer a full fall and spring intramural calendar that list all of the sports leagues and activities we offer. Intramural teams are created and managed by the TSU students who wish to join the various sports leagues. Don't have a team? Register as a free agent and the IM staff will assign you to a team. We also offer a variety of sports clubs. Sport clubs are registered student organization with the focus of offering recreational, social and competitive opportunities for students regardless of skill level. Clubs are student-run and often compete with other universities across the state and the country. We have recently created a new outdoor pursuits program that is designed to offer students an opportunity to pursue a healthy lifestyle by way of participating in “non-traditional” sports and activities such as paintball, hiking, camping and other activities. If you have more questions or want to register for a rec sports activity, visit the Rec. Center front desk or call the Rec. Sports office at 713-313-6897.
## Flag Football League Standings

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OCTOBER
UPCOMING
EVENTS

CLUB SPORTS

MEN’S BASKETBALL
• 10-17-2014 TSU vs. LSC- Montgomery
  @7pm at LSC-Montgomery (Legends)

• 10-24-2014 TSU vs. Rice University
  @8:30pm at Rice University

• 10-31-2014 TSU vs. HCC-southeast
  @7pm at TSU

VOLLEYBALL
•10-08-2014 TSU vs. UH-Downtown
  @7pm at UH-Downtown

•10-15-2014 TSU vs. LSC-Kingwood
  @7pm at TSU

•10-22-2014 TSU vs. LSC-Tomball
  @7pm at TSU

•10-29-2014 TSU vs. N. American Univ.
  @7pm at N. American Univ.

TENNIS
•Saturday (October 25, 2014)
  Location: Lee College 11 A.M.
  Lone Star Conference - Duel Team Match
  Team Draws - TBA

FITNESS

WOMEN ON WEIGHTS
•10-20-2014 (Monday)

Madden Tournament
•10-28-2014 (Tuesday)
  @6pm
OCTOBER UPCOMING EVENTS

PROGRAMS

THE PINK OUT JOIN THE REC AS WE ACKNOWLEDGE BREAST CANCER AWARENESS
10-29-2014 (Wednesday)

REG CENTER HAUNTED HOUSE
10-30-2014 (Thursday)

OUTDOOR ADVENTURES

PAINTBALL
• 10-18-2014 (Saturday)
  @ 2 pm

September Birthdays

Employee          Dept.          Birthday
Brielle Davis     Operations    Sept. 2
Jeremy Lewis      Rec. Sports    Sept. 2
Eduardo Mendez    Fitness        Sept. 2

(NOT A TYPO - THEY ALL HAVE THE SAME BIRTHDAY!)