Fitness Center Announcements:

Outdoor adventure Program:
- Outdoor Adventure Program now sells lift tickets to Winter Park $65 and Copper $55! Questions email Brian @banderson003@regis.edu
- Winter Park Ski Snowboard weekend Jan 22-24. Food, 2 nights lodging and transportation included for $20
- Snow fest Jan 29-31, Two nights lodging at Keystone all Food and transportation plus disco dance party. $20

Intermural: Don’t forget to sign up!

Club Sports: Keep an eye out for the men’s soccer schedule

Tips to Keep Your New Year’s Resolution:

1. Do what you like: You’re more likely to exercise consistently if you enjoy doing it
2. Formulate achievable goals and milestones: you will become discouraged if you set your goals too high and don’t accomplish them. Look at your schedule and make realistic goals.
3. Share you goals with people in your life: support from your friends can make a huge difference. Share your plan and goals so they can support you!
4. Something is always better than nothing: even if you’re running short on time a 30 minute workout can still accomplish a lot!
5. It’s ok to be nervous, don’t let it stop you: starting to go the gym or going to an exercise class can be scary but don’t be intimidated, every single person there started right where you are!
6. Ask for help: If you are unsure where to start there are a lot of great resources. Regis University offers free personal training. You can set up weekly sessions or simply schedule a onetime appointment to learn how to use the equipment properly