



CSN Sport Center Newsletter

Fall 2011

August

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Dear Students,

Welcome back to campus! As the summer winds to a close, we are excited to kick-off the new school year with this edition of the Sports Center Newsletter.

Here you will find tasty recipes, workouts and community events!

Enjoy!

CSN SPORTS CENTER

Phone: 702.651.4886 Website: www.csn.edu/sportscenter Email: sportscenter@csn.edu

Intramural Sports Calendar

September 2011

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 Ping Pong Open Rec	7	8	9	10
11	12	13	14	15	16	17
18	19 Flag Football 4pm-6pm	20	21	22	23	24 Bowling 10am-12pm
25	26 Circuit Training Begins 2pm-3pm	27	28 Circuit Training 2pm-3pm	29	30 Spirit Squat	

-Click [here](#) for a complete calendar-

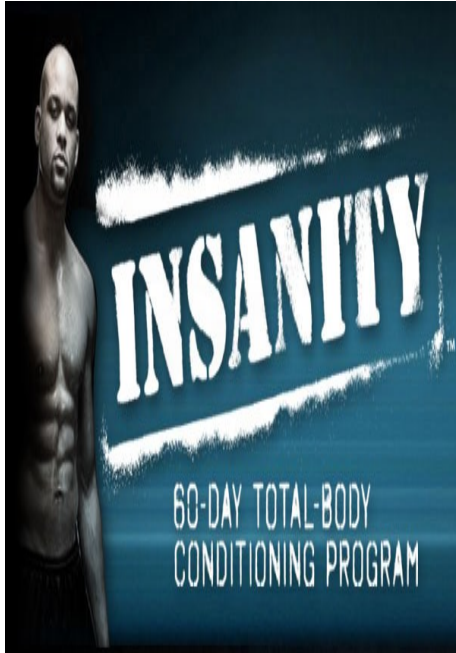
In order to participate in intramural sports at CSN there are several things that one must do.

1. Purchase a Sport Center membership
2. Pay the intramural fee
3. Registration

-Click [here](#) for complete instructions-

The CSN Sports Center presents:

Insanity Workout!



When: September 28 – December 15
(Wednesdays)

Where: Cheyenne Campus, Gymnasium

\$ 5 Membership fee required

Anyone who is interested should contact Andréa in the Sports Center at x4893 or via email at

andrea.gonzalez@csn.edu.

Try This Workout!
Try This Workout!

Single Leg Dumbbell Squats Technique



Technique - Start by bending your knees keeping your back straight when picking up the dumbbells. Stand up holding the dumbbells to your sides. Start the exercise with your weaker leg first and hook your free foot securely around your achilles tendon and start the exercise once you have found your balance. Inhale as you squat down in a slow, controlled manner keeping your back straight and maintaining your balance. Stop and hold the position when your leg is around a 45 degree angle. Exhale as you press you leg back to the starting position again maintaining your balance keeping your back straight. Do not allow your knee to fully lockout or your free foot to touch the floor before starting the next rep as this will maintain pressure on the muscles being used and increase the overall benefits of the exercise. Repeat this technique with the other leg.

Healthy Recipes

Strawberry Smoothie



Ingredients:

- 1 Cup low fat milk
 - ½ cup chopped strawberries
 - ¼ cup natural yogurt
 - 1 tablespoon honey
1. Blend all ingredients until smooth using a stick blender.
 2. Serve immediately.

Ingredients:

- 1 pound of ground turkey
- 2 clove of garlic, minced
- 1 tablespoon onion seasoning mix
- 1 tablespoon lime juice
- 1/2 teaspoon cumin
- 2 tablespoon of fresh cilantro
- 1/2 cub of cheddar cheese shredded

Preheat a grill. Meanwhile, add all the ingredients together and then Mix until everything is well combined. Divide mixture into four equal proportions and form into patties. Cook for about 5 minutes on each side and then serve with buns, sliced tomatoes and lettuce.



Jalapeño Turkey Burger



Brussel Sprouts with Walnuts and Arugula

- 1lb Brussel sprouts
- 2 cups apple juice
- 1cup water
- 1-1/2 cubes butternut squash or pumpkin
- 1cup young tender arugula (rocket) leaves
- 1/2 cupe chopped walnuts, toasted
- 1/2 cup fat-free dressing

Directions

1. Place all ingredients in a blender. Blend until everything is broken down into a liquid. Heat a griddle and pour 1/4 cup onto the hot griddle. Cook until bubbles start to form, and then flip them. Serve warm topped with sliced bananas and cinnamon if you like.

Hawaiian Meatballs

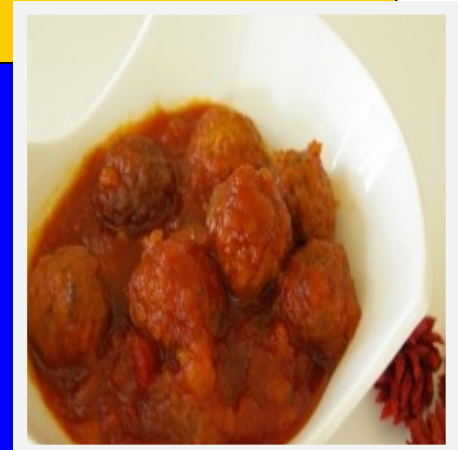
Ingredients :

- 1 32 ounce bag meatballs
- 1-18 ounce jar pineapple jelly or preserve
- 1-20 ounce jar spaghetti pasta sauce

Directions

Combine jelly and sauce in a bowl. Toss meatballs in batches in the sauce then transfer to slow cooker. Repeat until all meatballs are coated with sauce. Pour sauce on meatballs, cover and cook for 3 hours on high or 6 hours on low stirring a couple of times during the cooking cycle.

Enjoy!

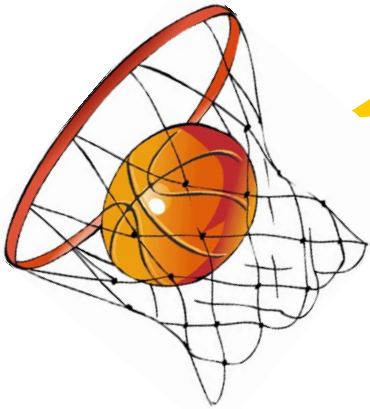


CSN SPORTS CENTER

4 MONTHS OF WEIGHT MACHINES, CARDIO EQUIPMENT, BASKETBALL & RACQUETBALL COURTS ACCESS FOR **ONLY!!!!!!**

\$5

*PER SEMESTER



Community Events



SkyMania (ages 10-15)
Aug 19 8:00 pm
 SkyMania Fun Center



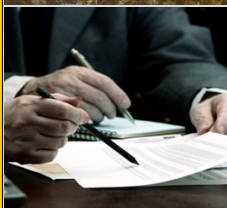
Mayweather vs Ortiz Live Fight
Sep 17 All day
 MGM Grand



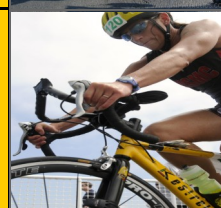
Kundalini Yoga in Las Vegas
Sep 2 7:00 pm
 Ganesha Center, Las Vegas, NV



2011 Rock & Roll Las Vegas Half Marathon Training Program ...
Sep 1 6:00 am
 Fit For \$10 Health Club



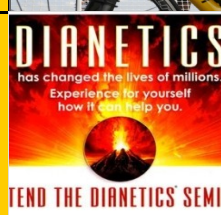
**Regency Palms Memory Care's
 Alzheimers & Dementia Support
 Group**
Sep 7 10:00 am
 Regency Palms Assisted Living &
 Memory



Las Vegas Triathlon, 13th Annual
Sep 25 6:40 am
 Lake Mead National Recreation Area



Health & Fitness Business Expo
Sep 14 (Sep 14 - Sep 16)
 The Venetian & The Sands Expo



Hubbard Dianetics Seminar
Sep 26 - 2761 Emerson, Las