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## UA12/12 Preston Center News, Vol. I, Issue 4

WKU Intramural & Recreational Sports

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## Member of the Month

Betty Wolff, Building Services Group Leader for the Preston Center and Tate Page Hall, has worked at Western for 16 years. She and her husband Clarence, who is a physics professor at Western, own an antique shop here in Bowling Green. She is the mother of five children and the grandmother of one. Active in the youth soccer league, she coached the number one team this year. She is also treasurer of TOPS Kentucky 419 (Take Pounds Off Successfully).

Betty was one of the first Western employees to join the Preston Center. Her greatest accomplishment was the loss of 72 pounds in the last ten months. Betty has achieved this by working out at the Preston Center and by keeping a great attitude. She especially likes one item in the weight room and that is the Climb Max step machine. Congratulations Betty on being selected member of the month. We are very proud of you!



### Preston Activities Center

#### FACILITIES UTILIZATION SURVEY

##### POOL



##### WEIGHTROOM



##### RUNNING TRACK



##### BASKETBALL COURTS



NUMBERS REPRESENT SURVEY RESPONSES

## The Results Are In

### Preston Activities Center

#### FACILITIES UTILIZATION SURVEY

##### RACQUETBALL



##### WELLNESS CENTER



##### AEROBICS



##### OTHER



NUMBERS REPRESENT SURVEY RESPONSES

Thanks to Mr. Bob Cobb in Academic Computing for calculating the results and designing the above graphs.



Thank you for responding to the survey!



## Employee of the Month

Juli Leasor is the employee of the month for April. Juli is a 22 year old senior from Louisville, KY. Her majors of physical education and coaching are going to prepare her for her ambition of coaching on a high school level. One of Juli's goals is to become the first female high school football coach in Kentucky. She says that she has been around football all her life and that she truly loves the game. She is to be married in two months but she will return next fall to finish up her college degree. When coming through the gate at the center, look for Juli's warm smile and personality to greet you. Juli commented, "The people I work for and with are just great". Congratulations, Juli for being selected the employee of the month.

## Water Aerobics

Water aerobics kicked off March 23rd at 5 p.m. with 14 people attending. There was such a good response that we expanded to five days per week. Kathy Kunzman will teach 5-6 and 6-7 p.m. on Mondays and Wednesdays. Jill Dages will instruct on Tuesday and Thursday from 4-5 and 5-6 p.m. Melissa Powers will teach the Friday class from 5-6 p.m.

Water aerobics is included with the aerobics fee that students pay. We recommend that you wear aerobics clothing (with the exception of regular aerobic shoes) for these classes as these garments offer more support and warmth than swimming suits. Although they are not required, some people may prefer to use water shoes rather than take the class in bare feet. Walmart and KMart have the generic versions of water shoes for about 5 to 6 dollars. Come catch the wave to future fitness fun and take the plunge with us.

## Locker Renewals

All Faculty/Staff members who want to extend their locker rental for Fall of 93, Spring of 94 are asked to renew their reservations during the following times:

- \* Monday May 3 - Friday May 7 7:30 a.m.- 4:30 p.m.
  - \* Monday June 21-Friday June 25 7:30 a.m.-4:30p.m.
- All renewals will be done in the IM-REC Sports office on the second floor in the Preston Center. Yearly rental cost will be \$25.

## Summertime Fun With Tennis and Golf

### Mark your calendars!

- \* **Golf:** Friday July 9th  
Tee times are 8 a.m. and 1 p.m.  
Hobson Grove Golf Course
- \* **Tennis:** August 27-29th  
WKU Tennis Courts and Preston Center



# What's New at The Wellness Center?

May is National Physical Fitness and Sports Month. Get in great shape for the summer by participating in a month-long incentive program for faculty, staff and their families.



## Sign up today!!

- ★ Choose from over 50 fitness activities
- ★ Exercise your way through all 50 states
- ★ Earn a quality t-shirt or gym bag
- ★ Sign up alone, with a partner, as a family
- ★ Only 10 minutes per state for adults; 5 minutes for children...it's easy!
- ★ HAVE FUN!

### What is Exercise America?

A one-month exercise incentive program designed to help you get fit and have fun during NPFSM.

### Who can participate?

Faculty, staff, and their families. Participants can sign up alone (\$5 registration fee), with a partner (\$4/person), or as a family (\$4/person).

### How does the program work?

The goal of the program is for participants (13 and older) to exercise 500 minutes in one month. Children under 13 years have a goal of 250 mins. exercise. Exercise time and activities are logged on a map of the 50 states. All participants who complete the program will receive an incentive prize (check your choice on the registration form.)

For details or to get registration materials and a map, call 6531. *Early Bird Special* - sign up by April 28 to be eligible for a special prize drawing.

In preparation for NPFSM, the Wellness Center will sponsor two fitness workshops. Workshops are open to all students, faculty, and staff. Mark your calendars!

Friday, April 23 12-1:00 p.m. Wellness Center  
Presented by Sheryl Tahler, Fitness Director, and Cecilia Watkins, Graduate Assistant

*Down to Basics: Beginning an Exercise Program* Why exercise? How to maximize fitness gains through exercise...monitoring target heart rate...three components of a complete program...and lots more!

Friday, April 30 12-1:00 p.m. DUC 349  
Presented by *The Foot Locker*, Greenwood Mall

*These Shoes Are Made for Walking/Running* How to select the best shoes for your exercise program, whether you are a walker, runner, or do aerobics.

## BURN IT UP WITH AEROBICS

How many calories can you burn with aerobic activity? This list shows how calories are used in 20 minutes of different activities. (3,500 = 1 lb. of fat.) In all activities, calories used will vary depending on skill, rest patterns, sex, body size, and most importantly, aerobic capacity. The better aerobic shape a person is in, the higher one's metabolism. Now that's incentive!

Rowing Machine - 400 strokes .....	275
Running - 7 mph .....	270
Skipping Rope .....	245
Jogging - 6 mph .....	213
Cross Country Skiing .....	205
Racquetball .....	171
Downhill skiing .....	169
Bicycling - 12 mph .....	160
Swimming .....	152
Aerobic dancing .....	150
Tennis .....	140
Fitness walking - 4.5 mph .....	140
Canoeing .....	124
Basketball (moderate) .....	124
Baseball .....	81
Walking - 2 mph .....	65

## Faculty and Staff Sports

The action was hot at the Faculty and Staff bowling championship. Two fierce rivals, the WAB and SSBII, were matched up head to head for the final game. After the smoke cleared, the team WAB was the victor just edging out SSBII by a score of 2,326 to 2,167. What a game! The season end averages were as follows:

WAB 763 pins  
Spares 739  
SSBI 735  
SSBII 686  
P.S. 554

## Summer Hours *Preston Center*

Monday- Friday 6 a.m.- 7 p.m.  
Saturday 9 a.m.- 5 p.m.  
Sunday 1 p.m.- 5 p.m.

## Adventure Center



Scuba dive with the AdventureCenter. Two week or weekend classes available for the price of \$135. For more information please call 745-6545.

Summer hours: Mon-Thurs 11 a.m.-1p.m.  
Friday 11 a.m.-4:30p.m.  
Saturday 9 a.m.-11 a.m.

\*Pick up a brochure at The Adventure Center.



Preston Center  
Room 203  
Western Kentucky University  
Bowling Green, KY 42101

## Summer Memberships

All Faculty and Staff that paid for a yearly membership will need to renew their membership starting July 1, 1993 through August 30 1993. All Preston Center memberships that are payroll deductions will be continuous unless cancelled by the member.

### Summer Month Fees: Members only (May 17-August 13th)

Faculty and Staff:  
Grandchildren & Children over 21.....  
\$10 per week  
\$25 per summer

\*Each child under the age of 14 will need to be accompanied by an adult.

The Preston Center News is a Raymond B. Preston and Intramural/Recreational Sports Publication  
Bert Blevins- Editor

Reporters:	Photographer:
Sheryl Tahler	Bob Skipper
Dave Parsons	
Chris English	Wellness Center:
Kelly Rogers	Nancy Givens

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