

SHSU RECREATIONAL SPORTS VIRTUAL PROGRAMMING

Hello Bearcats!

Due to our current circumstances, Rec Sports has been working tirelessly to give you all an online outlet for your recreation needs. Below is a list of our current virtual offerings. Stay safe!

FITNESS

2020 Stay at Home Recreation Challenge

SHSU has been selected as one of over 40 colleges and universities to participate in the 2020 Recreation Challenge sponsored by Tik Tok and Riddle & Bloom.

It is slated to start today, April 6 at 4 p.m. when the website launches. Fitness classes from all participating universities are available free of charge to stream along with a library of recorded classes from which to choose. Create an account with your shsu.edu email and log all your recreation minutes to compete for Sam Houston State against the others.

Visit www.2020RecreationMovement.com to participate!

Live SHSU Group X Classes March 30-May 6

Visit rsconnect.shsu.edu, click on Programs and register to participate in our online classes.

Day	Time	Class	Zoom Link
Monday	10-10:45am	Cardio and Core	Zoom
	12-12:45pm	Total Body Toning	Zoom
Tuesday	4-4:45pm	Total Body Toning	Zoom
	Instagram Story	Kat Fit Workout	SHSUSecSports
Wednesday	12-12:45pm	Cardio and Core	Zoom
	4-4:45pm	Yoga	Zoom
Thursday	4-4:45pm	Total Body Toning	Zoom
	Instagram Story	Kat Fit Workout	SHSUSecSports
Friday	10-10:45am	Cardio and Core	Zoom
	12-12:45pm	Yoga	Zoom

Online Nutrition Education with Rec Sports

Cooped up and wondering what to cook? Feeling blah and need some helpful guidance? Join our dietetic interns for some Zoom education on how to navigate what to eat during this crazy time.

A different topic (TBD) will be discussed each day, along with any questions you may have to ask the interns!

- April 7 - 2-3pm - How to Calculate your Caloric Needs <https://shsu.zoom.us/j/937900634>
- April 8 - 1-2pm - Do Wearables and Technology Help with Nutrition? An App Overview <https://shsu.zoom.us/j/886033675>
- April 9 - 10-11am - Meal Planning Tips & Cooking Basics <https://shsu.zoom.us/j/323987486>
- April 10 - 3-4pm - Eating Healthy on a Budget <https://shsu.zoom.us/j/868099791>

INTRAMUAL SPORTS

Register online at shsu.edu/IMLeagues or visit shsu.edu/Intramurals for the schedule –

- Madden Online Tournament
- FIFA Online Tournament
- NBA 2K Online Tournament
- League of Legends Online Tournament
- Call of Duty Online Tournament
- Fortnite Online Tournament
- Rocket League Online Tournament
- Online Trivia
- Bearkat Running League

OUTDOOR ADVENTURES

Follow @SHSUOutdoors on Instagram, and let our outdoor educators teach you how to safely have fun while sheltering in place.

Virtual Adventure Challenge

- Motivation Monday
- Tone it Tuesday
- What Knot Wednesday
- Think about it Thursday
- Fun Friday

Lara's Favorite Places Instagram and Facebook every Monday

Our Assistant Director of Outdoor Programs will share her favorite adventures and locations and provide resources for planning an adventure there

Virtual adventure Education

Join us live on Zoom to learn skills necessary to help you thrive and survive in the outdoors. Every Wednesday from 2-3pm

Zoom Meeting ID: <https://shsu.zoom.us/j/518926333>

Outdoor Film Fest Every Friday

A preview of our favorite outdoor films on Instagram and Facebook.

Outdoor Daily Reflections

Adventure is fun. Adventure with reflection is life changing. Join our SHSU Outdoors Facebook Group for our daily reflection challenge and grow through our journey through this new wilderness.

ADDITIONAL ONLINE RESOURCES

Exercise Library - <https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>

Orangetheory Fitness a new free workout everyday

<https://www.orangetheory.com/en-au/member-communication-regarding-coronavirus/>

Les Mills (free collection of workouts) <https://watch.lesmillsdemand.com/free-content>

CrossFit Free Home Workouts: <https://www.crossfit.com/at-home/workouts>

Fitness Blender (free cardio, strength and stretching): <https://www.fitnessblender.com/videos>

Barre3 (two weeks of free online classes with code BARRE3HOMEBODY):

<https://barre3.com/redeem>

Is it safe to run outside?: <https://www.runnersworld.com/news/a31439358/running-during-coronavirus/>