



# Archie's Scoop

Archie's Scoop is a newsletter for our new freshmen at the University of Southern Indiana. This publication will be delivered on a regular basis during the summer prior to your first semester at USI. Get information on your new home away from home and updates on the activities that will happen during Welcome Week! Dig into your college career early with Archie's Scoop!

## Health & Wellness: College Edition

As a college student, it can be difficult to eat well and stay fit when you have a limited budget and busy schedule. Read on to discover what USI offers to help you stay healthy, have fun, and avoid the Freshman 15!!

Rec, RFC, Gym— whatever you call it, our new, state-of-the-art fitness facility has what you need to stay healthy—check it out!

### WELLNESS

- ◆ Archie's Closet (provides free food and supplies for USI students)
- ◆ Self Defense 101 Classes (free self-defense classes for women)
- ◆ Walk a Mile in Her Shoes (spring march to raise awareness of rape, sexual assault, and violence)
- ◆ Safe Spring Break Fair
- ◆ REC provides about 100 jobs to USI students



### FITNESS

- ◆ Biggest Loser-USI (freshmen-only!)
- ◆ Free Personal Trainers
- ◆ Group Exercise (Step, Cardio Kick, Boot Camp, Core Strength, Indoor Cycling, Butts-N-Guts, Pilates, Yoga, and more!)
- ◆ Individual Exercise (Cardiovascular/Strengthening/Toning Equipment)
- ◆ Rock Wall
- ◆ Indoor Track
- ◆ Outdoor trails
- ◆ Indoor & Outdoor Volleyball & Basketball courts



### FUN



- ◆ Outdoor Adventure trips (camping, whitewater rafting, midnight skiing, caving, canoeing, hiking and more throughout the tri-state region)
- ◆ Intramurals (billiards, basketball, bowling, table tennis, volleyball, soccer, cornhole, mini golf, flag football, golf, and more!)
- ◆ Club Sports (bowling, Men's & Women's rugby, ultimate Frisby, wrestling)



University of Southern Indiana  
Office of Student Development Programs  
8600 University Boulevard, UC1256  
Evansville IN 47712

Phone: 812/465-7167  
Toll Free: 800/350-7830  
Email: [getinvolved@usi.edu](mailto:getinvolved@usi.edu)

# EAT THIS, NOT THAT!

## Instead of...

- ◆ Snacking on pretzels...
- ◆ Baking with butter...
- ◆ Sour cream veggie dip...
- ◆ Milk chocolate...
- ◆ Cookies...
- ◆ Steak fajitas...

## ...Try This!

- ◆ Munch on seeds or nuts, like walnuts!
- ◆ Bake with avocado puree—it has the same creaminess as butter, but 40% less fat!
- ◆ Try Greek yogurt dip!
- ◆ Indulge your sweet tooth with dark chocolate, which is packed with antioxidants!
- ◆ Get the sweetness from fruit, like bananas!
- ◆ Give up the fat but not the sizzle with shrimp fajitas!

## MAINTAIN YOUR WELLNESS

USI offers a free & confidential *Counseling Center* to assist students struggling with something or living with a disability. The *Physical Activities Center* has an Olympic-size swimming pool, and the nearby *Broadway Recreational Complex* has 3 softball fields, 3 flag football fields, 3 soccer fields, and 6 horseshoe pits!

A USI Meal Plan can help you make healthier decisions by providing on-campus, student-focused, well-proportioned meals. Visit [www.usifood.com](http://www.usifood.com) for additional information!

Note: meal plan is *required* for residence hall students



Block Party is a Welcome Week tradition featuring great games, food, and prizes for all students.

Sponsored by the Activities Programming Board and the Student Housing Association, this year's Block Party will feature sand volleyball, basketball, games, grilled food, and a dunking booth where you can take your best shot at your favorite AMIGOs from Orientation, and much more!

While you're there, check out the Community Center. It's a great place to study, hang out with friends, or grab a snack. It even features the Convenience Store which offers pizza delivery straight to your door using your meal plan!

# AUGUST 21

ARE YOU GETTING  
THE FULL COLLEGE  
EXPERIENCE?

OR ARE YOU JUST GOING TO CLASS?

