

the RED CUP Q&A

separating alcohol fact from fiction

wildfact

The inaugural Red Cup Week is September 6-10th. Check out table toppers in SUMC for more details!

Everyone wants to go out drinking on the weekends. What else is there to do in Tucson besides drink?

Plenty! Believe it or not, not all UA students are drinking on the weekends. According to 2016's Health & Wellness Survey, 71% of students usually party less than one night per week. If you are new to Tucson, or just looking for new things to do, there are plenty of activities to fill up your weekend, right in UA's backyard!

Local hiking spots near campus, such as Tumamoc Hill, allow you to walk, run, or climb 1.5 miles before you reach the top with a breathtaking view of our city. Have a bike? Hop on and pedal with friends through the UA campus, or stroll along University Blvd., 4th Avenue, or downtown Tucson, and take a break from the heat with some shopping, food or ice cream. Up for feeding more than yourself? Go to the Reid Park Zoo and meet the animals!

Too hot outside? UA Campus Rec has

a lot of (cooler) options. You can attend a session with a personal trainer, check out a group fitness class with friends, or spend the day relaxing by the pool. Intramural Sports, Club Sports, Outdoor Adventures, and Activity Classes are also a fun way to remain active, meet new people, and spend time with friends.

Night life? Fill your Saturday with shopping, food, music, and entertainment at Tucson's 2nd Saturdays Downtown, or check out a new movie at a nearby theater. If you'd rather stay on campus, check out the Flandrau Science Center & Planetarium for a laser show, the Student Union's Gallagher Theater, or review the Cats After Dark Facebook page for late night events right here on campus.

Whatever you decide to do, have fun, stay safe, and enjoy Tucson!

Got a question about alcohol? Email it to redcup@email.arizona.edu



www.health.arizona.edu



**CAMPUS
HEALTH**

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