

THE FITNESS & WELLNESS BULLETIN



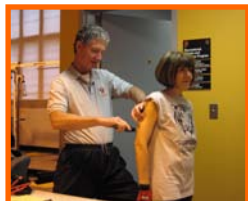
November/December 2009

Volume 9 #5

WELLNESS SCREENINGS

Free blood-pressure screenings were given in the Stephens Fitness Center from October 5 to 9. A total of 19 individuals participated, including 17 faculty/staff, 1 undergraduate student and 1 non-university person.

Mark your calendars: Free body-composition screenings will be given in the Stephens Fitness Center from November 16 to 20; free flexibility screenings will be given from November 30 to December 4.



THE "STITCH IN THE SIDE"

Many fitness enthusiasts have had a "stitch in the side." Technically referred to as "exercise-related transient abdominal pain," the pain is localized in the abdominal area. When more severe, the pain is sharp; when less severe, the pain is more like a cramp, an ache or a pull. It's related to physical activity, especially those that involve repetitive movements of the torso such as running and swimming.

Having a pain in the side of the abdomen doesn't automatically mean that it's a "stitch in the side." The pain could be related to an abdominal strain, for example. Or it could be something that's worse. So to be on the safe side, it's important to consult with a physician.

BENCH PRESS CHALLENGE: RECAP

A Bench Press Challenge was held in the Stephens Fitness Center on September 24. Overall, there were 27 competitors, making this the second-biggest turnout that we've ever had for this event. Each person had to do as many reps as possible with their bodyweight (men) or half of their bodyweight (women).

The winners and their reps:

- John Tang '11 and Marcus Wong '13 (male undergrad; 26)
- Mike Peloso FS (male faculty/staff; 20)
- Andrew Ledvina GS (male grad student; 23)
- Eddie Martin Jr (male non-university; 36)
- Caroline Ardila '10 (female undergrad; 36)

FACULTY/STAFF FITNESS RELAYS: RECAP

From September 28 to October 2, the Stephens Fitness Center played host to the Faculty/Staff Fitness Relays. The 4th-year event drew 32 competitors who were assigned to one or more 3-person relay teams. Those individuals represented either East Campus or West Campus (with Elm Drive being the dividing line).

The 10 relays were the bike (5.0 miles); bar hang; row (2,000 meters); stretch; run (3.0 miles); bench press (bodyweight for max reps); stair climb (100 floors); broad jump; ladder climb (1,250 feet); and weight hold (50% of bodyweight). The 3-person team with the best performance won that particular relay.

Of the 10 relays, West Campus won 6, East Campus won 3 and one ended in a tie. The competition was much closer than the score indicates: One more rep on the bench press and 3.25 inches on the broad jump by East Campus and the competition would've been tied at 5 relays apiece.

Representing the victorious West Campus were Amy Altig, Itai Boublil, Matt Brzycki, Susan Crane, Marty Crotty, Michele DeJuliis, John Furtado, Geter Hicks, Dave Leach, Todd Maslowski, Wayne Meyer, Peter Ogden, Mitch Reum, Brian Rounsavill, Chris Stewart and Tom Voigtsberger.

15 MINUTES OF FAME: RECAP

October 15 was the date for the aptly named "15 Minutes of Fame." In the event, 10 competitors biked, ran and/or rope climbed as far as possible in 15 minutes. Dan Herrick GS was the lone participant to do all three.

The winners and their performances:

- **Bike:** John Hodgson FS (5.08 miles); Dan Herrick GS (6.41 miles); Ben Levenson '13 (5.23 miles); Larry Kaufman NU (6.31 miles).
- **Run:** Marco Cuturi FS (2.31 miles); Dan Herrick GS (2.81 miles); Sean Sketch '12 (2.97 miles); Mia Tsui '11 (2.25 miles).
- **Rope Climb:** David Buschman FS (3,165 feet); Dan Herrick GS (3,155 feet); Chloe Ferguson '13 (2,870 feet).

UPCOMING FITNESS EVENTS

Several more fitness events are planned for the remainder of this semester. Prizes will be given to the top finishers in each event. Here's a thumbnail sketch of what you can expect:

- Strength/Endurance Challenge (Thu Nov 12)
- 1,000-Point Challenge II (Mon Nov 16 to Sun Dec 20)
- Rope Climb Challenge (Thu Nov 19)
- Pumpkin Challenge (Mon Nov 23 and Tue Nov 24)
- 2009 Fitness Challenge (Thu Dec 3)

WELLNESS SCREENINGS ON CAMPUS

At FluFest (Sep 23 and 24), the fitness staff conducted 35 screenings of muscular strength, 5 of flexibility and 54 of blood pressure. And at the Department of Public Safety's Bike Fair (Sep 25), we conducted 11 screenings of muscular strength and 3 of flexibility.

DOES VINEGAR BURN FAT?

Last year, *Sports Illustrated* ran a brief feature on Jesse Chatman who, at the time, was a running back in the National Football League. In 2006, at a height of 5'8", his weight was as high as 283 pounds. According to the magazine, the player got down to 223 pounds and then arranged a weigh-in with the trainer for the San Diego Chargers. He weighed 221 pounds "after chugging pickle juice en route to the team's facility (vinegar burns fat)."



Let's assume that the two-pound loss of weight came entirely from fat (especially since it's pointed out to us that "vinegar burns fat"). At rest – or nearly at rest such as driving a car – an individual who weighs 223 pounds uses about 1.77 calories a minute. One pound of fat has 3,500 calories. Under resting conditions, then, a 223-pound individual would "burn" two pounds of fat in roughly 3,946 minutes or about two days, 17 hours and 46 minutes. So unless he drove to San Diego non-stop at an average speed of 60 miles per hour from somewhere like Fairbanks, Alaska, or another place that's about 3,642 miles away, it's simply impossible to "burn" two pounds of fat while driving a car.

For the record, there's absolutely nothing in vinegar that can "burn" fat.

GROUP FITNESS CORNER

The fall semester is in full swing with morning, lunchtime and evening classes offered Monday through Friday in Group Fitness, Spinning, Yoga and more! It's not too late to get involved. Visit www.princeton.edu/campusrec to see our current schedules and register online.

New this semester is BODYSTEP, an athletic Step workout including strength intervals. The class meets on Mondays from 5:30 to 6:20pm, Tuesdays from 7:30 to 8:20pm and Wednesdays from 12:00 to 12:50pm.



Our most popular classes are featured throughout the week. This includes Zumba, BODYATTACK, Power Yoga, Pilates. Other classes are also featured throughout the week.

Punch cards for 12, 24 or 36 classes are on sale in Dillon Gym, Room 103, and can be used anytime through June 30, 2010.

VISIT US ON THE WEB

On our web page, you can get information on Dillon Gym; Intramurals; Sport Clubs; Massage Therapy; and Group and Instructional Programs as well as online registration and facility schedules.

There's also a section on the Stephens Fitness Center where you'll find staff biographies, policies, monthly calendars, a list of wellness screenings and fitness events, personal training forms and photographs.

Our address is www.princeton.edu/campusrec. We're just a click away!

FITNESS STAFF (258-3520)

Asst Director/Campus Rec Fitness: **Matt Brzycki**
Morning Manager: **Colt Murphy, Ed.D.**
Evening Manager: **Itai Boubliil**
Fitness Supervisor: **David Rivera**
Equipment Repair Specialist: **Itai Boubliil**
Fitness Supervisors (part-time) and Personal Trainers: **Tyrell Hall '12, Dick Hueber '55, John McGinnis, Joseph Mislán, John Pesce, Sharon Rodgers, Ph.D. *08 and Ernest Wang '12.**