



### WELLNESS SCREENINGS

Free body-composition and flexibility screenings were given in the Stephens Fitness Center from November 12 - 16 and November 26 - 30, respectively. A total of 59 individuals participated in the body-composition screening, including 16 faculty/staff, 25 undergraduate students, 13 graduate students and 5 non-university members; a total of 6 individuals participated in the flexibility screening, including 3 faculty/staff, 2 undergraduate students and 1 non-university member.

Mark your calendars: Free blood-pressure screenings will be given in the Stephens Fitness Center from February 25 - 29. During that week, simply ask a member of the fitness staff to administer the screening any time from 8:00am - 8:00pm. (In order for the fitness staff to obtain an accurate measurement, please wear a short-sleeved shirt.)

### FLUFEST

In conjunction with the FluFest that was held on November 6 and 7, the fitness staff offered free screenings for muscular strength and flexibility. In 12 hours (6 hours each day), the staff conducted 316 screenings for muscular strength and 32 screenings for flexibility.

### FREE TRIAL CLASSES!

Dozens of free trial classes will be offered from February 4 - 8. For more information, send an e-mail to Susan Crane, the Coordinator of Group and Instructional Programming, at [sc6@princeton.edu](mailto:sc6@princeton.edu).

### UPCOMING FITNESS EVENTS

Several fitness events are planned for the spring semester. Prizes will be given to the top finishers in each event. Here's what you can expect in the next two months:

- 2008 Fitness Challenge (Thu Feb 7)
- Candy Count (Mon Feb 11 and Tue Feb 12)
- February Frenzy! (Mon Feb 11 - Fri Feb 29)
- 1,000-Point Challenge (Mon Feb 11 - Sun Mar 16)
- Get-A-Grip Challenge (Thu Mar 6)

### 15 MINUTES OF FAME: RESULTS

November 15 was the date for the aptly named "15 Minutes of Fame." In the event, 6 competitors biked, ran or rowed as far as possible in 15 minutes. In the bike, the winners were Andrei Brasoveanu '09 (5.39 miles) and Bernie LaFleur FS (3.64 miles); in the run, Clay Puryear '09 (2.75 miles); and in the row, Kohler Johnson 08 (4,166 meters) and Gonzalo Aniano GS (3,664 meters).

Congratulations to all competitors!

### 2008 FITNESS CHALLENGE

The Stephens Fitness Center will host the sixth annual Fitness Challenge on Thursday, February 7. The six individual challenges will be the bench press, grip, stretch, row, bike and stairclimb. T-shirts will be awarded to the winners in each of the individual challenges.

### FEBRUARY FRENZY!

This exciting event has a theme that's similar to the NCAA Basketball Tournament. The tournament features two 64-person brackets – one for men and one for women. Participants compete in six rounds of fitness events with winners advancing after each round. Each 64-person bracket has 4 "regions": 1 for faculty/staff, 1 for graduate students and 2 for undergraduate students. This guarantees that someone from each of those populations is represented in the "Final Four."



The first round starts on Monday, February 11. Registration for the 128 slots will be on a first-come, first-served basis. For more information or to register for the event, contact Matt Brzycki at 8-3520 or [brzycki@princeton.edu](mailto:brzycki@princeton.edu).

### DID YA KNOW?

A spouse, domestic partner or family member can "join da gym" for the same great price of a faculty/staff membership. (The half-year membership fee – good now through the end of June – is \$116.)

## 1,000-POINT CHALLENGE

This event, formerly known as the "Cardio Challenge," gives participants the opportunity to earn points for doing any type of physical activity (with one minute of activity equaling one point). Participants must accumulate at least 200 points per week for five weeks (from Mon Feb 11 - Sun Mar 17). Those who attain 1,000 points will receive a free prize (a T-shirt, tote bag or water bottle).



You can register for the event in the fitness center from Mon Feb 4 - Sun Feb 10.

## "HEALTHINESS" IN AMERICA

According to America's Health Rankings, a report from the United Health Foundation, the state with the highest level of "healthiness" in 2007 was Vermont. The "healthiness" score is based on 12 factors (such as child poverty) and 6 outcomes (such as infant mortality).

Rounding out the Top 10 were Minnesota (last year's leader), Hawaii, New Hampshire, Connecticut, Utah, Maine, North Dakota, Massachusetts and Nebraska.

The state rated lowest in "healthiness" was Mississippi. (Louisiana was ranked #49; the "Pelican State" has been either last or next-to-last for each of the past 18 years).

If you're wondering, the local states finished in about the middle of the pack. New Jersey was #21, Pennsylvania #24 and New York #26.

Source: United Health Foundation

## TRAINING TIP: PROGRAM ADHERENCE

From the standpoint of adhering to a program, it's probably better to exercise at the same time of the day. Hoping to "squeeze in a workout" at some point during the day sounds like a solid plan but is liable to result in a broken dream.

Try to set aside a block of time or schedule an "appointment" for exercise. By doing this, you'll increase the likelihood that the workout will get done and become part of a regular routine.

## ENERGY BARS . . . OR CANDY BARS?

Many energy bars are touted as tasting just like candy bars. What gives?

As they say, if something smells like a fish it's probably a fish. If an energy bar "tastes like a candy bar," then, it's probably a candy bar. Or at best, it's a glorified one. And an expensive one at that.

To determine how much a particular energy bar is like a candy bar, check the nutrition facts panel. Is chocolate one of the first ingredients? Remember, the ingredients are listed by quantity from highest to lowest. Some energy bars are literally coated with chocolate, just like many candy bars. The bar should be low in total fat and saturated fat. It should also be low in sugar. Be advised that sugar can take several forms. Words that end in "ose" – such as dextrose, fructose, galactose, glucose, lactose, levulose, maltose and sucrose – indicate that the ingredient is a sugar. But not all sugars end in those letters. Two examples are corn syrup and honey.

## FAT AND EXERCISE DURATION

A popular misconception is that during an activity, the body doesn't use fat as an energy source until after a certain amount of time. In reality, the sources of energy that you use depend on your *level* of effort, not the *time* of your effort. At rest, your body primarily uses fat as an energy source. As the level of effort increases, there's a greater reliance on carbohydrates for energy but you still use fat.

So you don't have to exercise for a certain amount of time before using fat as a source of energy. In fact, as you read these words, your body is mainly using fat for energy.

### FITNESS STAFF

(258-3520)

Asst Director/Campus Rec, Fitness: **Matt Brzycki**  
Morning Manager: **Dan Bennett**  
Evening Manager: **Colt Murphy, Ed.D**  
Fitness Supervisor (full-time): **David Rivera**  
Equipment Repair Specialist: **Itai Boubllil**  
Fitness Supervisors (part-time) and Personal Trainers: **Charity Fesler '01, Eugene Gurarie '99, Dick Hueber '55, Gordon Husth, Paul Markoff '09, Joseph Mislan, John Pesce, George Puryear '09, Sharon Rodgers, Jeanine Rosen, Joe Schoppy '08 and David Tubbs, Ph.D.**