

THE FITNESS & WELLNESS BULLETIN



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Volume 8 #6

FREE TRIAL CLASSES!

Dozens of free trial classes will be offered from February 2 - 6. For more information, send an e-mail to Susan Crane, the Coordinator of Group and Instructional Programming, at 258-2634 or sc6@princeton.edu.

WELLNESS SCREENINGS

Free body-composition and flexibility screenings were given in the Stephens Fitness Center from November 10 - 11 and December 1 - 5, respectively. A total of 43 individuals participated in the body-composition screening, including 15 faculty/staff, 12 undergraduate students, 12 graduate students and 4 non-university; a total of 13 individuals participated in the flexibility screening, including 9 faculty/staff, 1 undergraduate student, 2 graduate students and 1 non-university.

Mark your calendars: Free blood-pressure screenings will be given in the Stephens Fitness Center from February 23 - 27. 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.)

STRENGTH/ENDURANCE: RESULTS

A Strength/Endurance Challenge was held in the fitness center on November 6. Each person had to do as many reps as possible on the barbell bench press with their bodyweight (men) or half of their bodyweight (women). Following this, each person ran 3 miles on the treadmill. For each rep that they did on the bench press, they received a 5-second deduction from their time in the 3-mile run. The person with the lowest adjusted time was the winner.

This year's event drew 9 competitors. Clay Puryear '09 won the event for the third year in a row. His performance included doing 24 reps with his bodyweight and then running 3 miles in 16:53 for an adjusted time of 14:53. Julie Dickerson '10 did 23 reps with 50% of her bodyweight and then ran 3 miles in 23:00 for an adjusted time of 21:05 to claim the women's crown.

ROPE CLIMB: RESULTS



The first Rope Climb Challenge was held on November 13. The inaugural event drew 35 participants who were challenged with climbing 555 feet, the approximate height of the

Washington Monument, on the Viper (a rope-climbing machine). Men and women climbed the same distance but the men used a higher resistance (Level 7) than the women (Level 5).

The men's winner was Mike Lucchino FS who completed the distance in 5:00. Mike nosed out Itai Boubilil FS and Wayne Meyer FS (pictured) both of whom finished in 5:02. Other men's winners were Clay Puryear '09 (undergrad student; 5:05), Garry Harsanyi (grad student; 5:04) and Steve Williams (non-university; 5:15).

The women's winner was Jenna Hauca '11 with a time of 3:55. Other women's winners were Nina Wurzberger (faculty/staff; 3:56) and Jane DeLung (non-university; 4:10).

2008-09 FITNESS CHALLENGE: RESULTS

The seventh annual Fitness Challenge was held in the fitness center on November 20. Overall, there were 19 competitors. For the fourth year in a row, the faculty/staff won the team event. The winners and their performances:

- **Bench Press:** Ryan Harper GS (32 reps with his bodyweight); Julie Dickerson '10 (23 reps with 50% of her bodyweight).
- **Bar Hang:** Robert Cooper GS (1:53); Maia Reim FS (1:39).
- **Stretch:** Ilya Tsinis '09 (180 degrees); Julie Dickerson '10 (172 degrees).
- **Row** (2,000 meters): George Puryear '09 (6:53); Jenna Hauca '11 (8:05).
- **Bike** (5.0 miles): George Puryear '09 (14:19); Jenna Hauca '11 (15:08).
- **Climb** (50 floors): Sam Gulland '10 (6:23); Jenna Hauca '11 (7:37).

The overall winners of the 2008-09 Fitness Challenge were George Puryear '09 (men) and Jenna Hauca '11 (women).

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:

- Calorie Count (Mon Feb 9 and Tue Feb 10)
- February Frenzy! (Mon Feb 9 - Fri Feb 27)
- 1,000-Point Challenge (Mon Feb 9 - Sun Mar 15)
- Get-A-Grip Challenge (Thu Mar 5)

FEBRUARY FRENZY!

This exciting event has a theme that's similar to the NCAA Basketball Tournament. The event features two 64-person brackets – one for men and one for women. Participants compete in six rounds of fitness activities 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 9. 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.

FLUFEST

In conjunction with the FluFest that was held on November 5 and 6, the fitness staff offered free screenings for muscular strength and flexibility. At FluFest, we conducted 41 screenings for muscular strength and 2 screenings for flexibility.

INTRODUCING THE BACONATOR®

Wendy's has unleashed a new item on their menu. With 6 strips of bacon, 2 quarter-pound patties, 2 slices of cheese and mayo, the Baconator has 830 calories (including 51 grams from fat of which 23 are "sat fat" and 2.5 are trans fat), 195 milligrams of cholesterol and a whopping 1,880 milligrams of sodium.

Now this, from the Wendy's web-site: "At Wendy's®, we're unrivaled in our passion for giving people what they want – and uncompromising in giving people what they deserve."

How is it that people "deserve" the Baconator?

GROUP FITNESS CORNER

The weather outside is frightful, so it's a great time to try our group and instructional fitness classes! A limited schedule is offered in January, featuring Zumba, Body Attack, Yoga, Pilates, Spinning and more. All you need to get in on the action is a punch card which is available for 12, 24 or 36 classes. The cards can be purchased in Dillon Room 103 and may be used for classes through August 31.

Keep up with that New Year's resolution in February as our spring semester schedule begins. Try our Body Step class, a new twist on an old favorite with fantastic music and instructors! Complete schedules are available at www.princeton.edu/campusrec.

For more information about Group and Instructional Fitness Programs, contact Susan Crane at 258-2634 or sc6@princeton.edu.

HEARTBREAK HILL

Legend has it that in the 1936 Boston Marathon, John Kelley passed Ellison Brown and assumed that he was "out of gas." Brown eventually won the race with Kelley finishing 5th. Jerry Nason, the sports editor of the *Boston Globe*, described this as "breaking Kelley's heart." And Heartbreak Hill was born.

According to *Runner's World* magazine, Heartbreak Hill is one of "the greatest, most daunting hills in U. S. races. It's actually the fourth (and last) of the "Newton Hills" and is encountered well into the race (just past the 20-mile mark). Heartbreak Hill rises 88 feet over the course of its 0.37 miles.

This year's Boston Marathon is on April 20.

Source: *Runner's World*

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 Boubilil**
Fitness Supervisors (part-time) and Personal Trainers: **Jake Dale '10, Dick Hueber '55, Gordon Husth, Mike Lucchino, Paul Markoff '09, Joseph Mislán, John Pesce, George Puryear '09, Sharon Rodgers, PhD. *08, Jeanine Rosen and David Tubbs, Ph.D.**