



# THE FITNESS AND WELLNESS BULLETIN

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## CARDIO CHALLENGE: RESULTS

During the spring semester, 61 fitness fanatics participated in two Cardio Challenges. Each person completed a predetermined distance using the cardio equipment of his or her choice (a treadmill, stationary cycle, stairclimber or rower). All of the participants received a T-shirt for accepting the cardio challenge. Congratulations to all!

## CALORIES: WALKING VS RUNNING

How many times have you heard that walking a mile uses the same number of calories as running a mile? Does this notion have any scientific basis?



Based upon equations from the American College of Sports Medicine, a 176-pound man who walks one mile in 20 minutes on a level surface will use roughly 4.62 calories per minute (cal/min). Over the course of his 20-minute walk, his total caloric usage would be about 92.4 calories [4.62 cal/min x 20 min]. If that same individual ran one mile in 10 minutes on a level surface, he'd use about 14.27 cal/min. During his 10-minute effort, then, he'd use about 142.7 total calories [14.27 cal/min x 10 min].

So, running a mile utilized significantly more calories than walking a mile [142.7 cal versus 92.4 cal]. This is true despite the fact that the duration of walking was twice as long as that of running [20 min compared to 10 min].

This isn't to say that walking is bad, of course. Just be aware that walking a certain distance doesn't use the same amount of calories as running it.

## DID YA KNOW?

Too much exercise can lead to overtraining. Classic signs of overtraining include decreased performance, prolonged recovery, loss of appetite and an elevated resting heart rate.

## LET'S JUST PLAY!

Nickelodeon has been promoting physical fitness for kids with its "Let's Just Play" campaign. Since its inception in 2002, the program has hosted one million kids in nearly 4,000 events across the globe. Last year, 200,000 kids registered to participate.



Partnering with Nickelodeon in the venture are the American Heart Association and the William J. Clinton Foundation's Alliance for a Healthier Generation.

Nickelodeon says that it has committed more than \$30 million to health and wellness messaging and that over the past two years, it has awarded \$2.5 million in grants to schools and after-school programs to help provide resources for physical play.

Your kids can register on-line by going to [www.nick.com/myworld/letsjustplay](http://www.nick.com/myworld/letsjustplay).

## FITTEST/FATTEST CITIES IN AMERICA

*Men's Fitness* magazine conducts an annual survey of the fittest and fattest cities in America. This year, Albuquerque (NM) won the top ranking as "America's Fittest City." The rest of the Top 10 (in order) is Seattle (WA), Colorado Springs (CO), Minneapolis (MN), Tucson (AZ), Denver (CO), San Francisco (CA), Baltimore (MD), Portland (OR) and Honolulu (HI).

Las Vegas (NV) earned the dubious distinction of being named "America's Fattest City." The rest of the Top 10 (in order) is San Antonio (TX), Miami (FL), Mesa (AZ), Los Angeles (CA), Houston (TX), Dallas (TX), El Paso (TX), Detroit (MI) and San Jose (CA).

Locally, Philadelphia (PA) moved up on the list of fittest cities from 23 to 20 while New York (NY) rose on the list of fattest cities from 25 to 18.

## ENERGY BARS = ENERGY?

Numerous products use the word “energy” in their names but its use can be grossly misleading. The word “energy” suggests that the product will improve your stamina or make you more energetic. Well, calories provide you with energy and three nutrients provide you with calories: carbohydrates, protein and fat.

The fact of the matter is that people get energy from *any* food that has calories. Technically, then, a can of non-diet soda is an “energy drink,” a hot dog is an “energy roll,” a pad of butter is an “energy square,” a slice of bacon is an “energy strip,” a chocolate-chip cookie is an “energy disc” and an ice-cream sandwich is an “energy bar.” You get the idea.

That being said, there’s nothing “wrong” with most of the products that have been dubbed “energy bars.” As such, you can eat an energy bar – especially when it’s more convenient because of time constraints. But you shouldn’t make a habit of eating energy bars rather than regular foods and meals. Remember, there’s nothing wrong with energy bars . . . but there’s nothing magical about them, either.

## THE WORLD’S LARGEST ROAD RACE

The JPMorgan Chase Corporate Challenge® is considered to be the largest road race in the world. Held in Frankfurt, Germany, the 13th annual event took place on June 13 and had an estimated 67,000 entrants!



JPMorgan will donate approximately two euros per entrant to the Handicapped Kids in Motion program through Sporthilfe (Sports Aid).

## WEIGHT-LOSS TIP: NO BONES ABOUT IT!

In one study, 50 graduate students were randomly assigned to eat chicken wings at either a table where their leftover bones were removed by a waiter or a table where their bones weren’t. The researchers found that those at the “bussed” tables ate more wings than those at the “unbussed” tables.

Take-home message: Avoid eating in an environment where you can lose track of how much food you’ve consumed.

Source: *Perceptual and Motor Skills*

## FRANK-LY INADVISABLE



At the recent Southwest Regional Hot Dog Eating Contest, Joey “Jaws” Chestnut set a world record by eating 59½ hot dogs and buns in – gulp – 12 minutes. This gluttonous effort broke the mark of the legendary Takeru Kobayashi who had downed a mere 53¾ wieners in the same time.

If you think that information is hard to swallow, chew on this: One Nathan’s all-beef frank has 170 calories, 15 grams of fat, 35 milligrams of cholesterol and 470 milligrams of sodium. So 59½ of them have 10,115 calories, 892.5 grams of fat, 2,082.5 milligrams of cholesterol and 27,965 milligrams of sodium – that’s nearly 28 grams of sodium!

## FAD DIETS AND FAT LOSS

Fad diets can promote rapid weight loss. But if weight is lost too quickly, it’s likely that some of it will be due to a decrease in lean-body mass and/or water rather than body fat.

Consider this scenario: If you weigh 150 pounds and your body fat is 20.00%, you have 30 pounds of fat and 120 pounds of lean-body mass. Suppose that you lost 10 pounds so quickly that only one pound was from fat. You’d now weigh 140 pounds but have 29 pounds of fat and 111 pounds of lean-body mass . . . meaning that your body fat actually *increased* to 20.71%!

The bottom line: To lose body fat safely and effectively, most scientific and medical authorities recommend losing no more than about 1-2 pounds per week.

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