



INDOOR TRIATHALON: RESULTS

An Indoor Triathlon was held in the Stephens Fitness Center and Dillon Pool on May 1. A total of 12 fitness enthusiasts competed as 3-person teams with one participant swimming roughly one-half mile, one cycling 7 miles and one running 4 miles. The event was won by the Argonauts with a total time of 62:35. Team members were Julie Dickerson '10, Clay Puryear '09 and Chip Snyders '09.

Here are the top individual male and female performers in the event:

- **Swim:** Rob Cooper GS (13:40) and Kristen Marino GS (12:10).
- **Bike:** Clay Puryear 09 (19:56) and Baley Fong GS (28:53).
- **Run:** Greg Schwartz GS (26:24) and Andrea Granstedt GS (29:56).

EVENING EATING

You may have heard that you shouldn't eat after a designated time such as 6:00pm.



However, this belief has no scientific basis. The most important thing that determines whether or not you gain (or lose) weight is the number of calories that you consume and expend, not the time of the day.

Besides, isn't it a bit ridiculous to think that it would be okay to eat up until a certain time but doing so one minute later would result in weight gain?

And think about this: Suppose that you're in Georgia standing a few feet from its border with Alabama. Georgia is in the Eastern Time Zone and Alabama is in the Central Time Zone. So if you're in Georgia and it's 6:00pm, you're not supposed to eat or you'll gain weight. But if you quickly step across the border into Alabama where it's 5:00pm, is it now suddenly okay for you to eat without fear of gaining weight?

Bottom line: If you want to watch your weight, worry about the calories, not the clock.

CHILDHOOD OBESITY

You've probably heard the grim statistics but they're worth repeating: Over the past 30 years, the rate of obesity has more than tripled for children aged 6 to 11 and more than doubled for adolescents aged 12 to 19. That may be changing, however.

A recent study that looked at 8,165 children and adolescents found that the prevalence of high BMI didn't change between 1999 and 2006. It's too early to tell if this is a trend or an anomaly but it still gives hope for the future.

Source: *JAMA*

THE "8x8 RULE"

One of the most oft-repeated bits of health advice is that people should drink at least eight eight-ounce glasses of water – one-half gallon – on a daily basis. Moreover, proponents of the so-called "8x8 Rule" state that other fluids don't count toward this goal.



A high intake of water appears to be beneficial in reducing the risk of several conditions including bladder cancer, colorectal cancer and heart disease. And, of course, water has several physiological functions such as regulating body temperature (which helps keep individuals from overheating).

Be that as it may, there's no scientific evidence that people need to drink eight eight-ounce glasses of water each day (or any other specific amount, for that matter). The volume of water that's needed can vary greatly from one person to the next based upon such factors as age, size, level of fitness, level of activity and environmental conditions.

And let's not forget that many foods and beverages – most notably milk, fruits, fruit juices, vegetables, sport drinks and soup – are very high in water and, thus, can be counted toward the daily total. Clearly, it's important to consume adequate amounts of fluids but this medical maxim doesn't hold any water.

WEIGHT-LOSS TIP

As strange as it may sound, a great tip for weight loss is to eat more frequently. That's right, eat more frequently. How is it possible to eat more and weigh less?

Well, the number of meals should be greater but the size of those meals – in terms of calories – should be smaller. In spreading calories over more meals – rather than cramming calories into less meals – you'll be better able to keep your hunger at bay.

Along these lines, one of the worst things that you can do is skip a meal. In this case, you'll be ravenous and the next time that you have a meal, you'll probably satisfy your appetite by eating anything that doesn't move.

220 - AGE = MAX HEART RATE?

There are literally dozens of equations that have been developed to estimate age-predicted maximum heart rates. However, no equation has been more widely used than "220 - age." For example, the estimated maximum heart rate of a 40-year-old would be 180 beats per minute [$220 - 40 = 180$].

When "220 - age" is compared to other equations, there's actually very little difference between them. For nearly all age groups, most of the equations differ by no more than about five beats per minute (which becomes an even smaller difference when multiplied by 60 - 90% to determine a heart-rate training zone).

Remember, the actual maximum heart rates of individuals vary considerably and, thus, are difficult to estimate in a precise manner. So, understand that the equations are only *estimates* of an age-predicted maximum heart rate. And most equations offer roughly the same degree of accuracy. However, the equation "220 - age" is more convenient and less complicated than others.

WALK THIS WAY

According to a survey that was conducted by the National Sporting Goods Association, the most popular activity in America in 2007 was exercise walking with 89.8 million participants. In fact, exercise walking has held the number one position every year since 1990. It's no wonder since walking is so simple, natural and relaxing.

GROUP FITNESS CORNER

You can purchase an 8-week Group Fitness pass for \$60 and an 8-week Spinning pass for \$50. Both of these passes are good from July 7 to August 31. Punch cards that are good for 6, 12, 24 or 36 classes are also available in Dillon Gym, Room 3.

For more information about Group and Instructional Fitness Programs, contact Susan Crane at 8-2634 or sc6@princeton.edu.

SPORTS DRINKS AND DENTAL EROSION

It has been suggested that sports drinks contribute to dental erosion (which damages tooth enamel). In one study, researchers looked at the effects of a variety of popular beverages on human teeth. Enamel blocks were cut from caries-free teeth and immersed in the beverages for a total of 14 days. Throughout the immersion period, the sections were weighed every 24 - 48 hours with the beverages being replaced at each weighing. The study found that sports drinks produced a significant amount of enamel erosion.



Obviously, this study didn't simulate real-life conditions. For one thing, people don't keep sports drinks in their mouths for what essentially amounts to 336 consecutive hours! Even the researchers noted that this was comparable to about 13 years worth of normal drinking. Plus, the teeth were studied *in vitro* – in a laboratory, not a mouth – which eliminated the protective effects of saliva.

Source: *General Dentistry*

FITNESS STAFF (258-3520)

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