



THE FITNESS AND WELLNESS BULLETIN

March/April 2007

Volume 7 #1

WELLNESS SCREENINGS

Free blood-pressure screenings were given in the Stephens Fitness Center from February 26 - March 2. A total of 34 individuals participated, including 17 faculty/staff, 7 undergraduate students, 5 graduate students and 5 non-university people.

Mark your calendars: Free body-composition screenings will be given in the Stephens Fitness Center from April 2 - 6; free flexibility screenings will be given from April 16 - 20.

2007 FITNESS CHALLENGE: RESULTS

The 5th annual Fitness Challenge was held in the fitness center on February 8. Overall, there were 26 competitors. For the second year in a row, the faculty/staff won the team event. The winners and their performances:

- **Bench Press:** Matthew Hunter '07 (25 reps with his bodyweight); Joline Fan '09 (29 reps with one half of her bodyweight).
- **Bar Hang:** Carl Boettiger '07 (3:24); Joline Fan '09 (2:17).
- **Stretch:** John Hodgson FS (161 degrees); Barclay Satterfield GS (140 degrees).
- **Row** (2,000 meters): George Puryear '09; Barclay Satterfield GS (8:38).
- **Bike** (5.0 miles): David Huse FS (14:01); Elizabeth Dooley '07 (14:29).
- **Climb** (50 floors): David Huse FS (7:00); Barclay Satterfield GS (6:28).

The overall winners of the 2007 Fitness Challenge were George Puryear '09 (men) and Barclay Satterfield GS (women).

UPCOMING 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:

- Get-A-Grip Challenge (Mar 8)
- Distance Challenge (Mon Apr 2 - Fri Apr 27)
- Indoor Triathlon; team and/or individual (Apr 26)

2007 FEBRUARY FRENZY: RESULTS

It was fast. It was furious. It was February Frenzy. This second-year event drew 89 participants who competed in 6 rounds of fitness events with winners advancing after each round. The men's and women's brackets each had four "regions": one for faculty/staff (FS), one for graduate students (GS), one for juniors/seniors (JR/SR) and one for freshmen/sophomores (FR/SR).

In the men's bracket, "regional" winners were Chris Brock FS, DeForest McDuff GS, Will Levandowski '07 and Sam Ritchie '09; in the women's bracket, "regional" winners were Michele DeJuliis FS, Susan Robison GS, Sarah Yuki '08 and Kraftin Schreyer '09.



DeForest won the men's bracket for the second year in a row, this time edging out Sam in the finals. And after finishing second last year, Michele beat Kraftin in the finals to claim the title in the women's bracket.

FACULTY/STAFF FITNESS DECATHLON

The 2nd annual Faculty/Staff Fitness Decathlon will be held from Monday, March 26 - Sunday, April 29. The event features two activities per week for five weeks as follows:

- **Week 1** (Mon Mar 26 - Sun Apr 1): Bike 5.0 miles and Bar Hang
- **Week 2** (Mon Apr 2 - Sun Apr 8): Row 2,000 meters and Stretch (MedX machine)
- **Week 3** (Mon Apr 9 - Sun Apr 15): Run 3.0 miles and Bench Press (reps with bodyweight for men; half bodyweight for women)
- **Week 4** (Mon Apr 16 - Sun Apr 22): Climb 100 floors (StepMill) and Standing Broad Jump (best of 3 attempts)
- **Week 5** (Mon Apr 23 - Sun Apr 29): Climb 1,000 feet (VersaClimber) and Weight Hold

For more information, contact Matt Brzycki at 258-3520 or brzycki@princeton.edu.

“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 2006 was Minnesota. The “healthiness” score is based on 12 factors (such as child poverty) and 6 outcomes (such as infant mortality).

In the 17 years of these rankings, this was the 11th time that the “Land of 10,000 Lakes” led the pack. Rounding out the Top 10 were Vermont, New Hampshire, Hawaii, Connecticut, Utah, Massachusetts, North Dakota, Maine and Wisconsin.

The state lowest in “healthiness” was Louisiana (which has been either last or next-to-last for each of the past 17 years). If you’re curious, New Jersey was number 14.

ANTARCTIC ICE MARATHON

On December 13, athletes from America, Armenia, Australia, France, Great Britain, Russia, South Africa and the Ukraine competed in the Antarctic Ice Marathon. Billed as “the only marathon held on the mainland continent of Antarctica,” the event was run in the foothills of the scenic Ellsworth Mountains, making this the southernmost marathon on the planet. The weather included light winds and a not-so-balmy temperature of 14 degrees.



This 2nd annual event drew 13 competitors. The men’s winner was Henri Alain D’Andria of France who edged out Tim Harris of Great Britain with a time of 5:08:17 to 5:15:28. His performance was a new record for the ice marathon. The lone woman in the event was Noelle Sheridan of America who finished in 7:15:46. In doing so, she became the first woman in the world to run 7 marathons on 7 continents within 7 months.

2007 EMPIRE STATE BUILDING RUN-UP

The 30th annual Empire State Building Run-up was held on February 6. For the second year in a row, the male winner was Thomas Dold of Germany who ran up the 86 floors (1,576 steps) from the ground floor to the observation deck (994 vertical feet) in 10:25. The female winner was Suzy Walsham of Singapore with a time of 13:12.

DIET PILLS: DECEPTIVE MARKETING

In separate cases, several marketers of diet pills have agreed to pay a total of \$25 million dollars to settle allegations by the Federal Trade Commission (FTC) that they engaged in deceptive marketing. According to the FTC, the following products were marketed with false and/or unsubstantiated claims:

- **Xenadrine EFX.** Among other things, the people who appeared in the ads were said to have achieved their reported weight loss by rigorous dieting and/or exercising and were paid from \$1,000 to \$20,000 for giving their testimonials.
- **CortiSlim.** The product was said to cause rapid, substantial and permanent weight loss in all users
- **CortiStress.** Marketers claimed that this product reduces the risk of osteoporosis, obesity, diabetes, Alzheimer’s disease, cancer and cardiovascular disease.
- **TrimSpa.** The product was said to cause rapid and substantial weight loss.
- **One-A-Day WeightSmart.** Ads for these multi-vitamins claimed that they prevent weight gain and promote weight loss by increasing metabolism.

ARTIFICIAL SUGAR AND BLOOD GLUCOSE

To date, the Food and Drug Administration has approved 5 low-calorie sweeteners: acesulfame potassium, aspartame, neotame, saccharine and sucralose. Although these products are far sweeter than sugar – neotame is as much as 13,000 times sweeter – they have little or no calories and no carbohydrates. Since they don’t have any carbohydrates, they don’t have much of an impact on blood glucose.

FITNESS AND WELLNESS STAFF (258-3520)

Coordinator: **Matt Brzycki**
Assistant Coordinator: **TBA**
Evening Manager: **Colt Murphy, Ed.D**
Fitness Supervisors (full-time): **Dan Bennett and David Rivera**
Equipment Reconditioning Specialist: **Mark Lewin**
Fitness Supervisors (part-time) and Personal Trainers: **Charity Bonfiglio ‘01, Christina Costantino ‘07, Ali Fisher, Eugene Gurarie ‘99, Dick Hueber ‘55, Gordon Husth, Paul Markoff ‘09, Joseph Mislán, John Pesce, Sharon Rodgers and George Schwartz ‘07**