



WELLNESS SCREENINGS

February 22 was National Recreational Sports & Fitness Day. To mark the occasion, free blood-pressure screenings were given in the Stephens Fitness Center. Our regular free screenings for the spring semester continued from February 25 - 29.

A total of 76 individuals participated, including 29 faculty/staff, 22 undergraduate students, 17 graduate students and 8 non-university people.

2008 FITNESS CHALLENGE: RESULTS

The sixth annual Fitness Challenge was held in the fitness center on February 7. Overall, there were 20 competitors. For the third year in a row, the faculty/staff won the team event. The winners and their performances:

- **Bench Press:** Jesse Palermo '08 (35 reps with his bodyweight); Jane Hunter FS (17 reps with one half of her bodyweight).
- **Bar Hang:** Robert Cooper GC (2:38); Joline Fan '09 (1:50).
- **Stretch:** Ilya Tsinis '09 (180 degrees); Joan Hsiao FS (178 degrees).
- **Row** (2,000 meters): George Puryear '09 (7:03); no female competitors.
- **Bike** (5.0 miles): George Puryear '09 (15:12); Jane Hunter FS (20:59).
- **Climb** (50 floors): Gonzalo Aniano GC (6:57); Jane Hunter FS (8:07).

The overall winners of the 2008 Fitness Challenge were George Puryear '09 (men) and Jane Hunter FS (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 (Thu Mar 6)
- Faculty/Staff Fitness Decathlon (Mon Mar 24 - Sun Apr 27)
- 1,000-Point Challenge II (Mon Mar 31 - Sun May 4)
- Bench Press Challenge II (Thu Apr 10)
- Indoor Triathlon (Thu May 1)

2008 FEBRUARY FRENZY: RESULTS

It was fast. It was furious. It was February Frenzy. This third-year event drew 78 participants who competed in six 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 Curt Hillegas FS, Josh Proctor GS, George Puryear '09 and David Karp '10; in the women's bracket, "regional" winners were Jane Hunter FS, Ashley Miller GS, Kraftin Schreyer '09 and Aly Pont '11.

Josh won the men's bracket, beating George in the finals. After finishing second last year, Kraftin beat Jane in the finals to claim the title in the women's bracket.

FACULTY/STAFF FITNESS DECATHLON

The third annual Faculty/Staff Fitness Decathlon will be held from Monday, March 24 - Sunday, April 27. The event features two activities per week for five weeks as follows:

- **Week 1** (Mon Mar 24 - Sun Mar 30): Bike 5.0 miles and Bar Hang
- **Week 2** (Mon Mar 31 - Sun Apr 6): Row 2,000 meters and Stretch (MedX machine)
- **Week 3** (Mon Apr 7 - Sun Apr 13): Run 3.0 miles and Bench Press (reps with bodyweight for men; half bodyweight for women)
- **Week 4** (Mon Apr 14 - Sun Apr 20): Climb 100 floors (StepMill) and Standing Broad Jump (best of 3 attempts)
- **Week 5** (Mon Apr 21 - Sun Apr 27): Climb 1,000 feet (VersaClimber) and Weight Hold



UPCOMING WELLNESS SCREENINGS

Mark your calendars: Free body-composition screenings will be given in the Stephens Fitness Center from March 31 - April 4; free flexibility screenings will be given from April 14 - 18.

INTERN IN STRENGTH AND FITNESS

During February and March, Jim Geeza served as our 23rd intern that we've had in the fitness center since 1995. He's finishing up his senior year at Penn State as a Movement Science major in The College of Health & Human Development. With the completion of six more credits this summer, Jim will earn his degree.



Jim is splitting his internship between the Stephens Fitness Center and athletic weight rooms (football and varsity), where he works with Jason Gallucci, the Director of Strength and Conditioning and Varsity Strength Coach. Once Jim has his degree in hand, he's considering opening and operating his own gym.

ELLIPTICALS V TREADMILLS

The first elliptical machine – or, simply, “elliptical” – of any meaningful value was unveiled in 1995. (The term “elliptical” refers to the pattern that the pedals make when the machine is viewed from the side.) Since then, it has become an increasingly popular piece of equipment for aerobic training.

But how does it stack up against the venerable treadmill? Studies have shown that the physiological responses to an elliptical and a treadmill are similar (such as in maximum heart rate and maximum oxygen intake). So why does it feel so much easier to use an elliptical? The reason is probably because it's an activity that doesn't involve the pounding that's associated with a treadmill.

2008 EMPIRE STATE BUILDING RUN-UP

The 31st annual Empire State Building Run-up was held on February 5. For the third year in a row, the male winner was Thomas Dold, 23, of Germany who ran up the 86 floors (1,576 steps) of the world-famous skyscraper from the lobby to the observation deck (994 vertical feet) in 10:08. And for the second year in a row, the female winner was Suzy Walsham, 34, of Australia with a time of 12:44.



MEET THE STAFF

Itai Boubllil, BS, has been a member of the fitness staff since September 2007. He earned his Bachelor of Science degree in Marketing and New Ventures Management from Northeastern University in 2004. Prior to earning his degree, Itai had been involved in small projects management positions in the biometric, software and smart cards industries. Previously, Itai served in the Israeli Air Force Elite Rescue Unit from 1994-1997.



Since 2000, he's been pursuing his passion for bodybuilding training. Among other things, Itai has been learning about clinical nutrition and its effect on the body. This knowledge has helped him develop new nutritional methodologies for assisting people in changing their physique. Since 2001, Itai has helped dozens of individuals reach their goal of reaching their physical potential in many ways.

During 2005 and 2006, Itai launched a fitness project in Be Fit Gym in Rehovot, Israel. The goal of this project was to design a fitness plan to help clients reach their optimum physique in three months. The project was a tremendous success which helped him establish a positive reputation among the clients in Rehovot.

Itai is currently working on a new project which he has entitled “Bodybuilding Academy.” The intent is to educate people about bodybuilding as a sport and teach them the various nutritional methods that are used and needed for the optimum functioning of this sport.

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, 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.**