

THE FITNESS & WELLNESS BULLETIN



March/April 2009

Volume 9 #1

WELLNESS SCREENINGS

Free blood pressure screenings were given in the Stephens Fitness Center from February 23 - 27. A total of 19 individuals participated in the screening, including 11 faculty/staff, 2 undergraduate students, 2 graduate students and 4 non-university.

Mark your calendars: Free body-composition screenings will be given in the Stephens Fitness Center from March 30 - April 3; free flexibility screenings will be given from April 13 - 17.

2009 FEBRUARY FRENZY: RESULTS

It was fast. It was furious. It was February Frenzy. This fourth-year event drew 79 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, Andy Stewart GS and George "Clay" Puryear '09 (no FR/SO winner); in the women's bracket, "regional" winners were Jane Hunter FS, Harriet Cooper GS, Lauren Nigro '09 and Christine Lee '12.

Clay won the men's bracket, beating Curt in the finals. Christine beat Jane in the finals to claim the title in the women's bracket.

PRINCETON START! WALKING

One of the simplest and most natural ways to exercise is walking. This semester's Princeton Start! Walking event will be held in front of Dillon Gym on Thursday, April 2, from 11:30am to 1:00pm.

A number of booths will offer fitness/wellness information as well as a variety of free screenings (including blood pressure and muscular strength). The one-mile group walk kicks off at 12:20. Beginners and veteran walkers are welcome. Pre-registration is not required.



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 5)
- Faculty/Staff Fitness Decathlon (Mon Mar 23 - Sun Apr 26)
- 1,000-Point Challenge IV (Mon Mar 30 - Sun May 3)
- Bench Press Challenge II (Thu Apr 9)
- Indoor Triathlon (Thu Apr 30)

A GRAND SLAM . . . OR A STRIKE OUT?

During the third quarter of this year's Super Bowl, a commercial for Denny's offered every American a free breakfast at a later date, no strings attached. An estimated 2 million people flocked to about 1,550 Denny's restaurants for the free "Grand Slam" breakfast.

But lost in the hullabaloo was the quality of the meal. Introduced nationwide in 1977, a Grand Slam consists of 2 eggs, 2 pancakes, 2 strips of bacon and 2 sausage links. Nutritional analysis shows that a Grand Slam has 763 calories of which 423 – or about 55.4% – are from fat. This includes 14 grams of saturated fat.



Not to be overlooked are the 1,750 milligrams of sodium and 475 milligrams of cholesterol in the meal. And that's not counting any butter or syrup that might be added by the customer.

With those kinds of numbers, Denny's did not help in offering Americans a healthy breakfast. Bottom line: The Grand Slam strikes out.

MOVIN' ON

Dan Bennett, Morning Manager of the Stephens Fitness Center, has accepted a position with the University of Pennsylvania as the Assistant Director of Facilities. And in October of this year, Dan will wed Lisa Ferraina. Best of luck to Dan and Lisa!

INTERN IN STRENGTH AND FITNESS

In the spring semester, Christine Stetson became the 28th intern that we've had in the fitness center since 1995. She's finishing up her senior year at The College of New Jersey, majoring in Health and Exercise Science.



Christine is splitting her internship between the Stephens Fitness Center and athletic weight rooms (football and varsity), where she works with Angie Brambley, an Assistant Varsity Strength Coach.

MEET THE STAFF

Michael Lucchino M.Ed., C.S.C.S., has been a member of the fitness staff since April 2008. He graduated from Lock Haven University (PA) in 2005 with a Bachelor of Science degree in Recreation Management with a concentration in Fitness Management. He went on to earn his Master of Education in Health Education from The Pennsylvania State University in 2008.



Michael comes to Princeton University after serving two years as a graduate assistant strength and conditioning coach for the Penn State Football team. Prior to his graduate assistantship at Penn State, he was a strength and conditioning intern at Michigan State University, a fitness instructor at various commercial gyms and a student supervisor for his university's recreation center.

Besides working as a fitness supervisor and personal trainer in the Stephens Fitness Center, Michael has been an Assistant Strength and Conditioning Coach for Princeton University since March 2008. In this role, he's responsible for designing and implementing the strength and conditioning workouts for baseball; men's and women's squash; men's tennis and men's water polo as well as assisting with the strength training of 20 other varsity sports.

While Michael has spent the vast majority of his career working with athletes, his ultimate goal is to instill everyone with the confidence and ability to achieve his or her maximum potential.

GROUP FITNESS CORNER

Although the spring semester is already underway, it's not too late to take advantage of the many group fitness, yoga/pilates and Spinning (indoor cycling) classes at Dillon! Punch cards for 12, 24 or 36 classes are available for purchase at any time in Dillon 103 and are good through August 31.



We'll be hosting a ZUMBA master class with international trainer Tanya Beardsley in early April as well as other special events involving the group fitness programs. Be on the lookout for more details in the coming weeks!

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

2009 EMPIRE STATE BUILDING RUN-UP

The 32nd annual Empire State Building Run-up was held on February 3. For the fourth year in a row, the male winner was Thomas Dold, 24, 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 10:07 (one tick faster than last year). And for the third year in a row, the female winner was Suzy Walsham, 35, of Australia with a time of 13:27.



Record holders are Paul Crake (9:33 in 2003) and Andrea Mayr (11:23 in 2006). This year's event had 249 finishers.

FITNESS STAFF (258-3520)

Asst Director/Campus Rec, Fitness: **Matt Brzycki**
Fitness Supervisors (full-time): **Colt Murphy, Ed.D. and David Rivera**
Equipment Repair Specialist: **Itai Boubli**
Fitness Supervisors (part-time) and Personal Trainers: **Jake Dale '10, Tyrell Hall '12, Dick Hueber '55, Gordon Husth, Braeden Kepner-Kraus '10, Michael Lucchino, Paul Markoff '09, Joseph Mislán, John Pesce, George Puryear '09, Sharon Rodgers, PhD. *08, Jeanine Rosen and David Tubbs, Ph.D.**