



# THE FITNESS AND WELLNESS BULLETIN

May/June 2007

Volume 7 #2

## SUMMER INSTRUCTIONAL CLASSES

Registration for summer instructional classes will be held in Room 3 of Dillon Gym from 9:00am - 4:00pm, starting on Tuesday, May 29 and continuing through Friday, June 1. The class dates are Monday, June 4 - Saturday, August 4 (9 weeks).



## WELLNESS SCREENINGS

Free body-composition and flexibility screenings were given in the Stephens Fitness Center from April 2 - 6 and April 16 - 20, respectively. A total of 45 individuals participated in the body-composition screening, including 6 faculty/staff, 19 undergraduate students, 14 graduate students and 6 non-university members; a total of 3 individuals participated in the flexibility screening, all of whom were faculty/staff.

## 2007-08 FACILITY MEMBERSHIPS

The dates for recreational facility memberships will be July 1, 2007 – June 30, 2008 to coincide with the fiscal year. New memberships will go on sale no later than Monday, June 18. Once again, after purchasing your membership, your university ID will be programmed to serve as your permit card. Payroll deductions are available.

## LOCKER CLEANOUT

This year's locker cleanout will be on Saturday, June 23. The deadline for you to empty your locker is Friday, June 22. Lockers will be unavailable for overnight use through June 30.

## GET-A-GRIP: RESULTS

A Get-A-Grip Competition was held in the fitness center on March 8. A total of 10 participants sought to determine who could hang from a pull-up bar for the longest amount of time. Male winners were Bernie LaFleur FS (2:48), Robert Cooper GS (3:01) and Andy Wu '07 (1:57); female winners were Marie Connolly GS (1:21) and Joline Fan '09 (1:56).

## INDOOR TRIATHALON: RESULTS

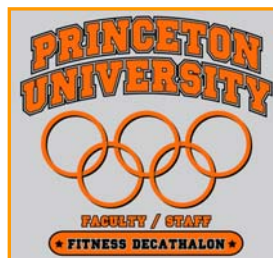
A Team Indoor Triathlon was held in the Stephens Fitness Center and Dillon Pool on April 26. A total of 6 fitness enthusiasts competed as 3-person teams with one participant swimming roughly one-half mile, one cycling 7 miles and one running 4 miles. The event was won by Woo Grads with a total time of 63:51. Team members were Sarah Peterson GS, Jennifer Burnett GS and Mark Crow GS.

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

- **Swim:** Sarah Peterson GS (12:40).
- **Bike:** Barclay Satterfield GS (22:33).
- **Run:** Mark Crow GS (27:33).

## FACULTY/STAFF FITNESS DECATHLON

The 2007 Faculty/Staff Fitness Decathlon was held in the Stephens Fitness Center from March 26 - April 29. This second-year event drew 20 participants.



As the name suggests, 10 different activities were done (2 per week for 5 weeks). Competitors had to bike 5.0 miles; hang from a chinning bar; row 2,000 meters; stretch; run 3.0 miles; bench press a designated weight; stair climb 100 floors; broad jump; ladder climb 1,000 feet; and hold a designated weight with arms parallel to the floor. Points were awarded based upon performance relative to others.

On the men's side, age-group winners were Mike Fassel (25-29), Chris Brock (30-34), Chad Boutin (35-39), Brian Rounsavill (40-44), David Huse (45-49), Tom Voigtsberger (50-54) and Tony Bleach (55-59); on the women's side, age-group winners were Charity Bonfiglio (25-29), Cheri Drysdale (30-34), Joan Hsiao (40-44) and Maia Reim (55-59). The overall winners were Brian Rounsavill (men) and Cheri Drysdale (women).

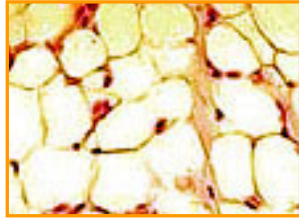
## ADIOS '07

Christina Costantino '07 and George Schwartz '07 worked as fitness supervisors in the Stephens Fitness Center during their years at the university.

Best wishes for strength and health in the future to them and other departing seniors.

## DID YA KNOW?

You've probably heard that one pound of fat has about 3,500 calories. But one gram of fat has 9 calories and one pound has 454 grams. So if you crunch the numbers, one pound of fat should have 4,086 calories. But why, then, does everyone say it has 3,500?



The reason is that fatty (or adipose) tissue isn't entirely composed of fat. Like other tissues, fat contains water which has weight but not calories. This accounts for the difference between the estimated calories and the actual calories in a pound of fat.

## TRAINING TIP

Some of our strength-training equipment offers two or more options for hand positioning. On the Nautilus Vertical Chest, for example, the narrow grip allows you to position your hands directly beneath your shoulders with your palms facing each other (a "parallel" grip); the wide grip allows you to position your hands a bit farther away from your shoulders with your palms facing down.



There are at least three advantages of using a narrow grip in which your palms face each other. By using a narrow grip (and keeping your elbows close to your body), you'll (1) exhibit greater leverage in the exercise; (2) experience less orthopedic stress in your shoulder joint; and (3) exercise your shoulder joint through a greater range of motion thereby stimulating a greater amount of muscle tissue.

## MEET THE STAFF



Dan Bennett has been a fitness supervisor and personal trainer since August 2006. Originally from Pennsville (NJ), he graduated from Rutgers University (Cook College) in 2003 with a Bachelor of Science degree in Exercise Science and Sports Studies.

While at Rutgers, Dan served on the Recreation Advisory Council. The council is one of the largest student-run organizations at Cook/Douglass College (Rutgers University) and one of the largest recreational advisory councils in the United States.

Dan comes to us with experience in several rehabilitation clinics and commercial gyms. In his free time, you'll often find him in the stands at athletic contests or competing in various sports with his father, brother and friends.

His interest in physical activity started early, growing up in a fitness- and athletic-oriented family. Dan's brother is the general manager for a Delaware-based gym and his mother is a long-time aerobics/fitness instructor. It's no surprise, then, that most of Dan's passions are related to fitness and athletics.

Besides sports, Dan has committed himself to various local charities, one of which was a New Brunswick based charity that he co-created and organized. This charity – known as "The BIG Event: 25 for Lives" – was a successful one-day event that raised nearly \$20,000 in 2005. All of the proceeds were donated to the Leukemia and Lymphoma Society. Currently, Dan resides in nearby Franklin Park.

## 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 Huth, Paul Markoff '09, Joseph Mislán, John Pesce, Sharon Rodgers and George Schwartz '07**