

# THE FITNESS & WELLNESS BULLETIN

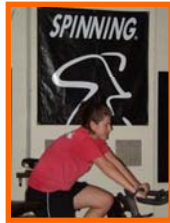


May/June 2009

Volume 9 #2

## SUMMER INSTRUCTIONAL CLASSES

Registration for summer instructional classes will be held in Room 3 of Dillon Gym from 9:00am to 5:00pm, starting on Monday, May 11 and continuing throughout the summer. The class dates are Monday, May 11 to Sunday, August 30 (16 weeks).



## WELLNESS SCREENINGS

Free body-composition and flexibility screenings were given in the Stephens Fitness Center from March 30 to April 3 and April 13 to 17, respectively. A total of 35 individuals participated in the body-composition screening, including 9 faculty/staff, 11 undergraduate students, 13 graduate students and 2 non-university; a total of 5 individuals participated in the flexibility screening, including 3 faculty/staff and 2 non-university.

## 2009-10 FACILITY MEMBERSHIPS

The dates for recreational facility memberships will be July 1, 2009 to June 30, 2010 to coincide with the fiscal year. New memberships will go on sale no later than Monday, June 15. 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 Sunday, June 28. The deadline for you to empty your locker is Saturday, June 27. Lockers will be unavailable for overnight use through July 5.

## GET-A-GRIP CHALLENGE: RESULTS

The Get-A-Grip Challenge was held in the fitness center on March 5. A total of 14 participants sought to determine who could hang from a pull-up bar for the longest amount of time. Male winners were Chris Stewart FS (1:45), Nick Kattamis GS and Robert Cooper GS (2:16) and Ryan Coyle '09 (2:06); female winners were Kelly Hoffman FS (1:19), Chris Bergstrom GS (0:26) and Julie Dickerson '10 (1:39).

## BENCH PRESS CHALLENGE II: RESULTS

Back by popular demand, the second Bench Press Challenge of the year was



held in the fitness center on April 9. Overall, there were 38 competitors (which was a new record for this event). Each person had to do as many reps as possible with their bodyweight (men) or half of their bodyweight (women).

The winners and their reps were . . .

- Jason Petta (male faculty/staff; 24)
- Ryan Harper (male grad student; 31)
- Pat Gallagher '09 (male undergrad; 27)
- Jesse Palermo '08 (male non-university; 36)
- Jane Hunter (female faculty/staff; 24)
- Allison Halpern (female grad student; 33)
- Ellen Scott '10 (female undergrad; 30)

All winners in each category received a T-shirt.

## FACULTY/STAFF FITNESS DECATHLON

The 2009 Faculty/Staff Fitness Decathlon was held in the Stephens Fitness Center from March 23 to April 26. This fourth-year event drew 8 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 1,250 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 Lucchino (25-29), Marty Crotty (30-34), Curt Hillegas (40-44), Matt Brzycki (50-54) and Scott Luley (60-64); on the women's side, age-group winners were Jessica Ward (30-34) and Joan Hsiao (45-49). The overall winners were Curt Hillegas (men) and Jessica Ward (women). Curt becomes the first man to win the Fitness Decathlon two times, successfully defending the title that he won last year.

## BAKING SODA AND PERFORMANCE

Sodium bicarbonate – aka “baking soda” – has a wide range of applications such as treating acid indigestion, whitening teeth and absorbing odors in refrigerators. But it’s also been promoted as an agent that delays fatigue.

In one study, 16 subjects were randomly assigned to two groups that did interval training on a stationary bicycle 3 times per week for 8 weeks. The only difference was that 90 and 30 minutes prior to a session, the subjects consumed either sodium bicarbonate or a placebo (sodium chloride). The group that consumed sodium bicarbonate before each session had significantly greater improvements in lactate threshold and endurance than the group that consumed the placebo.

But don’t sprint to the supermarket just yet. Likely side effects from sodium bicarbonate include gastrointestinal disturbances such as nausea, vomiting, diarrhea and flatulence.

Source: *Journal of Applied Physiology*

## HIGH FRUCTOSE CORN SYRUP

High fructose corn syrup is a synthetic sweetener that was created in the late 1960s. The manufacturing process starts out with kernels of corn and ends up with a concoction of fructose and glucose. It’s found in numerous foods and beverages, ranging from the fairly obvious (yogurt and sweetened beverages) to the totally unexpected (bread and tomato soup).

One study showed that from 1970-1999, consumption rates of high fructose corn syrup have closely paralleled obesity rates in the United States. This has led to the conclusion that high fructose corn syrup causes obesity.

By all accounts, the rate of obesity in America has continued to climb steadily since 1999. Yet according to the U. S. Department of Agriculture, the per capita consumption of high fructose corn syrup has dropped from a peak of 45.4 pounds per year in 1999 to 42.2 pounds per year in 2005.

Obesity results from eating too much and exercising too little. High fructose corn syrup has no nutritional value but in terms of being the cause of obesity, it’s a miscast villain.

Source: *American Journal of Clinical Nutrition*

## GROUP FITNESS CORNER

The spring semester may be winding down but it’s not too late to sample some of our Group and Instructional fitness classes! The spring schedule continues through Friday, May 8 and includes Yoga, Zumba, BodyAttack and more.

Our summer schedule begins on Monday, May 11 and run through the end of August. Visit [www.princeton.edu/campusrec](http://www.princeton.edu/campusrec) for a complete list of classes. Punch cards are needed for all summer classes; these can be purchased at any time in Dillon Gym, Room 103.



If you love taking classes and have ever thought about teaching group fitness, now’s your chance! We’ll again

be holding an instructor training program this fall for interested students, faculty and staff with auditions scheduled for September. You’ll learn how to teach a variety of classes over the course of the semester and start teaching your own classes in spring 2010.

For more information about Group and Instructional Fitness Programs, contact Susan Crane at 8-2634 or [sc6@princeton.edu](mailto:sc6@princeton.edu).

## ADIOS ‘09

This year, we say “adios” to two seniors who worked as fitness supervisors: George “Clay” Puryear and Paul Markoff. Clay has been on the fitness staff since September 2007 and Paul since October 2005.

Best wishes for strength and health in the future to Clay, Paul and other departing seniors.

### 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 Boubllil**  
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.**