

# THE FITNESS & WELLNESS BULLETIN



November/December 2008

Volume 8 #5

## FLUFEST



FluFest will be held on Wednesday, November 5 and Thursday, November 6 from 10:00am - 8:00pm and Monday November 10 from 8:00am - 1:00pm at the Frist Campus Center. University faculty/staff can receive free flu shots and visit various informational booths, one of which will offer free wellness screenings by members of the fitness staff.

## WELLNESS SCREENINGS

Free blood-pressure screenings were given in the Stephens Fitness Center from October 6 - 10. A total of 19 individuals participated, including 14 faculty/staff, 2 undergraduate students and 3 graduate students.



Mark your calendars: Free body-composition screenings will be given in the Stephens Fitness Center from November 10 - 14; free flexibility screenings will be given from December 1 - 5.

## BENCH PRESS CHALLENGE: RESULTS

A Bench Press Challenge was held in the fitness center on September 19. Overall, there were 19 competitors, making this the biggest turnout that we've ever had 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 . . .

- John Tang '11 and Michael Ye '09 (male undergrad; 25)
- Todd Maslowski FS and Chris Stewart FS (male faculty/staff; 19)
- Andrew Ledvina GS (male grad student; 26)
- Jesse Palermo '08 (male non-university; 41)

Everyone who placed in the top 2 of each category received T-shirts.

## FACULTY/STAFF FITNESS RELAYS

From September 29 - October 3, the Stephens Fitness Center played host to the Faculty/Staff Fitness Relays. The 3rd-year event drew 36 participants. This year, relay teams from East Campus were pitted against relay teams from West Campus (with Elm Drive being the dividing line).



Relay team members had to bike 5.0 miles; hang from a bar; row 2,000 meters; stretch; run 3.0 miles; bench press their bodyweight; stair climb 100 floors; broad jump; ladder climb 1,250 feet; and hold 50% of their bodyweight with their arms parallel to the floor. In those activities, the team with the best performance won the relay.

This year, West Campus beat East Campus, capturing 8 of the 10 relays. Members of the winning team were Amy Altig, Dan Bennett, Itai Boubilil, Matt Brzycki, Steve Coppola, Susan Crane, Marty Crotty, Michele DeJuliis, John Furtado, Geter Hicks, Dave Leach, Todd Maslowski, Wayne Meyer, Peter Ogden, Mitch Reum, John Ritter, Paul Rassam, Brian Rounsavill, Max Schumitsch, Chris Stewart, Kevin Unterstein and Tom Voigtsberger.

## 15 MINUTES OF FAME: RESULTS

October 15 was the date for the aptly named "15 Minutes of Fame." In the event, 20 competitors biked, ran, rope climbed and/or rowed as far as possible in 15 minutes.



The winners and their performances:

- **Bike:** John Hodgson FS (4.61 miles); Irm Haleem NU (3.45 miles).
- **Run:** Clay Puryear '09 (2.71 miles); Dean Spears GS (2.34 miles).
- **Rope Climb:** Charles Kruger (2,643 feet), David Perel '12 (2,598 feet); Julie Dickerson '10 (2,544 feet).
- **Row:** Andrew Ledvina GS (3,997 meters), Wayne Meyer (3,704 meters); Julie Dickerson 10 (3,091 meters).

## UPCOMING FITNESS EVENTS

Several more fitness events are planned for the remainder of this semester. Prizes will be given to the top finishers in each event. Here's a thumbnail sketch of what you can expect:

- Strength/Endurance Challenge (Thu Nov 6)
- 1,000-Point Challenge II (Mon Nov 10 - Sun Dec 14)
- Pumpkin Challenge (Mon Nov 17 and Tue Nov 18)
- 2008 Fitness Challenge (Thu Nov 20)

## OBESITY AND EATING BEHAVIORS

Researchers looked at the eating behaviors of 213 patrons at Chinese all-you-can-eat restaurants. They then compared various seating, serving and eating behaviors across BMI levels.



The study found that patrons who had higher BMI levels were more likely to use larger plates and face the buffet.

Also, patrons who had higher BMI levels were more likely to use forks (rather than chopsticks), serve themselves immediately (rather than browse the buffet before eating) and not have a napkin on their lap. Moreover, patrons who had higher BMI levels left less food on their plates and chewed less per bite of food.

Source: *Obesity*

## FALL INTERN

This fall, we have an intern, Tyler Stull. He splits his time between the Stephens Fitness Center and Stadium Weight Room where he's under the tutelage of Jason Gallucci, the Director of Strength and Conditioning and Varsity Strength Coach.



Tyler is working toward a Bachelor of Science degree in Health and Fitness from East Carolina University in Greenville, NC. He becomes the 26th intern that we've had in the fitness center since 1995. Tyler also set a record among interns for the greatest distance between his school and Princeton University: 469.21 miles! The previous record of 225.57 miles was held by 2 interns from Penn State.

## GROUP FITNESS CORNER

The fall schedule for our group and instructional fitness classes started in September, encouraging members to "Work Out Like A Rock Star" with new classes, new instructors and a revamped registration process. Our BODYATTACK™ launch and Zumba master class brought more than 200 fitness enthusiasts onto the main floor of Dillon Gym for a fantastic night of exercise.

New classes for this semester include:

- BODYATTACK™, a sports-inspired cardio workout featuring exciting music and dynamic moves (Tue/Thu at 6:30pm)
- Triple Threat, a class combining kickboxing, strength training and boot-camp-style circuit training (Wed at 12:00pm)
- Body Blitz, featuring high-intensity strength training methods to strengthen the body (Mon/Thu at 7:30am)

This semester, we've also expanded our Yoga, Pilates and Spinning schedules to give participants more flexibility with their workouts.

It's not too late to get in on the action and mix up your exercise regimen! Punch cards for 12, 24 or 36 classes are on sale in Dillon Gym, Room 103, and can be used anytime through August 31, 2009.

## NEW WEB-SITE!

Check out our new and expanded web-site at [www.princeton.edu/campusrec](http://www.princeton.edu/campusrec). You'll find lots of worthwhile information about the Stephens Fitness Center, Intramurals, Sport Clubs, Group & Instructional Programs, Informal Recreation, Massage Therapy and more!

### 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 Boubli**  
Fitness Supervisors (part-time) and Personal Trainers: **Jake Dale '10, Dick Hueber '55, Gordon Husth, Mike Lucchino, Paul Markoff '09, Joseph Mislán, John Pesce, George Puryear '09, Sharon Rodgers, Ph.D. \*08, Jeanine Rosen and David Tubbs, Ph.D.**