



THE FITNESS AND WELLNESS BULLETIN

NOVEMBER/DECEMBER 2007

VOLUME 7 #5

FLUFEST



FluFest will be held on Tuesday, November 6 and Wednesday, November 7 from 10:00am - 8:00pm and Monday November 12 from 8:00am - 1:00pm at the Frist Campus Center. This year, university faculty/staff can receive free flu shots. You'll

also be able to 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 8 - 12. A total of 20 individuals participated, including 13 faculty/staff, 4 undergraduate students, 2 graduate students and 1 non-university person.

Mark your calendars: Free body-composition screenings will be given in the Stephens Fitness Center from November 12 - 16; free flexibility screenings will be given from November 26 - 30.

BENCH PRESS CHALLENGE: RESULTS

A Bench Press Challenge was held in the fitness center on September 21. Overall, there were 32 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 . . .

- Daniel Adler '09 (male undergrad; 25)
- Jason Petta FS (male faculty/staff; 29)
- Ryan Harper GS (male grad student; 32)
- Eddie Martin Jr (male non-university; 34)
- Sarah Yuki '08 (female undergrad; 27)
- Emma Bassein GS (female grad student; 26)

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

FACULTY/STAFF FITNESS RELAYS

From October 1 - 5, the Stephens Fitness Center played host to the Faculty/Staff Fitness Relays. The 2nd-year event drew 25 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 1,000 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.

The two teams split the 10 relays which led to a tie-breaker. The East Campus Team won the tie-breaker to earn the victory. Members of the winning team were Chris Ayres, Chris Brock, Steve Dolan, Cheri Drysdale Mike Fassel, Curt Hillegas, Charles Kruger, Bernie LaFleur, Andy Lausier, Steve Niedzwiecki, Mike Peloso and Maia Reim.

STRENGTH/ENDURANCE: RESULTS

A Strength/Endurance Challenge was held in the fitness center on October 16. Each person had to do as many reps as possible on the barbell bench press with their bodyweight (men) or half of their bodyweight (women). Following this, each person ran 3 miles on the treadmill. For each rep that they did on the bench press, they received a 5-second deduction from their time in the 3-mile run. The person with the lowest adjusted time was the winner.

Although there were only 2 competitors, they produced outstanding efforts. Clay Puryear '09 won the event for the second year in a row. His impressive performance included doing 21 reps with his bodyweight and then running 3 miles in 16:52 for an adjusted time of 15:07. Rebecca Sanborn, a spouse of a graduate student, did 32 reps with 50% of her bodyweight and then ran 3 miles in 28:38 for an adjusted time of 25:58. Congrats to both!

UPCOMING FITNESS EVENTS

Three 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:

- Cardio Challenge (Mon Nov 12 - Fri Dec 7)
- 15 Minutes of Fame (Thu Nov 15)
- Pumpkin Challenge (Mon Nov 19 and Tue Nov 20)

HOLIDAY SAFETY TIPS

If you use a fireplace this winter, you'll want to follow these safety tips:

- Remove all greens, boughs, papers and other decorations from the fireplace area before you light anything.
- Make sure the flue is open.
- Refrain from burning wrapping papers in the fireplace. Doing so could result in a flash fire.



Source: Princeton Nassau Pediatrics

DON'T TRY THIS AT HOME!

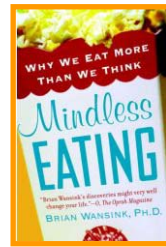
The 8th Annual North American Wife Carrying Championships were held on October 6, 2007. Teams were comprised of a male and female competitor (although the female didn't have to be the legal wife of the male). Teams also had the option of having the female carry the male.

The 278-yard obstacle course is built on the Sunday River Ski Resort. It begins with an uphill run on a dirt road and continues through a field, a 10-meter long waist-deep water obstacle and then downhill and over two 39-inch high log hurdles. The course has sections of soft sand and grass and a hairpin turn.



Prizes were given to the top 3 teams as well as the fastest team with a combined age over 80 and the fastest team with a combined weight over 350 pounds. Five seconds were added to the finish times of those who dropped their partners. Keith Cardoza and his girlfriend Julia Stoner of Boston nosed out 33 other teams by a mere one-third of a second to claim victory.

RECOMMENDED READING



If you're really into the psychology behind what makes us eat – and, more importantly, *how much* we eat – a valuable book is *Mindless Eating: Why We Eat More Than We Think*. (Bantam; paperback edition 2007; 304 pages) The highly entertaining and fascinating book is written by Brian Wansink, Ph.D., the director of the Cornell University Food and Brand Lab.

% FAT FREE: MORE THAN MEETS THE EYE

A package that proclaims a product to be “99% fat free” means that it's 99% fat free by weight, not by calories. How critical is this distinction? Very. Placing one gram of fat into 99 grams of water forms a product that – in terms of weight – is “99% fat free.” But since water has no calories, this particular “99% fat free” product would actually be – in terms of calories – 100% fat.

Although this example is hypothetical, the fact is that this discrepancy actually occurs on the packaging of many products. For example, a can of College Inn Chicken Broth (H. J. Heinz Co.) states that it's “99% fat free.” One serving of this product (240 mL; 8.12 oz) has 13 calories of which 9 are from fat – meaning that it's 69.23% fat. (Each serving has 1 gram of fat and 1 gram of protein.)



Bottom line: If you're looking to eat healthier and reduce your calories from fat, always read the nutrition facts panel.

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 Boublil**
Fitness Supervisors (part-time) and Personal Trainers: **Charity Fesler '01, Eugene Gurarie '99, 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.**