



### WELCOME BACK!

We hope that you had a relaxing, productive and healthy summer. Enjoy the fall semester!

### GROUP AND INSTRUCTIONAL PROGRAMS

Registration for the fall session of our group and instructional programs begins on Tuesday, September 2 from 9:00am - 4:30pm in Room 3 of Dillon Gym. The class dates are September 22 - December 12 with the exception of fall break (October 25 - November 2). A wide assortment of classes are available including group fitness, spinning, yoga, dance, aquatics, martial arts, racquet sports, Pilates, meditation, massage, golf and strength training. Don't miss out on this wonderful opportunity to get fit for the fall!



### FREE TRIAL CLASSES!

Before you make a commitment, you can try many of the classes for free. We're offering about 80 trial classes from Monday, September 15 - Friday, September 19. For more information on the trial classes and others, check our Fall 2008 brochure. You can also call the Campus Recreation Office at 258-3531 or visit our web-site at [www.princeton.edu/campusrec](http://www.princeton.edu/campusrec).



### FITNESS EVENTS

A number of fitness events are planned for the fall semester. Prizes will be given to the top finishers in each event. Here's a thumbnail sketch of what you can expect to see in the next 2 months:

- Bench Press Challenge I (Fri Sep 19)
- 1,000-Point Challenge I (Mon Sep 22 - Sun Oct 19)
- Faculty/Staff Fitness Relays (Mon Sep 29 - Fri Oct 3)
- 15 Minutes of Fame (Wed Oct 15)
- Pretzel Count (Mon Oct 20 and Tue Oct 21)

### BLOOD-PRESSURE SCREENINGS

Free blood-pressure screenings will be given in the Stephens Fitness Center from October 6 - 10. During that week, simply ask a member of the fitness staff to do the screening any time from 8:00am - 8:00pm. (For an accurate reading, please wear a short-sleeved shirt.)

### INTRODUCING THE "CARDIO ANNEX"

During the summer, two rooms in the hallway at the exits of the men's and women's locker rooms were re-purposed into additional space for recreational fitness. Together, the two rooms - dubbed the "Cardio Annex" - comprise about 1,400 square feet and increase the space that's dedicated to recreational fitness by roughly 17.5% (to about 9,400 square feet).

One room has 12 upright bikes and 4 recumbent bikes; the other has 11 ellipticals. Otherwise, both rooms are essentially identical, with high-density flooring, air conditioning, digital radio and flat-screen TVs.

### NEW EQUIPMENT

This summer, the Stephens Fitness Center got a much-needed facelift, including new carpeting and 6 flat-screen TVs. We also added 15 treadmills (increasing our fleet from 8 to 20), 4 Arc Trainers, 2 Adaptive Motion Trainers (pictured at left) and a Viper (a rope-climbing machine). We also replaced the Versaclimber and 8 ellipticals.

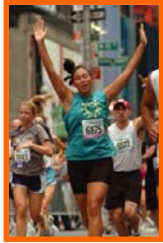


### SALT: MORE THAN JUST BLOOD PRESSURE

In a recent study, 16 men with normal blood pressure were randomly assigned to receive either salt tablets that contained 4,600 milligrams of sodium or a placebo every day for five days. The subjects experienced a rise in systolic blood pressure from about 117 to 121. This finding wasn't much of a surprise but the subjects also had increased stiffness in the linings of their arteries and left ventricle.

Source: *Hypertension*

## RECENT RACING RESULTS



Tina VanDerMeiren, Assistant Strength and Conditioning Coach at Jadwin Gym, raised \$1,030 for the Organization for Autism Research to run in the New York City Half-Marathon on July 27th. This was Tina's 4th half-marathon and she completed it with a personal-best time of 1:51:40. In case you're wondering, that works out to an average of about 8:31 per mile for 13.1 miles!

She has already started to train for her next half-marathon: the ING Philadelphia Distance Run on September 21. You go, girl!

The same day that Tina ran the half-marathon, a number of university employees competed in the 3rd Annual New Jersey State Triathlon at Mercer County Park. Steve Niedzwiecki (OIT) and Cheri Drysdale (Athletics) did the "Olympic distance" of a 1500-meter swim, 24.2-mile bike and 10,000-meter run; Brian Rounsavill (Purchasing) and Tom Nyquist (Facilities) did the "sprint distance" of a 500-meter swim, 11.5-mile bike and 5000-meter run.

Here are their performances (swim, bike, run):

- Steve (31:06, 58:38, 51:21) finished 14th in his age group (M40-44)
- Cheri (27:33, 1:11:19, 50:36) finished 4th in her age group (F30-34)
- Brian (10:32, 31:14, 22:52) finished 6th out of 77 in his age group (M40-44)
- Tom (9:09, 36:39, 34:36) finished 24th out of 28 in his age group (M50-54)

## KIDS' MEALS AT RESTAURANTS

The Center for Science in the Public Interest (CSPI) examined 1,474 possible meal combinations at 13 restaurant chains that have dedicated children's menus and provide adequate nutritional information. The non-profit organization found that the vast majority of children's meals were too high in calories (93% of the meals), saturated and trans fats (45%) and sodium (86%).

By far, the best establishment was Subway with its Best Fit for Kids Meals. One of its healthiest meals is a turkey mini sub and juice box with apple slices, raisins or yogurt.

Source: CSPI

## GROUP FITNESS CORNER

Join us on the main floor of Dillon Gym on Wednesday, September 17 as we launch our new Body Attack™ Class followed by a ZUMBA Master Class with international master trainer Tanya Beardsley! The fun begins at 5:30pm. The event is free for all Princeton faculty, staff and students. Plus, we'll be giving out T-shirts and other prizes throughout the evening.

For more information about Group and Instructional Fitness Programs, contact Susan Crane at 8-2634 or sc6@princeton.edu.

## A LINK BETWEEN CRIME AND FITNESS?

Much ado was made about a recent study that involved a random sample of 5,000 men who were incarcerated over a 30-year period. The researchers concluded that the vast majority of violent offenses were perpetrated by those with muscular physiques.

But the study had several weaknesses. For one thing, the authors used body mass index (BMI) to define the physiques of the prisoners (which is a poor indicator of physique). Plus, the data were collected at the time that the prisoners began their sentences, not when they committed the crimes.

At any rate, a column in *The New York Times* grossly misinterpreted the study. The headline of the column fanned the flames by announcing that a "link is seen between crime and fitness." Yet, the study had nothing to do with "fitness." In fact, the word "fitness" didn't even appear in the study.

Bottom line: There's no scientific proof that any connection exists between crime and fitness (or physique). So keep lifting.

Source: *The Social Science Journal*

### 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: **Dick Hueber '55, Gordon Husth, Mike Lucchino, Paul Markoff '09, Joseph Mislan, John Pesce, George Puryear '09, Sharon Rodgers, Jeanine Rosen and David Tubbs, Ph.D.**