

THE FITNESS & WELLNESS BULLETIN



September/October 2009

Volume 9 #4

WELCOME BACK!

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

GROUP AND INSTRUCTIONAL PROGRAMS

The class dates of our group and instructional programs are September 28 to December 18 with the exception of fall break (October 31 to November 8). A wide assortment of classes are available including group fitness, dance, spinning, martial arts, aquatics, meditation, racquet sports, yoga, Pilates, massage, golf and strength training. You can register for classes at www.princeton.edu/campusrec.



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 above classes for free. We're offering about 80 trial classes from Monday, September 21 to Friday, September 25. For more information on the trial classes and others, check our Fall 2009 brochure online at www.princeton.edu/campusrec. You can also call the Campus Recreation Office at 258-3531.

VISIT US ON THE WEB

Over the past few months, our web page has been greatly improved. On it, you can get information on Dillon Gym, Intramurals, Sport Clubs and Massage Therapy as well as Group and Instructional Programs. Also available are online registration and facility schedules.

In addition, there's a section on the Stephens Fitness Center where you'll find staff biographies, policies, monthly calendars, a list of wellness screenings and fitness events (with rules, recent winners and records), personal training forms and photographs (including a historical account of the fitness center).

We're at www.princeton.edu/campusrec. It's just a click away!

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 (Thu Sep 21)
- 1,000-Point Challenge I (Mon Sep 28 to Sun Nov 1)
- Faculty/Staff Fitness Relays (Mon Sep 28 to Fri Oct 2)
- 15 Minutes of Fame (Thu Oct 15)
- Pretzel Count (Mon Oct 26 and Tue Oct 27)

BLOOD-PRESSURE SCREENINGS

Free blood-pressure screenings will be given in the Stephens Fitness Center from October 5 to 9. During that week, simply ask a member of the fitness staff to do the screening any time from 8:00am to 8:00pm. (For an accurate reading, please wear a short-sleeved shirt.)

FLUFEST

FluFest will be held on Wednesday, September 23 and Thursday, September 24 from 10:00am to 8:00pm and Monday, October 12 from 8:00am to 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.



FORTIFIED WATER

Fortified (or "enhanced") water usually has more sugar – and more calories – than might be expected. An eight-ounce serving of Glacéau VitaminWater, for example, has 13 grams of sugar. So, someone who drinks a 20-ounce bottle gets 32.5 grams of sugar (130 calories).

Sure, the product is enhanced with vitamins but for less than a dime, you can get pretty much the same thing by washing down a multi-vitamin/mineral supplement with a glass of water. And this self-made version of "fortified water" has no calories.

BACK ON MY FEET



Kelly Widener, Assistant Director of Athletics (Compliance), will be running in the New York City Marathon on November 1. She's doing this to raise money for Back on My Feet, "a non-profit organization that promotes the self-sufficiency of the homeless population by engaging them in running as a means to build confidence, strength and self-esteem."

To learn more, go to www.backonmyfeet.org; to make a donation through Kelly, go to www.active.com/donate/backonmyfeetnyc09/KellyW.

FAST FOOD, SLOW CHOICES

Consumers spend more than \$100 billion in fast-food restaurants. No wonder: It has been said that each day, one out of every four Americans eats fast food. Although eating "on the road" is usually quick and convenient, the food tends to be high in calories, fat and sodium. Nevertheless, there are healthy tactics that can be employed when eating fast food. Here are a few general suggestions:

Drink responsibly. Two beverages to avoid are milk shakes and sodas. Milk shakes are high in sodium, calories and fat; sodas are high in sugar which has virtually no nutritional value. Excellent choices for a beverage are low-fat milk, some type of juice and water.

Get substitutes. Just because a meal comes with a soda doesn't mean that you cannot ask for low-fat milk; just because a meal comes with French fries doesn't mean that you cannot ask for a baked potato (plain, of course).

Control portions. Get the smallest burger not the largest one (and get it minus cheese). Get the smallest order of fries not the largest one. In short, it isn't wise to supersize.

Become knowledgeable. A food at one restaurant can differ dramatically from the same food at another. For example, researchers looked at 36 chicken sandwiches from 16 fast-food chains. They found that a chicken sandwich at one fast-food restaurant had 360 calories and a chicken sandwich at another fast-food restaurant had 950 calories.

GROUP FITNESS CORNER

The fall schedule for group and instructional fitness begins on September 21 with our free trial week of classes. For a complete schedule of Group Fitness, Yoga/Pilates, Spinning, Dance and Martial Arts classes, check out www.princeton.edu/campusrec. (You can also register on that site for classes.)

New classes for the fall include BODYSTEP™ and Punk Rope as well as our regular Yoga, Pilates, Zumba, Spinning and BODYATTACK™ offerings. New this semester: combined semester passes for unlimited Yoga/Pilates, Spinning and Group Fitness classes!

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

THE FRESHMAN 15?

A popular belief is that students put on 15 pounds of weight in their first year of college. Is there any evidence to support the so-called "Freshman 15"?

One study involved 137 female students at the University of Oklahoma. On average, the students only gained 2.42 pounds during their freshman year . . . and not all of that was fat. The research showed that about 1.77 pounds were fat and 0.65 pounds were lean-body mass. Furthermore, it was found that those who gained weight over the course of the year tended to weigh more, have greater amounts of body fat and were less active than those who lost weight.

Bottom line: The Freshman 15 appears to be more like the Freshman 2.5.

Source: *Obesity*

FITNESS STAFF (258-3520)

Asst Director/Campus Rec Fitness: **Matt Brzycki**
Morning Manager: **Colt Murphy, Ed.D.**
Evening Manager: **Itai Boubllil**
Fitness Supervisor: **David Rivera**
Equipment Repair Specialist: **Itai Boubllil**
Fitness Supervisors (part-time) and Personal Trainers: **Jake Dale '10, Tyrell Hall '12, Dick Hueber '55, Braeden Kepner-Kraus '10, John McGinnis, Joseph Mislan, John Pesce, Sharon Rodgers, PhD. *08 and David Tubbs, Ph.D.**