



# THE FITNESS AND WELLNESS BULLETIN

**SEPTEMBER/OCTOBER 2007**

**VOLUME 7 #4**

## WELCOME BACK!

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

## INSTRUCTIONAL PROGRAMS

Registration for the fall session of our instructional programs is in Room 3 of Dillon Gym, beginning on Monday, September 10 from 9:00am - 4:30pm. The class dates are September 24 - December 14 with the exception of fall break (October 29 - November



4). A wide assortment of classes are available including group fitness, spinning, aquatics, dance, self defense, racquet sports, yoga, Pilates, massage, tai chi and strength training. Don't miss out on the

opportunity to get fit for the fall!

## FREE TRIAL CLASSES!

Have you always wanted to take an instructional class but were uncertain about whether or not it was appropriate for you? Well, we're offering roughly 80 free trial classes from Monday, September 17 - Friday, September 21. For more information, check the Fall 2007 brochure, call the Campus Recreation Office at 258-3531 or visit our website 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 (Fri Sep 21)
- Cardio Challenge (Mon Sep 24 - Fri Oct 19)
- Faculty/Staff Fitness Relays (Mon Oct 1 - Fri Oct 5)
- Strength/Endurance Challenge (Tue Oct 16)
- Candy Count (Mon Oct 22 and Tue Oct 23)
- 15 Minutes of Fame (Thu Nov 15)

## BLOOD-PRESSURE SCREENINGS

Free blood-pressure screenings will be given in the Stephens Fitness Center from October 8 - 12. During that week, simply ask a member of the fitness and wellness staff to do the screening any time from 8:00am - 8:00pm. (In order for the staff to obtain accurate measurements, please wear a short-sleeved shirt.)

## WELLNESS ON WHEELS

Can't get to Dillon Gym for a wellness screening? Then have the screening come to your department free of charge. You can choose a blood pressure, body composition and/or flexibility screening.

To schedule Wellness on Wheels or learn more about them, contact Matt Brzycki at 258-3520 or [brzycki@princeton.edu](mailto:brzycki@princeton.edu).

## WORKSHOPS AT WORK

You can schedule a free workshop to be held in the comfort of your work-site! Choose from any of the following topics (or one of your own):

- Improving Muscular Strength
- Eating for the Active Lifestyle
- Weight Management

To schedule a Workshop at Work or learn more about them, contact Matt Brzycki at 258-3520 or [brzycki@princeton.edu](mailto:brzycki@princeton.edu).

## FLUFEST

This year's 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. Stop by FluFest and take advantage of discounted 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.

For more information, contact Gina Baral at 258-5036 or [gbaral@princeton.edu](mailto:gbaral@princeton.edu).

## LEG CURL: PRONE V. SEATED

You've probably noticed that we offer two different leg-curl machines. What's the difference between the two?



Well, both machines target the same muscle namely, your hamstrings. However, some people are unable to do the prone leg curl in a comfortable manner. Those with a lot of abdominal mass, for example, find it difficult – if not impossible – to do the exercise in the prone position since it compresses body tissue. Also, some individuals experience low-back pain when doing the prone leg curl.



The seated leg curl allows the user the opportunity to do the exercise without abdominal compression. Moreover, the seated leg curl produces much less discomfort in the low-back area than the prone leg curl. It's no surprise, then, that the seated leg curl has become a popular tool for training the hamstrings.

## TREADMILL ACCURACY

We're often asked about the accuracy of the numbers that appear on the console of our treadmills. If the distance and the time of a person's effort are known, the accuracy of any treadmill can be assessed by using equations that are offered by the American College of Sports Medicine (ACSM). Here's a real-life example: One of our linguistics professors told us that he walked on a treadmill for 40 minutes. According to the console, he traveled 2.52 miles and used 205 calories during his walk (based upon a bodyweight of 166 pounds). Inserting those numbers into the ACSM equations revealed that the professor used about 205.79 calories. So, the accuracy on this particular treadmill wasn't too shabby!

The accuracy of the caloric expenditure or any other data that are displayed on the console of a cardio machine depends upon the accuracy of the equations that are programmed into its computer chip. And, of course, the correct bodyweight must be entered for the caloric expenditure to be accurate.

## STRETCHING AND INJURY REDUCTION

How many times have you heard that you must stretch prior to exercise/activity in order to reduce the risk of injury? Oddly enough, there's very little research on this topic.



A meta-analysis of 2 studies pooled data on a total of 2,630 military recruits (men aged 17 - 35) who went through 12 weeks of basic training. The researchers found that stretching prior to an activity reduced the risk of injury by 5% (which wasn't statistically significant). Over the same period of time, the expected risk of injury was 20%. This suggests that a 5% reduction in the risk of injury would translate into a reduction in absolute risk by a mere 1%.

Despite the apparent lack of a protective effect, there's nothing wrong with stretching, of course. Stretching would seem to be most beneficial when done prior to dynamic, short-duration activities that involve rapid muscular contractions such as sprinting.

Source: *British Medical Journal*

## FITNESS STAFF NEWS

Matt Brzycki, Assistant Director of Campus Recreation, Fitness, recently competed in the 2007 New Jersey Open and Masters Track and Field Championships at Monmouth University. He finished 2nd in the 400-meter dash in his age group (50-54). His time of 1:04.70 was below the qualifying mark of 1:06.20 for this year's Summer National Senior Games. Matt's last track meet was as a sophomore in high school . . . 34 years and 45 pounds ago!

### 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: **TBA**  
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.**