October Newsletter

Volume 4, Issue 2
October 14, 2014

# James G. Mill
## Center for Health and Fitness

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*"Four simple rules to staying fit:*

*1. Never go three days without exercise.*
*2. Workout at least three days a week.*
*3. Never miss a Monday.*
*4. Never give up."*

-TribeSports.com

# 2014 Wellness Challenge

Last year many of you exercised your way around the world and learned about different countries as you went. This year, we're excited to announce that you will have the opportunity to exercise around the United States of America. Our 2014 Exercise Across the USA Wellness Challenge provides an inspiring, motivating, and fun way to meet the World Health Organization (WHO) guidelines to engage in moderate physical activity for 150 minutes per week. For eight weeks, beginning October 21st through December 13th, we invite you to join with others to track the minutes you're physically active each day. At the end of the challenge, all challengers will have the chance to win one of two gift baskets that will include an apparel gift card, a free personal training session, a 5-day guest pass, and other items to help you in your quest for a healthier and more active lifestyle.

In addition to having the chance to update your fitness wardrobe with the latest trends, your minutes of exercise will count as mileage that will help you "travel" to different destinations across the USA. Each minute of physical activity will count as 2.5 miles. Examples of physical activity include running, brisk walking, strength training, aerobics, playing sports, dancing, lap swimming, and water aerobics. As your minutes of exercise help you build mileage and "visit" destinations across the USA, we will place your name with those destinations so you can track your progress and see how you compare to others; Destinations will be posted around the facility. Continue building mileage to visit the destinations all across the USA and compete with others to see who makes it the farthest. For each set of 150 minutes you are physically active, a token with your name will entered into a drawing for one of the gift baskets. Winners will be recognized in our monthly newsletter after the challenge is complete. The ultimate challenge is to earn enough mileage to exercise all the way across the USA (Approximately 3000 miles or about 30 minutes each day, 5 days each week)!

To register, see a staff member at any time starting at our open house October 15th. The cost is $15 for members and $25 for nonmembers and the challenge includes a pedometer, an exercise log, blood pressure screenings at the first and last weeks of the challenge. It also includes an 8-week temporary membership for nonmembers. Invite your friends and coworkers to take on the challenge with you. Non-members who sign up with a member will receive a 5-day guest pass to use any time after the challenge is complete!

## Open House

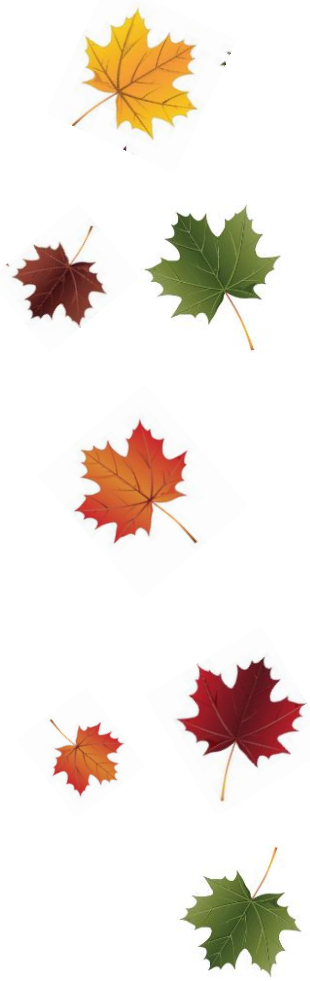
We will be hosting our annual Open House on Wednesday, October 15th from 11:00 AM to 3:00 PM. This is open to the public, so if you know someone who's been looking for a new fitness option, now would be a great time to invite them to check us out. Take advantage of this opportunity to get to know the staff better and to offer feedback and suggestions regarding what we're doing that you like and what you think the staff can improve upon.

To show our appreciation for you, we will be having light refreshments, free gifts, and are offering 10% off all merchandise — t-shirts, duffel bags, and drawstring bags. Our nutrition department will also be present to answer any diet and nutrition related questions that you may have. Another bit of information that will be provided includes free health "apps" that you will be able to download to aid you in your quest for health and fitness outside of the gym.

For new members, we will be offering different promotions for each of our membership packages. New member's enrollment fee will be waived and they will receive a free personal training session or a 5 day guest pass to bring friends in to workout with. All promotions will run through Thanksgiving.

Be sure to tell your friends, family, and coworkers about our "2014 Exercise Across the USA Challenge" which is open to both members and nonmembers. Nonmembers will be granted a temporary 8-week membership status during the challenge. Challengers can sign up beginning at the open house and continuing anytime throughout the challenge. Bring a friend to sign and each of you will receive a 5-day guest pass. You can even use it to invite another friend to workout with you throughout the week!

We encourage everyone to take advantage of our fall promotions and discounts and we truly look forward to seeing you in the fitness center along with your friends, family, and coworkers!



*"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't."*
-L.B.

**MEET OUR NEW PERSONAL TRAINER**

**Daniel Vigus**

**Hometown:** Baltimore, MD
**Major:** Exercise Science and Political Science
**Background:** Daniel is a junior currently double majoring in exercise science and political science. Last year he was a member of the IUP Men's Basketball Team and over the past four summers he has worked as an Inclusion Companion for individuals with disabilities. He aspires to be a personal trainer or strength and conditioning coach. Daniel plans on getting his CPT and CIFT (Certified Inclusive Fitness Trainer) certifications this upcoming winter.
**Interesting Fact:** Daniel loves to ski and has a passion for the outdoors.

# What's going on at JGM?

As the semester is now in full-swing, your staff at the James G. Mill Center for Health and Fitness is looking to bring you the best fitness opportunities that we can. Our website is one of the best resources we offer to our members in order to keep them well informed of what's going on in the facility. Visit us at: www.iup.edu/millfitness.

## BODY SCULPT IS BACK

**WHEN**: Tuesdays at 6:30AM, beginning October 13, 2014
**TAUGHT BY**: Brittany Redmond

Start your day off right! Body Sculpting uses body weight as well as low to moderate weights for resistance training paired with high repetitions. Training will increase muscular endurance, strength, and power while also burning fat.

Weight training burns calories during and after your work out and continues to boost your metabolism even after you've finished working out. This is not your average weight training program and is welcome to all fitness levels with modifications for everyone! You will work hard at your own level of high intensity interval training and have fun while doing it!

Cost is free for members and $5 per class for nonmembers.
(Includes use of gym for that day).

## PERSONAL TRAINING

During each regularly purchased personal training session, your personal trainer will work one-on-one with you. Sessions are 30 minutes to one hour depending on your needs and goals. If you're not sure of the benefits personal training might have for you, ask about our 30-minute introduction session.

- **1 Session -** $20
- **3 Sessions** - $50
- **5 Sessions -** $75
- **10 Sessions -** $150

## HEALTH EDUCATION

Ask us how you can take advantage of educational opportunities that are provided through our unique location within IUP's university setting. Through IUP Health and Physical Education and Food and Nutrition departments:

- The **Center for Health Promotion and Cardiac Disease Prevention** offers disease and health education programs, health and fitness screenings and assessments, and specialized fitness intervention programs
- Dieticians in **IUP's Food and Nutrition Department** offer nutritional counseling to help you develop strategies for healthy eating

# Recipe

**HOMEMADE PUMPKIN ICE CREAM**

### Ingredients:
*•4 medium bananas, sliced and frozen overnight*
*•1 cup pumpkin puree*
*•1/3 cup maple syrup*
*•1 1/2 tsp. pumpkin spice, no sugar added if purchased*

### Directions:
Using a food processor, blend the bananas, pumpkin, maple syrup, and pumpkin spice thoroughly. Transfer to a freezer-safe container and freeze for 24 hours.

### Recipe Notes:
This does freeze pretty hard. When removing it from the freezer, let it sit on the counter for a bit before trying to dig into it. Also, the recipe is a little light on the spices, so if you prefer a stronger flavor, feel free to add more.

### Nutritional Information:
***(Data is for 1/6 the recipe)***

Calories: 131
Total Fat: 1 gm
Saturated Fats: 0 gm
Trans Fats: 0 gm
Cholesterol: 0 mg
Sodium: 5 mg
Carbohydrates: 33 gm
Dietary fiber: 3 gm
Sugars: 23 gm
Protein: 1 gm

*"What could be more important than a little something to eat?"*
—Winnie the Pooh

*"Rather than focus on how hard something is, focus on what needs to be done."*
—Unknown

## "How To" Foam Roll

Foam Rolling is extremely beneficial to your muscles both before and after exercise.

These benefits include:
- correction of muscular imbalances
- improved joint range of motion
- relief from muscle soreness/stiffness and joint stress
- maintain normal functional muscle length (smoothes out knots)
-improves neuromuscular efficiency
*(performbetter.com)*

A general guideline to follow when foam rolling is to move one inch per second. The motion should be slow and controlled, using body weight to apply the wanted amount of pressure.

For examples of foam rolling exercises, please ask any James G. Mill Staff Member for a hand out. You can also schedule a "how-to" session with our manager, Krista Matsko.

Let us know how we can help you in your quest for health and fitness.

**HOW TO FIND US**

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**YOU CAN HELP**

If you are interested in donating items or have any requests or suggestions, please let us know.

# About Our Facility

The James G. Mill Center for Health and Fitness is a non-profit fitness center located on the campus of Indiana University of Pennsylvania (IUP) on the second floor in Zink Hall. We cater to members of Indiana County and surrounding areas as well as to members of IUP's faculty, staff, and retired faculty and staff. We also have specified hours open to the IUP student body.

Founded in 2002 and named after Dr. James G. Mill, our goal is to carry on the legacy that Dr. Mill left with IUP after more than 30 years of service to the university and community. We strive to provide members with a clean and inviting atmosphere as well as personalized service while also providing a learning environment for students enrolled in exercise science and sport administration programs at IUP.

At the James G. Mill Center for Health and Fitness, we want to help guide you in your quest for health and fitness as it becomes part of your lifestyle and as you share your endeavors with those around you to help health and fitness do the same for them.

# Hours of Operation

**Monday - Thursday**

5:30 am – 8:00 am

11:00 am – 1:00 pm

4:00 pm – 9:00 pm

*Community Members and IUP Faculty and Staff Only*

~

**Friday**

11:00- 1:00 pm

4:00 pm – 6:00 pm

**Saturday**

9:00 am – 11:00 am

*Open to All Members*

## Annual Open House

Wednesday, October 15th, 2013 from 11:00 AM to 3:00 PM

## Wellness Challenge

Sign up the day of Open House or any time throughout the challenge