

James G. Mill



Center for Health and Fitness

Newsletter Volume 4, Issue 5
January 16, 2015



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News You Can Use!

Parking Passes

Good news from the IUP Campus Police Department! Parking passes for our community members will now expire with your memberships.

Please remember to pick up a new parking pass form before January 16, 2015. Make sure our staff members fill out the form for you so it includes your name and membership expiration date.

New Semester

Get ready for a new semester! This means the beginning of a few more changes to come around the gym, including new faces.

We have three brand new interns joining us this semester and hopefully some new workout instructors as well!

"About Me" from our new staff will be coming shortly.



Recipe Contest

We're looking for your recipes! Submit your favorite **dinner** recipe or your families to be voted on and possibly featured in the next newsletter!

Recipes are due to our manager, Krista Matsko, at k.l.matsko@iup.edu by February 13.

Once submissions are over, voting will then begin by our faculty and staff members. Voting will end February 27 and the winner will be featured in our March Newsletter.

Let the competition begin!

Personal Training!

Free Student Training

IUP's exercise science students will be conducting free personal training sessions! A sign-up sheet will be available at the front desk. Approximately 20-25 members will have a chance to meet once per week for 10 weeks with a student, as well as an evaluation before and after the 10 week session. Training sessions may start as early as February 1st

Our Hired Hands

Don't forget about our personal trainers on staff! Our certified trainers can offer training routines for all sizes and abilities. Inquire at the front desk!



Mix Up Your Workouts

Exercises to add into your routine in order to see more changes!

Lower Body

Want to get the most benefit out of your workouts? Timing has a lot to do with it. In order to get the most out of your workouts, larger muscle groups (the lower body) should be targeted on the first day of your weekly training cycle, typically Monday.

**Pictures and some information came from:*
http://www.huffingtonpost.com/2015/01/05/leg-exercises_n_6333914.html?ir=Good+News&ncid=fcblkukushmg00000023

Stability Ball Hamstring Curl

Lay flat on the back and prop your heels up on the stability ball. Make sure your knees and hips are both at 90 degree bends. Lay your arms in a comfortable position that will help provide stability and support.

Beginners: Begin by simply raising your hips up off the ground. Hold this position for up to 3 seconds and then return to the ground and repeat.

Advanced: Raise the hips as instructed for beginners. Then slowly extend the legs, rolling the ball away from you, on a 3-second count. The leg should not be fully extended, but should remain in a slight bend at the farthest position. To finish, curl the ball back towards the starting position.



Single Leg Dead Lift with Bar

This exercise begins in a standing position while holding the bar with your arms relaxed. Position your weight on one leg with the knee slightly relaxed. The action begins with a bend of the hip, while kicking back the opposite leg. Let the torso drop down while maintaining a flat back and bracing the core. The bar should straight down toward the floor.

Once reaching the lowest point that you are comfortable with, return to the starting position.

This exercise is great not just for the quads, glutes, and hamstrings; but also your balance!



INSANITY®

This semester we would like to welcome in a new class to the James G. Mill Center for Health and Fitness.

Amy Fiorentini, a certified **INSANITY** instructor is looking for you and your friends to join her and get fit.

INSANITY uses the concept of **HIIT – High Intensity Interval Training**. HIIT increases weight loss without losing muscle mass. It even keeps calories burning for long after the class ends!

New rounds come out every two months and modifications are always available making it an all levels class.

How it works:

- 8 min and 30 sec warm-up
- 2 min and 30 sec dynamic stretch
- 3 Blocks each lasting 8:30
- *blocks consist of 4 different exercises done 3 times for 30 sec intervals
- *blocks are ended with 1 min power move
- 8 min abs and core
- 3 min cool down set



Recipes

Beef Stir-Fry with Avocado Salad

Recipe developed by Anna Berman

Makes: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients:

12 ounces beef tenderloin, cut into thin strips
 ¼ cup freshly squeezed lime juice
 1 tablespoon plus ½ teaspoon chili powder
 1 medium sweet onion, thinly sliced
 1 red bell pepper thinly sliced
 1 poblano, thinly sliced
 ½ teaspoon salt
 ½ teaspoon black pepper
 1 can black beans, rinsed and drained
 1 avocado, diced
 ¼ cup cojita cheese, crumbled
 ¼ cup cilantro plus more for garnish, chopped
 Corn tortillas (optional)



Directions:

1. In a bowl, combine beef, 2 tablespoons lime juice, and 1 tablespoon chili powder; set aside
2. Heat oil in a large skillet. Add onion, bell pepper, and poblano and sauté 5 minutes, stirring occasionally.
3. Add beef and marinade to vegetables and cook 3 to 4 minutes. Season with salt and black pepper.
4. In another bowl, combine beans, avocado, cheese, ¼ cup cilantro, and remaining lime juice and chili powder.
5. Garnish beef and vegetables with remaining cilantro. Serve with avocado salad and warmed tortillas if desired.

Nutrition facts per serving: 436 calories, 28g protein, 30g carbohydrates, 26g fat (7g saturated), 10g fiber



Ingredients:

4 tablespoons lemon juice
 1 tablespoon chopped garlic, divided
 1 tablespoon chopped fresh thyme, divided
 Salt
 Freshly ground black pepper
 1 pound chicken breast tenders, lightly pounded
 4 teaspoons canola oil
 1 medium shallot, sliced
 1 ½ cups frozen shelled edamame, thawed
 1 ½ cups grape tomatoes, halved
 2 medium zucchini
 1/3 cup crumbled feta

Lemon-Thyme Chicken with Sautéed Vegetables

Recipe developed by Anna Berman

Makes: 4 servings

Prep time: 5 minutes

Cook time: 15 minutes

Directions:

6. In a ziplock bag, combine 3 tablespoons lemon juice, 2 teaspoons garlic, and 2 teaspoons thyme; season to taste with salt and black pepper. Add chicken tenders, seal bag, and gently turn to coat. Set aside.
7. Heat 2 teaspoons canola oil in a large skillet over medium-high heat. Add shallot, remaining garlic, edamame, and tomatoes; sauté 4 minutes
8. Use a vegetable peeler to slice zucchini into long ribbons. Add zucchini and remaining lemon juice and thyme to vegetables in skillet; sauté 2 to 3 minutes. Transfer to a serving bowl, stir in feta, and season with salt and pepper to taste.
9. Add remaining oil to skillet. Remove chicken from marinade and sauté 2 to 3 minutes a side or until cooked thoroughly. Serve with vegetables.

Nutrition facts per serving: 327 calories, 28g protein, 16g carbohydrate, 13g fat (3g saturated), 5g fiber

How to Find Us
James G. Mill Center for Health and Fitness

1190 Maple Street
Zink Hall, Second Floor
Indiana, PA 15705

Phone
(724)-357-6251

E-mail
k.l.matsko@iup.edu

Facebook
James G. Mill Fitness Center

Let us know how we can help you on your quest for health and fitness!

We're on the Web!

See us at:
iup.edu/millfitness

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 carry on the legacy that Dr. Mill left with IUP after more than 30 years of service to the university and community. We will strive to provide members with a clean and inviting atmosphere and 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

Your Editors

Dr. Richard Hsiao, Director

Graduate Assistants
Krista Matsko, Manager
David Pitassi, Assistant

Monday - Thursday

5:30 am – 8:00 am

11:00 am – 1:00 pm

4:00 pm – 6:00 pm

Community Members and IUP Faculty and Staff Only

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Monday – Thursday

4:00 pm – 9:00 pm

Friday

4:00 pm – 6:00 pm

Saturday

9:00 am – 11:00 am

Open to All Members

