September 17, 2014



# James G. Mill

Center for Health and Fitness

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"Somehow we've come to believe that greatness is only for the chosen few, for the superstars. The truth is, greatness is for us all. This is not about lowering expectations; it's about raising them for every last one of us. Greatness is not in one special place, and it's not in one special person. Greatness is wherever someone is trying to find it."

— Nike

## **Meet the New Staff**

If you have been in the fitness center within the last few weeks you may have noticed some new faces. At the end of each school year some staff members graduate and leave the area, but the new employees are excited and eager to follow in the steps of their alumni. This year, the staff really wants to make sure we are here for you, our guests, in your pursuit of health and fitness in any way we can. For this to happen we want to make sure we communicate with you and make the necessary changes to make sure you enjoy your time spent here. If there are any changes you feel necessary or any recommendation to how we can improve your experience, let a member of the staff know. Remember the staff is here to help you, but we have to know what our guests needs are.

One the changes the staff made last year was the bulletin board titled, "For You." Most of you have probably seen this and hopefully utilized it within the last year. We want to continue with this board this year. It is posted on the right side as you enter the Fitness Center before you get to the check-in desk. This bulletin board is here for your benefit. Try to make an effort to check it weekly if not every time you come in. We will do our best to keep it updated with interesting facts and upcoming event. It will also act as one of our paths of communication.

One of the classes we are continuing this year at the fitness center is Body Boot Camp. Guests and even non-guests can report for this class on Monday's starting September 8<sup>th</sup>. The class starts at 6 P.M. and is led by Doug Forlano which is one of the Fitness Centers Personal Trainers. If you are a not a member you can pay five dollars per class.

Each year one of our goals is to keep improving the fitness center. The staff wants to work harder to improve your overall experience in the fitness center. A new year can mean new adjustments and possible changes so bear with us as we settle in. We want this to be a second home for our guests and make sure they feel comfortable. We all are looking forward to an exciting, action-packed, and pleasurable year. Please let us know how we can personalize and improve your experience on your fitness journey.

Sincerely,

Your Tames G. Mill Staff Team

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## Get to Know Us

#### **GRADUATE ASSISTANTS**

Krista Matsko, Facility Manager Home town: Clarks Summit, PA Master's Program: Sport Studies

**Background:** Krista earned her bachelor's degree in Exercise Science with a minor in Psychology in 2014 from IUP. She was a member of both indoor and outdoor track and field teams. Krista is also a certified strength and conditioning specialist and plans to pursue a career in strength and conditioning and/or facility management. Krista's prior experience in the field includes being the facility supervisor at Birchwood Fitness and also a strength and conditioning intern at Evolution Sports Institute, where she worked with a variety of clients ranging from children to professional athletes.

**Interesting Fact:** Krista participated in the 2014 NCAA DII Outdoor Track and Field National Championships in the 400 meter hurdles where she finished seventh and earned All-American status. She is also the 2014 PSAC 400m hurdle champion and PSAC track athlete of the year.

David Pitassi, Assistant Manager Home town: Pittsburgh, PA Master's Program: Sports Studies

**Background:** Dave earned his bachelor's degree in Health and Physical Education from Slippery Rock University (which we won't hold against him too much) in 2012. After a year and a half of substitute teaching, he joined the South Hills Jewish Community Center as a Sports and Recreation Coordinator. Throughout both jobs, David gained excellent coaching experience as a pole coach at Chartiers Valley High School. As a lifelong hockey player, including four years of collegiate inline hockey for SRU's club hockey team, he knows the value of having a competitive edge and wants to transfer that knowledge at athletes as a coach, mentor or professor at a collegiate level.

**Interesting Fact:** Ran a lap around the track of Stadio Olimpico, which held events from the 1960 Olympics in Rome, Italy.

Dale Boston, Assistant Manager Home town: Kissimmee, FL Master's Program: Sports Studies

**Background:** Dale earned his bachelor's degree in Health and Physical Education from Indiana University of Pennsylvania in 2009. He was a member of the 2007 and 2008 football team. After three and a half years as a teacher assistant, he joined Chamber's Park Community Center for the city of Kissimmee as the Activities Coordinator. Dale gained excellent coaching experience as the freshman and junior varisty linebackers coach at Osceola High School, where he was a part of the 1998 State Championship team as a freshman. His dream is to become a collegiate football coach one day.

**Interesting Fact:** Dale won two World Powerlifting Championship titles as a junior for the National Drug Free Lifting Federation in 2003 and 2004.







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## Get to Know Us cont'd

### **INTERN**

**Ashley Ryder,** Intern **Hometown:** Mercer, PA

**Undergraduate Program:** Sport Administration

**Background:** Ashley is a sophomore in Sports Administration, but intends to graduate next year. She is the secretary of the Sport Administration Club. She helped out a lot with the Muscle Team event last year that supports the Muscular Dystrophy Association. She has coached girls' softball for three years and coached basketball for two. Ashley plans to pursue a career in Sport Marketing or Accounting and coach on the side. Ashley would like to coach high school basketball whenever she settles down later in life. She would like to live in Pittsburgh or move down south after graduation. **Interesting Fact:** Ashley's dream job would be to work for the Pittsburgh Pirates

#### STUDENT WORKERS

Shane Pirl, Student Worker Hometown: Uniontown, PA

**Undergraduate Program:** Exercise Science

**Background:** Shane is a senior in the Exercise Science program and intends to graduate in the spring. Shane would like to pursue a Master's Degree in Clinical Exercise Physiology and land a job at a hospital in cardiac rehabilitation.

Interesting Fact: Shane visited Brazil this past summer.

**Stephon Tyler,** Student Worker **Home town:** Philadelphia, PA **Maior:** Exercise Science

**Background:** Stephon is a senior, former accounting major, and a current exercise science major. He is aspiring to go into the physical therapy field or the health and

fitness field.

**Interesting Fact**: Stephon has had a full beard since the 11<sup>th</sup> grade.

Jessica Rose, Student Worker Home town: Erie, PA Major: Exercise Science

**Background:** Jessica is an exercise science undergraduate student. She is aspiring to become a strength and conditioning specialist. She also enjoys photography and would like to stay involved in it on the side.

Interesting Fact: When Jess was little she wanted

to swim with the whales as her career.

Doug Forlano, Fitness Instructor Home town: Norristown, PA Major: Exercise Science

**Activities and Hobbies:** Distributive Education Clubs of America (DECA), Italian-American Club, Soccer (C), Wrestling, Baseball, IUP Exercise Science Club President,

Wrestling Club Vice President, Toast Master Member, IUP 90.1 FM radio DJ.

**Interesting Fact:** Doug is a phenomenal dancer. Keeps a life journal!

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## **Exercise How-To: Abdominals**



#### **Heel Touch**

- Lay down and bend knees at about 90°
- Flex the abdominals into a crunch position so that the back is flat
- Using your obliques reach from one heel to the other

"I don't FIND the time to exercise, I MAKE the time to exercise."

—Unknown



#### **Russian Twist**

- Situate body in a "V" position and lift feet off the ground, bending the knees at 130°
- Keeping a big chest, rotate the core from left to right, reaching out from side to side



#### Crisscross

- Lay back and flex the abs in order create a flat back
- Keeping the head and neck in line with the spine; raise the legs off the ground
- Alternate raising them in a 'fluttering' motion



#### **Seated Crisscross**

- Beginning from a "V"-sit position, raise the slightly off the ground
- -"Criss-cross" your legs over top one another
- Alternate between the left and right leg both being on top and botoom



#### **Legs Lower**

- Lay flat on the back and create a 90° bend at the hips
- While keeping a rigid mid-section, lower the legs from left to right



#### **Reverse Crunch**

- Begin with a 90° bend at both the hips and knees
- Slowly extend at the knees and hips and then crunch back into the beginning positon

## **Personal Training**

We have three personal trainers ready to help you reach your goals in your quest for health and fitness. Please see staff at the front desk to express interest and be added to our personal training list.

"Every champion was once a contender that refused to give up." —Rocky Balboa



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## "There is no such organization as Chocoholics Anonymous because no one wants to quit." —Slideshare.net

"I want to have a good body, but not as much as I want dessert." —Jason Love

## Recipe

Cheesecake Brownies, 16 (2 inch) brownies

(Only 200 calories!)

#### Cheesecake topping:

- -8 ounces reduced-fat cream cheese
- -1/3 cup sugar
- -1/2 teaspoon vanilla extract
- -1 large egg

#### **Brownie Layer:**

- -2 ounces semisweet chocolate, coarsely chopped
- -3 tablespoons unsalted butter
- -2 tablespoons canola oil
- -1 cup all-purpose flour
- -1/2 cup unsweetened cocoa powder
- -1/2 teaspoon fine sea salt
- -Pinch cayenne pepper
- -3/4 cup packed dark brown sugar
- -1/4 cup granulated sugar
- -1/2 cup lowfat buttermilk
- -2 large egg whites
- -2 teaspoons vanilla extract

Position the rack in the lower third of the oven and preheat the oven to 350 degrees F. Line an 8 by 8-inch baking pan with foil so it hangs over the edges by about 1-inch. Spray with cooking spray.

Cheesecake topping: In a medium bowl and using an electric mixer at medium speed, beat the cream cheese until smooth and creamy, about 1 minute. Beat in the sugar and the vanilla until very smooth, 1 to 2 minutes. Beat in the egg until well blended. Set aside.

Brownie layer: Put the chocolate, butter, and oil in a small microwave-safe bowl and heat at 75 percent power for 30 seconds. Stir and microwave again until melted and smooth, about 30 seconds longer. (Alternatively, put the chocolate, butter, and oil in a small heatproof bowl. Bring a small saucepan filled with 1 inch or so of water to a very slow simmer; set the bowl over, not touching, the water, and stir occasionally, until melted and smooth.)

Combine the flour, cocoa powder, baking powder, salt, and cayenne in a medium bowl.

Combine the brown sugar and granulated sugar in a large bowl. Whisk in the buttermilk, egg whites, and vanilla. Add the chocolate mixture and whisk vigorously until fully incorporated and the batter is thick and glossy. Gradually add the flour mixture and stir just until it disappears.

Reserve 1/2 cup brownie batter and set aside. Scrape the remaining brownie batter into the prepared pan. Pour the cheesecake mixture evenly over top. Drop the reserved brownie batter in large dollops over the topping. Draw the handle of a wooden spoon through the two batters to create a swirled effect.

Bake until the top is just set, 40 to 45 minutes. Let cool completely in the pan on a wire rack. Lift brownies out of the pan by the foil and peel off the foil. Spray a knife with cooking spray and cut into 2-inch squares.

http://www.foodnetwork.com/recipes/food-network-kitchens/cheesecake-brownies-recipe.html

Nutritional analysis per serving: 1 brownie. Calories 200; Total Fat 10g; (Sat Fat 4 g, Mono Fat 3 g, Poly Fat 1 g); Protein 4 g; Carb 27 g; Fiber 1 g; Cholesterol 30 mg; Sodium 180 mg

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## **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**

**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

# Stay tuned and check out our website for the date of our annual Open House

Where you will have the chance to officially meet your new staff team, ask questions, provide feedback, and enjoy refreshments in the good company of your fellow fitness fanatics.



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

#### **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 Email: k.l.matsko@iup.edu On the web: iup.edu/millfitness

Facebook: James G. Mill

Fitness Center

## **YOUR EDITORS**

Dr. Richard Hsiao, Director

**Graduate Assistants** Krista Matsko, Manager

David Pitassi, Assistant Dale Boston, Assistant



#### **YOU CAN HELP**

We would like to make some small additions to the fitness center. If you are interested in donating items or have any requests or suggestions, please let us know.