March Newsletter

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James G. Mill

Center for Health and Fitness

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"Our energy is in proportion to the resistance it meets."
— William Hazlitt

"Goals provide the energy source that powers our lives. One of the best ways we can get the most from the energy we have is to focus it. That is what goals can do for us; concentrate our energy."
—Denis Waitley

Exercise to Energize!

Have you ever woken up feeling tired and sluggish? Many of us do, but one thing that will get us through the day is exercise. It's even better than caffeine! According to the Huffington Post, thirty seconds of exercise provides equal if not greater mental stimulation than a dose of caffeine. Exercise is one of the most important things that we can do to feel healthier and more energetic. Healthy adults who work out for at least 20 minutes of low-to-moderate aerobic exercise, three days a week for six consecutive weeks report feeling less fatigued and more energized.

When a sedentary individual begins an exercise program, it will enhance the blood flow carrying oxygen and nutrients to muscle tissue improving their ability to produce more energy. According to the U.S. Department of Health and Human Services, healthy adults should work out for 2.5 hours per week, with moderate-intensity. Exercise does many things for our bodies including increasing endorphin levels. Endorphins are our body's natural hormones that get released when we use bursts of energy. They keep us moving, and exercise increases these levels.

Exercise also increases our cardiovascular health in order to have greater energy that will last throughout the day, allows us to get better quality of sleep at night, and improves our focus on daily tasks. Many believe that running is the only way to improve aerobic health when in fact some beneficial alternatives include swimming laps, hiking uphill, and even a fast-paced walk. These activities can be fun and enjoyable, and also offer benefits similar to running in half the amount of time. It is also important to weight train twice a week in order to regain lost muscle as well as strengthen bones. These are typical symptoms of the aging process, and doing light lifting twice a week will assist your body, and energy levels.

So go ahead and take advantage of the many benefits exercise can have while increasing your energy levels long-term. Supplements like caffeine may do the trick for a short time, but exercise will do it for a much longer time and doesn't have to cost anything. Overall, exercise is the perfect cure for the body when its feeling tired or is out of shape. For more information regarding healthy ways of exercising, visit acefitness.org or any other fitness website. They are very informative, and go into more detail. Visit http://www.acefitness.org/acefit/fitness-programs-article/2742/ACEFit-workout-advice-and-exercise-tips/ for more on this.

Contributed by *Shawn Rause*

Get Ready for the JGM 4th Annual 5K

New Course

The James G. Mill 4th annual 5K is on Saturday, April 26. Registration starts at 10:00 AM and the race will start at 11:00 AM. The race will take place entirely on the Hoodlebug Trail. The Hoodlebug Trail is overseen by Indiana County Parks and Trails and is quite scenic with many trees. The trail surface is packed gravel and mostly level, not to mention a nice change from regular road races on pavement and easier on the body's joints. This course was chosen because of its scenic aspect, ease of access, and need for a little variety from other courses in the area. You can find out more about the Hoodlebug Trail by visiting http://visitindianacountypa.org/things-to-do/trails-2/ or http://www.indianacountyparks.org/trails/ht/ht.html.

Early registration is taking place until April 5 and will guarantee a race t-shirt. Members of the fitness center and students will be $15 until race day. Nonmembers of the fitness center will be $18 until April 5, and $20 after April 5. The fee for all participants on the day of the race will be $20, so be sure to sign up early to guarantee that you get a t-shirt! Prizes may also be given for categories in addition to medals given for the top three male and female runners in each age group. The start of the race and parking are located directly off Wayne Avenue on Old Route 119 South. For directions and a map, email Chrissi at sfgq@iup.edu.

Every $8 of what is donated to Samaritan's Purse will be used to purchase soccer equipment for their Youth Sports Leadership Program in Cambodia. Many of these children may not get to play sports without people like you and I to help provide sports equipment to them. We want to share our love of sports and fitness by contributing to this cause and hope you will enjoy teaming with us! So grab some friends, family, and coworkers and sign up soon! Forms can be picked up in and returned to the fitness center or rooms 114 or 235 in Zink Hall.

Samaritan's Purse®
INTERNATIONAL RELIEF
SPORTS GEAR PROJECT

"Laughter is an instant vacation."
—Milton Berle

"A vacation is what you take when you can no longer take what you've been taking."
—Earl Wilson

"If some people didn't tell you, you'd never know they'd been away on a vacation."
—Kin Hubbard

Spring Break…For Everyone!

According to Dr. Susan Krauss Whitbourne in her article titled *The importance of vacations to our physical and mental health: Why Presidents (and all of us) need vacations*, college students aren't the only ones entitled to a spring break. She states: "Everyone needs a vacation once in a while," and there are many reasons why. There are also some specifics to consider when you finally convince yourself to do so—even if it's not in the month of March.

Stress is often viewed as a normal part of life, however, when stress becomes regular and chronic, so do the detrimental health effects that come with it. We begin to feel the pressures of stress when faced with situations that involve strict or multiple deadlines, we don't feel in control of, making major decisions, or having the responsibilities to manage tasks both in and out of work.

When we are stressed or anxious, the sympathetic system of our nervous system begins to take over our bodies. This system is responsible for elevating our blood pressure and heart rate—among other things—to prepare our bodies to deal with life's demands. Our bodies' efforts are being used to direct blood and oxygen to our hearts and muscles so we can keep up with the physical demands in which we are facing. Our digestions slows down, we don't sleep well, our hearts work harder, we feel distracted and anxious, we're irritable and possibly depressed, we have decreased memories, and we have trouble making decisions or often have more accidents. Normally, after being in a situation that makes us feel anxious or stressed, our parasympathetic system will take over to calm and relax our bodies and return our heart rates and blood flow back to normal…unless you don't allow it to and are under chronic stress.

So after thinking about all that, who doesn't think they need a spring break! If you're thinking that you can't take a break in the middle of March, that's ok. Why not plan a break either at a different time of the year or even a stay-cation at your own home. We all need a break every once in a while to allow our bodies to relax and reset. Vacations can also help improve family relationships—unless this is the stressor you need the break from! So even if you're not a chronic stressor, go ahead and plan a trip for some time in the near future, and take these tips from Psychology Today into mind:

1. Plan ahead by doing your research about where you want to go and what they offer.
2. Know the rules and regulations of the airline, especially in regards to your luggage.
3. Don't feel guilty—and don't feel you have to bring home a souvenir for someone who couldn't go with you. Maybe consider donating to a charity to help alleviate guilt.
4. Don't feel guilty if you check your email while on vacation—this may help prevent some stress from greeting you when you come home. It might be wise to set a certain amount of time aside for email each day so it doesn't interfere with your relaxation.
5. Make your vacation active and plan a true adventure.

Find the article on Psychology Today at http://www.psychologytoday.com/blog/fulfillment-any-age/201006/the-importance-vacations-our-physical-and-mental-health.

If you're interested in a stay-cation at home, check out http://www.psychologytoday.com/blog/fulfillment-any-age/201006/the-stay-cation-having-fun-while-staying-put.

Contributed by *Chrissi Steele*

Tips to Get You Thinking About The Upcoming 5K

According to http://www.fitday.com/fitness-articles/fitness/cardio/6-tips-for-running-a-5k-race.html#b, you can improve your 5K performance by following these six tips:

1. **Practice:** Showing up the day of the race not having trained your body could put you at serious risk for injury. Figure out your weak spots while you are training and stay true to your workout plan during the race
2. **Rest:** Make sure to get plenty of rest the night before the race. Try to do your workout early in the morning so you can get to bed at a decent hour. You will be focused and ready to run the day of the race if you've had adequate rest.
3. **Hydration:** Drink plenty of water before you begin the race to ensure that your body is hydrated. It is recommended that drinking at least 8 glasses of water a day will reduce the risk of dehydration during the race.
4. **Stretch:** Prior to starting the race, stretch your muscles. Warm up your body by doing stretches from head to toe. Warming up completely and stretching thoroughly may save yourself from injury.
5. **Pace Yourself:** Some runners will take off out of the gate fast; but may find themselves losing momentum at the end. Don't worry about what other runners are doing and pace yourself through the first half mile. This will increase the chances that you will have an overall stronger race.
6. **Finish Strong**: Save your strength for the finish. When you approach the half way mark you should be picking up the pace to finish strong. Give it all you've got in your last quarter mile. Not only will you sprint past runners, you will have an easier time finishing if you give it that extra push.

Try visiting these websites for a personalized 5k training plan:

- http://www.runnersworld.com/training/5k-training-plans
- http://www.active.com/running/articles/how-to-run-your-first-5k?page=2
- http://www.coolrunning.com/engine/2/2_4/142.shtml

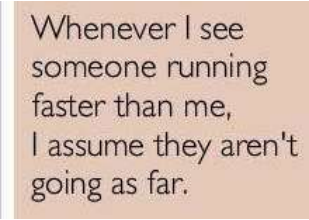
Recipe

Eat Clean No-Bake Energy Bites

1 cup oats
1/2 cup natural peanut butter
1/3 cup local honey
1 cup organic coconut flakes
1/2 cup ground flax seed
1/2 cup mini chocolate chip (dark adds more health benefits)
1 tsp vanilla

Mix it all together until well blended. Put in the fridge and let chill about 30 min. Shape in to balls. Store in fridge in an air tight container. Makes about 30 bite sized balls.

"I love running cross country....On a track, I feel like a hamster."
—Robin Williams



"The trouble with jogging is that by the time you realize you're not in shape for it, it's too far to walk back."
—Franklin Jones

"I spent an hour making my playlist and 12 minutes actually running."

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper."
—Adelle Davis

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

HOW TO FIND US

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STAY UP TO DATE!

Be sure to check out our members' board on your way in for information, events, and other notices.

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 - Friday

5:30 am – 8:00 am

11:00 am – 1:00 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

Annual 5k Run/Walk

April 26 at 11 AM with proceeds being donated to Samaritan's Purse in order to purchase recreational equipment for children around the world living in poverty.

Spice Up Your Workout Classes

Intro. to equipment Tuesdays for one month, March 4 to 25 from 11:15 AM to 12 PM.
Led by Saralyn Ostrowski

Cardio Crunch

Get a cardio *and* ab workout in one hour on Fridays from 12 to 1 PM!
Led by Brittany Redmond

Body Boot Camp

Get ready for spring break with body-weight training on Mondays from 6 to 7 PM.
Led by Doug Forlano