

James G. Mill



Center for Health and Fitness

Newsletter Volume 4, Issue 6
February 18, 2015



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*"A hero can be anyone.
Even a man doing
something as simple as
putting a coat around a little
boy's shoulder to let him
know that the world hadn't
ended"*

- Batman, Dark Knight Rises

James G. Mill Annual 5K is Here!

James G. Mill Center for Health and Fitness SUPERHERO 5K!

This year's 5K will tentatively be held **Sunday, April 26th, 2015**. The course is set to begin at Miller Stadium. Keep yours and ears open for any changes that may occur, however.

This year we are looking to donate proceeds to the YMCA's Big Hearts, Little Hands program.

We're asking participants to channel their inner superhero and come support a great cause!

Once all plans have been finalized we will release our advertisement and registration forms. If you are in touch with any potential sponsors, do not hesitate to let us know!

We look forward to seeing you there!

Recipe Contest

Voting has begun for our recipe contest. Get ready to see the winning dish next month!

"A recipe has no soul. You as the cook must bring the soul to the recipe."

-Thomas Keller

Personal Training and Group Ex

Our Hired Hands

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

We offer multiple training packages to suit everyone's needs. Inquire at the front desk!

INSANITY

Come join Amy Fiorentini on Monday and Wednesday nights at 6:00PM for INSANITY live.

This class can be modified for all levels, so don't be shy!

If you have any questions, contact Amy by e-mail at A.B.Fiorentini@iup.edu.



Mix Up Your Workouts

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

Balance! Why you need it and how to improve.

Proper balance is important for people of all ages in order to help prevent trips and falls, grab something from the top shelf, and even tying your shoes!

Practicing these balance exercises just two times a week can drastically help you improve your balance.

***Pictures from:**

https://classconnection.s3.amazonaws.com/760/flashcards/2256760/jpg/single_leg1353706378798.jpg

<http://2.bp.blogspot.com/-tXQgsBgxdSc/TcAc3oh1EHJ/AAAAAAAAAHo/zSa1yBq3AYM/s200/balance%2Bextension%2Bon%2Bdisk.png>

<http://assets1.tribesports.com/system/challenges/images/000/033/305/original/20121230014235-improve-balance-with-20-squats-on-a-bosu-ball-next.jpg>

<http://womenworld.org/image/072013/1/91639549.jpg>

Bosu® Ball

Add the Bosu® Ball to almost any exercise to increase your balance or for an added challenge.

Beginners: Simply start by standing with two feet on top of the Bosu® Ball. This will improve your coordination and balance.

Lower Body Advanced: Start with both of your feet on the Bosu® Ball. Slowly lower

yourself down into a squat, making sure to keep your back straight and abs tight! Perform a total of ten reps, for three sets.

Upper Body: While standing on the Bosu® Ball, hold a dumbbell in both hands. Slowly curl both weights up toward your chest while maintaining your balance.

*For an even greater challenge, flip the Bosu® Ball upside down while exercising.



Single Leg Balance

Start next to a chair or railing that you can hold onto in case you start to fall. Begin by lifting one leg off of the ground and raising it as high as you can.

Hold this position for 30 seconds. Switch legs and repeat a total of three times.

Beginners: Stand on a solid surface such as the gym floor.

Intermediate: To make this exercise more challenging, raise a single leg as high as you can and then close your eyes.

Advanced: An even better test of your balance is to add instability. Do this by placing a balance disk on the ground and then stand on it with one or two feet.



Stretch of the Month

The Couch Stretch

The couch stretch can be done against a wall or even your couch!

Uses: This stretch is great for loosening up tight hip flexors and quadriceps, which can alleviate knee pain and resolve hip and back pain.

How to do it:

1. Back your feet up against a wall, box, or the upper cushion of your couch. Place a cushion under your knee. the floor meets the wall. Point your toe. Squeeze your glutes!
2. Slide your left leg so that your knee fits into the corner where
3. Draw up your right leg and post it in front of you, with your shin vertical.

Tip: If you're too tight to get into the full position, scale it back by positioning a box in front of you. Put your weight on the box and don't worry about positioning your leg, as in step three.

Work at this on a daily basis for one minute per side.



Source: <http://www.outsideonline.com/fitness/bodywork/the-fit-list/The-New-Injury-Proofing-Rules-for-Runners.html>

Meet the New Staff!

Ashley Evans, Intern

Major: Sports Administration, minoring in business administration

Hometown: Cranberry Township, PA

Background: Ashley is a senior, graduating in May 2015. She has participated in competitive gymnastics and cheerleading since she was four years old and up until coming to college.

Interesting Fact: Ashley's stepsister has the same first and middle name as her.



Nick Oberholtzer, Intern

Major: Exercise Science

Hometown: Lancaster, PA

Background: Nick will be graduating in May 2015 from our exercise science program. He played volleyball in high school and is a fitness enthusiast. He loves to run, bike, hike, and weight train. In May, he will also be graduating as a second lieutenant in the U.S. Army Medical Services Corps.

Interesting Fact: Nick has visited both Romania and South Korea while in college.



Ryan Taylor, Intern

Major: Sports Administration

Hometown: Chambersburg, PA

Background: Ryan intends to graduate this spring with a degree in sports administration. He would like to land a job with a professional sports team after graduation.

Interesting Fact: Ryan's dream job is to work for the Pittsburgh Steelers.



Eric Canfield, Intern

Major: Sports Administration

Hometown: Bellwood, PA

Background: Eric is a senior in the Sports Administration program and intends to graduate in May 2015. He previously coached a U-10 soccer team for the YMCA. Eric is planning on joining the Navy after college and may eventually pursue a master's degree.

Interesting Fact: Eric was in the movie South Paw (coming out in 2016) with Jake Gyllenhaal, Rachel McAdams, and 50 Cent.



Christina Roberson, Staff

Undergraduate Program: Exercise Science

Hometown: Penn Hills, PA

Background: Christina is a junior, exercise science major. She aspires to be a physical therapist after completing her bachelor's degree at IUP. Christina is a member of the IUP Track and Field team and a team captain as well.

Interesting Fact: Christina was a member of the school record setting 4x400 meter relay team last spring.



Recipes

Garlic Mustard Salmon Over Quinoa

Recipe developed by Rena

Makes: 2 servings

Prep time: 10 minutes

Cook time: 12 minutes

Ingredients:

2 Medium Salmon Fillets
1 Tb Olive Oil
2 Garlic gloves (minced)
1 Tbs Greek Yogurt
2 Tbs Mustard
Salt and Pepper to taste

For Quinoa

1 Cup Cooked Quinoa
1 Tb Olive Oil
1/4 Cup of cut peppers (Red Yellow Green or green)
1/4 Cup Corn (can use frozen)
Pepper to taste
Onion Powder to taste



Ingredients:

2 cups cooked rice (jasmine, basmati or brown rice)
1/2 pound shrimp, peeled and deveined
1 (14.5 oz.) can coconut milk
3 Tbs. red Thai curry paste
1 Tbs. brown sugar
1/2 red bell pepper, finely sliced
1/2 bunch asparagus, ends trimmed and cut into 1-inch pieces
1 lime
1/4 cup fresh basil, torn



Directions:

Salmon:

1. Mix all ingredients together in a small bowl
2. Coat salmon and grill until cooked to your liking

Quinoa:

1. Sauté pepper corn with olive oil for a couple of minutes.
2. Add pepper and onion powder.
3. Add cooked quinoa.
4. Mix and let it simmer for another minutes for the flavor to blend in.
5. Serve on a plate and top with Salmon once ready.
6. Garnish with fresh dill and lime.

Nutrition facts per serving Calories: 760.8, Total Fat: 20.4 g
Cholesterol: 56.9 mg, Sodium: 265.0 mg, Total Carbs: 97.2 g,
Dietary Fiber: 13.5 g, Protein: 42.0 g

Thai Shrimp Curry

Recipe developed by Galley Wench

Makes: 4 servings

Prep time: 15 minutes

Cook time: 12 minutes

Directions:

1. In a medium skillet, bring 1/4 cup coconut milk to a boil.
2. Add the curry paste, whisk together and bloom for 30 seconds.
3. Add the rest of the coconut milk and bring to a boil.
4. Add the brown sugar and stir to combine.
5. Add the red bell pepper and asparagus to the skillet and cook until crisp tender, 6 minutes.
6. Spritz in some lime juice, uh huh.
7. Add the shrimp and cook until opaque, 3 minutes.
8. Serve curry over rice and top with torn basil and more spritzed lime!

Nutrition facts per serving: 290 calories, 7g protein, 34g carbohydrate, 14g fat (2.5g saturated), 0.9g fiber, 1070mg sodium, 17g sugar.

By: Dale Boston

How to Find Us
James G. Mill Center for Health and Fitness
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 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
 Dale Boston, Assistant

Staff
 Nick Oberholtzer

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

