



James G. Mill

Center for Health and Fitness

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"Obesity currently is the second leading cause of preventable death and will soon surpass cigarette smoking, the leading cause."

Thomas A. Wadden Ph.D.



"More die in the United States of too much food than of too little"
— John Kenneth Galbraith



Increase in Childhood Obesity: How Serious Is It?

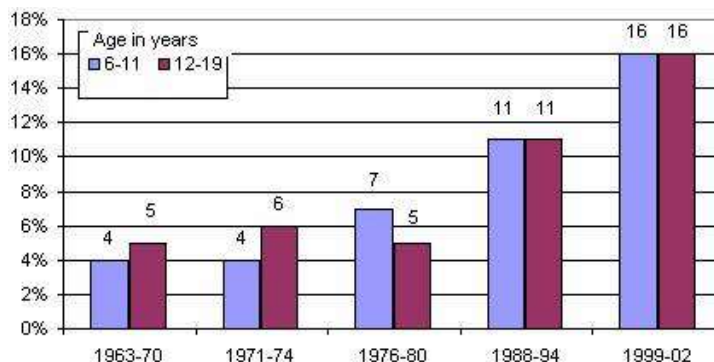
Contributed by *Patrick Davis*

The increase in childhood obesity has been a problem throughout America and is on the rise. There could be a few different reasons as to why children in America are becoming obese. One speculation that could easily be made is that technology is the culprit. Technology can be very beneficial, and kids in recent generations are becoming more reliant on it and exposed to it at earlier ages. Even if a child may not own their own smartphone, iPad, or gaming system, the chances that a parent, sibling, or friend does is quite high. This allows them to be able to use such devices to play games, text, or use social media the vast majority of their free time.

In previous generations, kids played outside more than they played inside engaging in active games such as capture the flag, kick the can, and cops and robbers. Parents usually set the parameters for their kids to be outside during the day until it was dark or time for dinner. Today's generations are so reliant on technology that it's keeping them inside and away from the socialization and physical activity that takes place outdoors. Just simply being outdoors has been shown to be beneficial for one's health.

Obesity that begins in childhood has both immediate and long-term effects on health and well-being. Immediate effects include increased risk factors for cardiovascular disease such as high cholesterol and high blood pressure. In a population-based sample of 5 to 17 year old kids, 70% of obese youth had at least one risk factor for cardiovascular disease. Another immediate effect is the development of prediabetes which indicate high risk for the development of diabetes. The risk for children who are obese to develop diabetes is much higher than for those who are not obese.

A long-term effect of obesity in children is that they are more likely to be obese when they are adults, and therefore more at risk for health problems into adulthood such as heart disease, type 2 diabetes, stroke, cancer, and osteoarthritis. Heart disease is the number one killer among Americans, and kids who become obese are much more likely to develop heart disease, as well as certain forms of cancer. The graph below shows the percent increase of obesity from 1963 to 2002 in children aged 6 to 19. We need to find more ways to help kids get more active to decrease this worldwide epidemic.



<http://www.cdc.gov/healthyouth/obesity/facts.htm>

Looking for Something to do this Summer?

Benefits of Signing Up for a 5K

Have you ever considered running a 5K but weren't sure what to expect? Or maybe you just need a little extra motivation to get signed up for your first race, or aren't sure how a 5K can help you reach your overall workout goals. In a recent article, Dr. Oz shared that the best way to bridge the gap between setting workout goals and achieving workout goals may be to participate in a 5K. 5 kilometers (5K) is approximately 3.1 miles and is a distance that even beginners can realistically run with just seven weeks of prior training.

There are many benefits to running and walking. Running can burn up to 700 calories per hour: meaning that if you run a 5K in about 30 minutes, you could potentially burn near 350 calories. Running or walking a 5K will also help you break a sweat and get in more than half of your daily 10,000 steps—which are two of Dr. Oz's fitness rules. Your heart rate will also be raised and blood pressure lowered along with receiving the benefits of relieving stress and toning your glutes, thighs, calves, and abdominals.

With training only three times per week for seven weeks, you will be in shape and ready to compete in a 5K. If you don't currently run and would like to run a 5K, start your training gradually by mixing walking and running. Be sure to include training outside in addition to training on a treadmill so your muscles and joints are able to get used to adjusting to changing surfaces. About two to four weeks after starting training, you'll notice that you're able to run for about 30 consecutive minutes. Once you've developed your lungs and muscles to be able to run (or walk) for this length of time, consistently stick with your new routine. Seeing that you're able to achieve this goal will also inspire you to reach your overall workout goals. Try using a calendar posted where you will see it regularly to motivate yourself by keeping track of the days you work out each week.

There are many additional benefits to participating in 5K races. A lot of people find that they get an adrenaline rush from running in 5K races—especially if competitive. Even if you feel unprepared, you will be able to feed off of the energy of the participants around you. It can also be a social activity by asking family or friends to sign up with you to challenge you during the race. Last but not least, most 5K races donate their proceeds to charities or other causes. So even if you don't win, by signing up for a 5K, you're not only helping yourself get in shape and reach your workout goals, but you're also helping others. See the original article at <http://www.doctoroz.com/videos/5-reasons-run-5k>.

Local 5K Races

We hope you're now feeling optimistic about working to get in shape to try a 5K this summer. So grab a friend and get registered for the next 5K race. See page 4 for a list of 5K races coming soon.

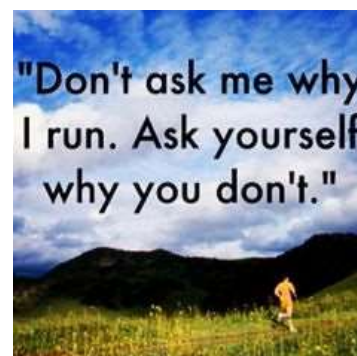
Contributed by *Brooke McDaniel*

Body Sculpt

Start your Tuesdays right with resistance body sculpting at 5:45 AM!
Starting June 13 and led by *Brittany Redmond*

Cardio Crunch

Get a cardio *and* ab workout in one hour on Thursdays from 12 to 1 PM!
Starting June 12 and led by *Brittany Redmond*





"Who kept the faith and fought the fight; The glory theirs, the duty ours." —Wallace Bruce



All gave some and some gave all.

And some stood through for the red, white and blue.

And some had to fall.

And if you ever think of me.

Think of all your liberties and recall.

Some gave all.



21 Guns: A Salute to Soldiers Through Fitness

Contributed by *Chrissi Steele*

With Memorial Day coming up on Monday, May 26, the organization of Team Red, White, and Blue has a way to honor the nation's warriors through fitness. The national Workout of the Day for Warriors is a functional fitness workout that takes place on Veteran's and Memorial Day each year in fitness facilities around the country. These facilities promote the events to bring in both community members and soldiers. The purpose of the events is to help people remember our nation's soldiers in a "respectful, reflecting, and meaningful way" and to provide Veterans with a way to connect with their communities through functional fitness.

The 21 Guns Workout of the Day for Warriors is a salute to soldiers through a meaningful workout. There are five different exercises that represent the five branches of the military. Each of the five exercises has 21 reps to signify a 21-gun salute. The entire set is done twice in honor of both the living and the deceased. Participating in the exercises with a partner reflects the bonds that Team Red, White, and Blue aim to create between soldiers and the communities they are a part of. Try your own 21 Guns workout on Monday in honor of those who have served to fight for our freedom.

Partners alternate completing the entire set

21 minutes of cardio (walk, run, bike, swim row, etc.)	weight or less)
21 Pull-ups	21 Burpee Box Jumps
21 Burpee Box Jumps (20")	21 Pull-Ups
21 Firemans Carry Back Squat (partner of equal	

To learn more about the organization or facilities that are participating this year, visit <http://teamrwb.org/get-involved/wodwithwarriors>. There are also video testimonies from soldiers and community members about how the events have helped them.

Winners of Our Fourth Annual 5K

Our Fourth Annual 5k Run/Walk was a huge success! We had over 75 participants plus additional supporters who came out and joined in the fun by cheering, participating in the raffle, and sharing refreshments. We gave over \$500 worth of raffle items and raised nearly \$1200 for the Sports Gear Project of Samaritan's Purse. Below are the top runners and walkers along with others who received prizes for their participation.

Top 3 Male/Overall Runners

Andrew Hess 20.23
Samuel Hess 20.56
Doug Forlano 21.21

Top 3 Walkers

Breanna Weimer
Emily Manecke
Chris Talyor

Top 3 Female Runners

Noreen See 23.56
Rebecca Alman 25.30
Deb McMillen 25.34

Oldest Participant

Roger Shirey

Youngest Participant

Evan Crooks

Visit our 5K Event page for all race results at <http://www.iup.edu/page.aspx?id=104675> and photos of the event on our Facebook page at <https://www.facebook.com/pages/James-G-Mill-Center-for-Health-Fitness/167579866634341>.

5K Races Taking Place This Summer

Veteran's 5K Run / Walk

Saturday May 17, 2014: 9:00 AM
 Senior Care 1200 Wayne Avenue
 Indiana, PA

Kolors For Kids 5K Run / Walk

Saturday May 17, 2014: 10:00 AM
 Yellow Creek State Park South Shore, Main Entrance

Half & Half Duathlon

Saturday May 17, 2014: 9:00 AM
 Ghost Town Trail

Making Strides Against TM

Sunday May 25, 2014: 9:30 AM
 Mahoning Shadow Trail

Gabriel Lee Friedline Memorial 5K Walk / Run

Saturday May 31, 2014: 9:00 AM
 Shawnee State Park At Pavilion # 2
 Schellsburg, PA

Stride For Pride

Saturday May 31, 2014: 9:00 AM
 North Shore Drive By stage AE
 Pittsburgh , PA 15212

See <http://www.gingerbreadmanrunning.com/#!/up-coming-events/c1vw0> for links and directions for registering for these events.

<http://roadracerunner.com/Races/RunningCalendar.aspx?state=pa&d=5k> has additional races in Pennsylvania.

<http://mudderjumper.com/Races/RunningCalendar.aspx?state=pa> provides some alternative ways to get in shape this summer such as mud runs, color runs, obstacle courses, and foam races.



Summer of Appreciation

To show you how much we have appreciated your understanding and patronage over the last year, we will be implementing some activities and promotions over the next three months. Stay tuned for more info. coming soon!

Bring a Friend Promo

During the months of May through August, bring a friend to sign up for a membership and get a reward!

Friend signs up for

- one month
- one semester (4 months)
- one year

You Get

- 2 free days
- 1 free week
- 1 free month



"Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself."

—William Faulkner



"You only ever grow as a human being if you're outside your comfort zone."

—Percy Cerutti



"We all have dreams, in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."

—Jesse Owens





HYDRATION

“The basic rule of thumb is to start a walk having had 16 oz. of water (a pint or half liter), and then replenishing with a cup of water every 15-20 minutes. That is about a water bottle-full an hour, about a half liter or pint. End your walk with a big glass of water.”

—Wendy Bumgardner

<http://walking.about.com/cs/fluids/a/drinkingdanger.htm>



I DREAM OF A BETTER WORLD
WHERE CHICKENS CAN CROSS
THE ROAD WITHOUT HAVING
THEIR MOTIVES QUESTIONED



Warm Weather Workout Tips

With warmer weather just around the corner, but don't let the heat stop you from continuing to exercise. Check out these tips to help ensure safety when working out in the heat.

- **Dress Light.** Lightweight, light-colored, breathable fabrics such as cotton will allow sweat to evaporate more quickly and ultimately cool the body in the quickest manner.
- **Ease into summer.** Allow your body to acclimatize to the heat through gradual daily exposures. This generally takes 4-14 days.
- **Exercise smarter, not harder.** If possible, workout early in the morning or later in the evening when the sun's radiation is minimal. If exercise during mid-day is necessary, attempt to decrease intensity and duration.
- **Stay hydrated.** Drink plenty of fluids (preferably water) before, during and after exercise. Avoid caffeinated and alcoholic beverages as much as possible. *Check out the bulletin in the back of the fitness center in June for more tips about staying hydrated.*
- **Team up.** Grab a family member or friend to exercise with you to increase safety as well as motivation.

Check out the following website for information regarding signs and symptoms of heat related illness: http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Top-5-Tips-to-Staying-Cool-During-Your-Summer-Workout_UCM_428764_Article.jsp

Recipe

Marinated Greek Chicken Skewers, 4 Servings

- | | |
|----------------------------------------------------------------------|---------------------------------------------|
| 1 1/2 lbs. boneless, skinless chicken breast, cut into 1-inch pieces | |
| 4 T extra virgin olive oil, divided | |
| 4 garlic cloves, crushed | 2 T freshly squeezed lemon juice |
| 1-2 tsp dried oregano | 1/2 red onion, quartered |
| 1 tsp salt | 1 green bell pepper, cut into 1 inch pieces |
| 1 tsp ground black pepper | 1 red bell pepper, cut into 1 inch pieces |

Directions

1. In a medium bowl, coat chicken in 2 Tbsp. olive oil, garlic, oregano, salt, and pepper. Marinate 30 minutes. In a small bowl, whisk together 2 Tbsp. olive oil and lemon juice. Set aside.
2. Preheat outdoor grill or indoor grill pan to medium-high heat. Discard marinade and thread skewers (if using wooden, make sure to soak them in water for 20 minutes first to prevent burning) alternating chicken and vegetables. Sprinkle with salt and pepper. Grill, turning and basting occasionally with the olive oil-lemon mixture, until the chicken is just cooked through. Serve immediately.

Contributed by *Lauren Lyons*

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

Community and IUP Faculty and Staff Hours

Monday - Friday

5:30 am – 8:00 am
11:00 am – 1:00 pm
4:00 pm – 6:00 pm

Monday – Thursday

6:00 pm – 9:00 pm

Saturday

9:00 am – 11:00 am

~

Student Hours

Monday – Thursday

6:00 pm – 9:00 pm

Friday

4:00 pm – 6:00 pm

Saturday

9:00 am – 11:00 am

Closed for Memorial Day

Monday, May 26.

In Honor of Dennis Whiteson

Dr. Dennis Whiteson, age 74, passed away on May 3, 2014. He was a former member of the fitness center and faculty member of the IUP Physics department. He loved sports and traveling and was involved in soccer programs at Indiana and Horace Mann schools. He also received the Professor Emeritus honor. May his memory live on.



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.