



# James G. Mill

## Center for Health and Fitness

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*"Not what we say about our blessings, but how we use them, is the true measure of our Thanksgiving."*

-W.T. Purkiser

*"We can always find something to be thankful for, and there may be reasons why we ought to be thankful for even those dispensations which appear dark and frowning."*

-Albert Barnes

## Motivation tips for the Holidays!

Worried about losing your motivation to work out during the holidays?

### Think again!

- 1) Reward yourself at the end of a week-long or month-long exercise routine with new exercise clothes instead of that extra slice of pie.
- 2) Sign up for a Thanksgiving 5K or Fun Run with the family
- 3) Go for a walk, play in the leaves or toss around a football with the kids. There is no better Thanksgiving Day activity!
- 4) Getting your holiday shopping in a little early? Go for a few extra laps around the mall. Maybe you will even find a few wonderful gift ideas!
- 5) Find an exercise buddy to keep each other motivated throughout the holiday season, as well as the entire winter.
- 6) Don't give up! It's the holidays and they are meant to be enjoyed. Focus on staying healthy and maintaining a healthy weight, not losing weight. And don't give up!

A note on our hours:

We will be closed Thanksgiving Day and Black Friday.

Other upcoming closures include:

Christmas Eve Day and Christmas Day

New Year's Eve Day and New Year's Day



Contributed by *David Pitassi and Krista Matsko*

## What's Going on in James G. Mill Center for Health and Fitness?

With Thanksgiving just around the corner, that means our Holiday Party is quickly approaching too!

The James G. Mill Center for Health and Fitness would like to invite all of our members to the annual holiday party. We will be hosting the party on **Friday, December 12, from 11:00AM to 2:00PM.**

We ask that members continue to do what they've done in the past and bring a dish or beverage of their own desire. There will be a sign up list available at our front desk so you'll be able to see what others are bringing and what still needs to be supplied.

### Stuck on gifts to give?

Why not give a James G. Mill Gift Certificate and the gift of fitness! A James G. Mill gift certificate could help cover part of the cost for a loved one's membership to get them started. Gift certificates can also cover the cost of any of our merchandise items! Don't forget all merchandise is 10% off until Thanksgiving!



*"I bought you a gift. It's something I've always wanted, but I'm not quite sure you'll like it. So if you don't want it just tell me and I'll be happy to keep it. After all, I'm only interested in making you happy."*  
— Jarod Kintz

### Wellness Challenge Update

So far our challenge participants have started their journeys' in New York, New York, and made it to Canton, Ohio and Chicago, Illinois. Coming Up next is St. Louis, Missouri, Dodge City, Kansas, and Keystone, South Dakota, the home of Mount Rushmore!

Keep working hard! The more you exercise the easier your journey becomes and the better the chance you'll have at winning one of two prize baskets at the end of the challenge.





*“What good is the warmth of summer, without the cold of winter to give it sweetness.”*  
- John Steinbeck



*“There’s no such thing as bad weather, only inappropriate clothing.”*  
- Sir Ranulph Fiennes

## Preparing for the Cold Weather: 3 Tips to Help Stay Safe While in the Cold

With the temperatures dropping quickly people need to prepare appropriately. It is always important to take care of yourself. Different techniques and steps need to be taken to exercise in the winter months. *The Mayo Clinic* has offered some helpful tips on how to prepare.

### 1. Pay Attention to the Weather Forecast

- Pay attention to the temperature and the Wind Chill for the time you are going to be exercising outside.
- At wind chill levels below minus 18 F (minus 27 C), frostbite can occur on exposed skin in 30 minutes or less.
- If the temperature or Wind Chill is below zero then consider going inside so don't chance frostbite or other health concerns
- If it is raining outside also try to work out inside since rain makes you more susceptible to the cold

### 2. Frostbite and Hypothermia

- It is important to know the signs of both of these
- Frostbite occurs most often on exposed skin, such as your cheeks, nose and ears, but it can also occur on hands and feet.
- **Early warning signs:** numbness, loss of feeling or a stinging sensation.
- If you believe you have frostbite, get out of the cold and *slowly* warm the affected area.
- If this does not help then seek emergency care
- Hypothermia is when your body temperature decreases. This occurs because your body loses heat faster than it can be produced when in cold weather
- **Symptoms of Hypothermia:** intense shivering, slurred speech, loss of coordination and fatigue
- Seek immediate emergency care for Hypothermia

### 3. Dress in Layers

- Dressing too warm can actually hurt you when working out because this can cause you to sweat more which can make your body cool down
- Dress in layers so that they are easy to remove and add back on if needed
- First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body
- Avoid cotton because it will stay wet against your skin
- Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer.
- Experimentation with different types of clothes can help you find the perfect match for you
- Depending on your size you may need more or less layers

Contributed by *Ashley Ryder*

## Recipe

### Glazed Chocolate-Pumpkin Bundt Cake

#### INGREDIENTS

##### Cake:

|   |  |
|---|--|
| 1 cup all-purpose, flour                              | 1 cup nonfat buttermilk                  |
| 3/4 cup whole-wheat pastry flour                      | 1 15-ounce can unsweetened pumpkin puree |
| 1 cup granulated sugar                                | 3/4 cup dark brown sugar, packed         |
| 3/4 cup unsweetened cocoa powder, (not Dutch-process) | 1 large egg, at room temperature         |
| 1 1/2 teaspoons baking powder                         | 1 large egg white, at room temperature   |
| 1 1/2 teaspoons baking soda                           | 1/4 cup canola oil                       |
| 1 teaspoon pumpkin pie spice                          | 1/4 cup light corn syrup                 |
| 1/4 teaspoon salt                                     |  |

##### Glaze and Garnish:

1/2 cup packed confectioners' sugar  
 1 tablespoon nonfat buttermilk  
 2 tablespoons mini chocolate chips, or toasted chopped nuts

#### DIRECTIONS

1. To prepare cake: Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl.
3. Blend 1 cup buttermilk, pumpkin puree and brown sugar in a large bowl with an electric mixer on low speed. Beat in whole egg and egg white. Stir in oil, corn syrup and vanilla. Gradually add the dry ingredients, stirring until just combined. Transfer the batter to the prepared pan.
4. Bake the cake until a wooden skewer inserted in the center comes out with only a few moist crumbs attached, 1 to 1 1/4 hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.
5. To glaze & garnish cake: Combine confectioners' sugar and 1 tablespoon buttermilk in a small bowl, stirring until completely smooth. Place the cake on a serving plate and drizzle the glaze over the top; garnish with chocolate chips (or chopped nuts) while the glaze is still moist.

#### TIPS

- Prepare through Step 4 up to 1 day ahead. Glaze and garnish (Step 5) shortly before serving. Equipment: 12-cup Bundt pan
- To warm an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.
- To toast chopped nuts & seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

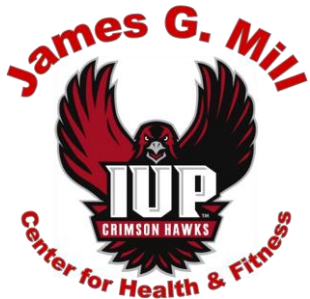
#### NUTRITION (per serving)

234 calories  
 5 g fat (1 g sat, 3 g mono)  
 13 mg cholesterol  
 46 g carbohydrates  
 4 g protein  
 3 g fiber  
 238 mg sodium  
 159 mg potassium.



*"All you need is love... and maybe a little chocolate."*

- unknown



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

### HOW TO FIND US

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 Fitness Center

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### YOU CAN HELP

If you would be willing to donate any of the following small items, please let us know. We are in need of **Air Wick refills and other air fresheners and tissues**

## 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 - 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

6:00 pm – 9:00 pm

### Friday

4:00 pm – 6:00 pm

### Saturday

9:00 am – 11:00 am

*Open to All Members*

## Christmas Party

Friday, December 12, 2013

## Wellness Challenge

The last day to turn in logs will be **Saturday, December 13**.  
 The drawing will take place on **Monday, December 15**.