

James G. Mill

Center for Health and Fitness

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"I think the good and the great are only separated by the willingness to sacrifice"
 -Kareem Abdul-Jabber

"Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you."
 -Bethany Hamilton



Meet the New Staff

If you have been in the fitness center within the last few weeks you may have noticed some familiar, as well as 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, or place your opinion in our "Recommendation Box." Remember the staff is here to help you, but we have to know what our guests needs are.

One of the changes the staff made in the past couple years was changing the bulletin board inside the gym often. Most of you have probably seen this and hopefully utilized the healthy tips shown on the board. 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 monthly if not every week you come in. We will do our best to keep it updated with healthy tips and fitness workouts that will benefit you.

One of the classes we are offering this year at the fitness center is Insanity. Guests and even non-guests can report for this class on Thursday evenings, starting at 4 P.M. The first class will be held on Thursday, October 4th. The class is led by Madison Elsesser, who is an undergraduate exercise science major. If you are a not a member you can pay five dollars per class.

Each year one of our goals is to build on the success from the previous year. The entire 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 James G. Mill Staff Team

Get to Know Us

GRADUATE ASSISTANTS

Tara Kibe: Facility Manager

Hometown: Reedsville, PA

Master's Program: Sports Management

Background: Tara earned her bachelor's degree from IUP in May 2018, majoring in Sports Management with a minor in Business. She has worked at the HUB fitness center and M.R.Stax fitness center back home. She has interned with the State College Spikes, a minor league baseball team and also finished an internship with the facilities manager, Emily Briggs, here at IUP last Spring. After graduation, she hopes to get a doctorate in Sport Management to become a professor.

Interesting Fact: Tara started varsity softball and basketball all four years in high school. She loves watching college football on Saturdays and her favorite team is PSU.



Alexander Julian: Assistant Manager

Hometown: Washington, NJ

Master's Program: Sports Management

Background: Alex earned his bachelor's degree in psychology from University of the Sciences in 2018 where he was a member of the baseball team for two years before getting injured. Last year he worked with the volleyball, basketball and baseball teams as a facility supervisor for all the home games and coached 16u travel baseball for the New Jersey Jays. After he graduates, he would like to continue coaching and become an athletic director.

Interesting Fact: Alex has been to 15 of the 30 current MLB baseball stadiums.



Jordan Meckes: Assistant Manager

Home town: Kunkletown, PA

Master's Program: Sports Management

Background: Jordan received her bachelor's degree in sports management with a minor in business administration in 2018 from IUP. Jordan's prior experience includes interning at Saint Francis University Athletics and Penn State New Kensington Athletics. After earning her master's degree, Jordan is hoping to work in facility management, or in an athletic department at the college level.

Interesting Fact: Jordan started varsity softball and basketball all four years in high school. She loves watching baseball, go Yankees!



Get to Know Us

INTERNS



Troy Nottingham: Intern

Hometown: Pittsburgh, PA

Undergraduate Program: Sports Administration

Background: Troy is currently a senior at IUP. After graduating from his undergrad program, he plans on working at Heinz Field in the event coordinating aspect of the facility.

Interesting Fact: Troy is one of the founding fathers of the newly re-chartered chapter of Kappa Delta Rho fraternity here at IUP.



Alex Hart: Intern

Hometown: State College

Graduate Program: Sport Management

Background: Alex went to Bowling Green State University for two years of his undergraduate degree and then transferred to Penn State Dubois finishing his undergrad in business. He then came to IUP to complete a master's degree. Alex interns with Enterprise and Keystone real estate group and played baseball here at IUP last year.

Interesting Fact: Alex's went to an all guys boarding school in high school!



Miles Williamson: Intern

Hometown: Houston, PA

Undergraduate Program: Sport Administration.

Background: Miles is receiving his undergrad degree, Sport Administration, here at IUP with a minor in business. He is a wide receiver on the IUP football team.

Interesting Fact: You will always catch Miles smiling!!

Get to Know Us

STUDENT WORKERS



Tyler Montgomery: Staff

Hometown: Oxford, PA

Undergraduate Program: Physical Education & Exercise Science

Background: Tyler enjoys playing many sports, such as lifting and exercising. He likes to play guitar, drums, and piano. Drawing characters from multiple sources of media is his favorite way to relax.

Interesting Fact: Tyler has Celiac Disease; this means he has an allergy to gluten. This disease also affects his immune system and regenerative cells.



Owen Jarvie: Staff

Hometown: Penn Run, PA

Undergraduate Program: Public Health focusing in epidemiology & biostatistics

Background: Owen is 21 years old and has lived in Indiana County his whole life. He is the second youngest out of five kids and he loves to spend time with his family and friends.

Interesting Fact: Owen is a very picky eater, there is very few foods that he will eat, and fruit is not one them.



Abigail Evans: Staff

Hometown: Philadelphia

Undergraduate Program: Exercise Science

Background: Abigail is a sophomore studying exercise science while working in the Fitness Center. On top of work, she is also a member of the American Medical Student Association and really enjoys it.

Interesting Fact: Abigail played cross country, basketball, and cheer in high school.

Exercise How-To: Leg Exercises Without Weight



Squat Jumps-

Stand with your feet hip-width apart. Squat until your quadriceps are parallel with the floor. Swing your arms up while exploding your hips and jump in the air. Allow your legs to bend 45 degrees when landing. Pause 1 to 2 seconds, then repeat.



Box Squat Jumps-

With your feet hip-width apart. Bend your knees at 45 degrees. Swing your arms and explode your hips to jump up onto the whatever sized box you feel most comfortable with. Jump down, then repeat.



Forward Lunges-

Stand straight. Take one leg and lunge forward until quadricep is parallel to the ground. Make sure your knee is straight aligned with the ankle. Return to standing position, then repeat with the alternate leg.



Sideway Lunges-

At standing position, lunge to either side with either leg. Lunge until quadricep is parallel to the floor and the knee is aligned with the ankle. Keep foot on extending leg flat on the ground. Return to standing position, then repeat on alternate leg.



Standing Calf Raises-

In standing position. Raise your heels above your toes and hold position for 1 second. Lower heels to the floor. Pause for 1 second, then repeat.

“Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.”

-Denis Waitley

“A muscle is like a car. If you want it to run well early in the morning, you have to warm it up.”

-Florence Griffith Joyner

Grilled Chicken and Spinach Salad with Spicy Pineapple



Nutrition:

Calories :313

Fat: 15.2g

Satfat: 2.3g

Monofat: 10.2g

Polyfat: 1.8g

Protein: 28g

Carbohydrate: 16.8g

Fiber: 4.3g

Cholesterol: 66mg

Iron: 2.6mg

Sodium: 444mg

Calcium: 58mg

Ingredients:

- 1-pound skinless, boneless chicken breast
- 1 teaspoon chili powder
- ½ teaspoon salt
- Cooking spray
- 1 ¼ cups (1-inch) cubed fresh pineapple (about 8 ounces), divided
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh orange juice
- 4 teaspoons apple cider vinegar
- ½ teaspoon minced habanero pepper
- 1 large garlic clove
- ¼ cup extra-virgin olive oil
- ¾ cup julienne-cut peeled jicama
- 2/3 cup thinly sliced red bell pepper
- ½ cup thinly sliced red onion
- 1 (5-ounce) package fresh baby spinach (about 8 cups)

Instructions:

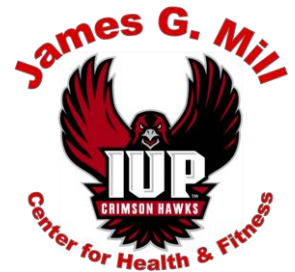
- Heat a grill pan over medium high heat.
- Pound the chicken to an even thickness using a mallet or small heavy skillet.
- Season chicken with chili powder and salt. Coat chicken with cooking spray.
- Grill the chicken on each side for 3 minutes or until done. Remove Chicken.
- Blend half of pineapple, cilantro orange juice, vinegar, habanero. Periodically add olive oil during and until the end of the blending process.
- You may want to throw the remaining pieces of pineapple and jicama into your salad bowl.
- Cut the chicken breasts into thin slices and divide evenly amongst the 4 servings that this dish can produce.
- Drizzle each bowl with ¾ cup of the blended dressing. Then enjoy!

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.



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

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Email: tpcv@iup.edu
jamesmillfitness@gmail.com

On the web:
iup.edu/millfitness

Facebook: James G. Mill
Fitness Center

YOUR EDITORS

Dr. Richard Hsiao, Director

Graduate Assistants
Tara Kibe, Manager
Alex Julian, Assistant
Jordan Meckes, Assistant

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 monthly
newsletters!

You will be able to stay up to date with the fitness center and find great
recipes and workouts to allow a healthy life style! 😊