

James G Mill Health and Fitness Center

December 2021



Happy Holidays

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! *We will be closed for the Holidays the 24th-27th, and the 31st

Hours of Operation

Monday-Friday

5:30 a.m.-8:00 a.m.
11:00 a.m.-1:00 p.m.
4:00 p.m.-6:00 p.m.

Monday-Thursday

4:00 p.m.-9:00 p.m.

Saturday

8:00 a.m.-11:00 a.m.



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 National Pie Day	2 Special Education Day	3 National Roof Over Your Head Day	4 National Cookie Day
5 International Ninja Day	6 Miners Day	7 National Pearl Harbor Remembrance Day	8 National Brownie Day	9 National Pastry Day	10 Human Rights Day	11 International Mountain Day
12 Universal Health Coverage Day	13 Worldwide Candle Lighting Day	14 National Free Shipping Day	15 Bill of Rights Day	16 Day of Reconciliation	17 National Ugly Sweater Day	18 Bake Cookies Day
19 National Oatmeal Muffin Day	20 Go Caroling Day	21 Winter Solstice	22 National Cookie Exchange Day	23 Festivus	24 Christmas Eve 	25 Christmas  
26 National Candy Cane Day 	27 National Fruitcake Day 	28 National Call a Friend Day	29 National Hero Day	30 National Resolution Planning Day	31 New Year's Eve 	

Healthy Gingerbread Cookies

Ingredients

- 1 Egg
- ½ Cup Brown Sugar
- ¼ Cup Molasses
- ¼ Cup Almond Butter
- 2 Tablespoons Butter, Melted
- 2 Tablespoons Applesauce
- 2 Teaspoons Ground Ginger
- 1 Teaspoon Cinnamon
- 2 Teaspoons Allspice
- ¼ Teaspoon Kosher Salt
- ½ Teaspoon Baking Soda
- 1 ¼ Cup All Purpose Flour
- ½ Cup Wheat Flour
- Turbinado Sugar (For Garnish)



Instructions

1. In a medium bowl, add 1 egg, ½ brown sugar, ¼ cup molasses, ¼ cup almond butter, 2 tablespoons melted butter, and 2 tablespoons applesauce, and then whisk to combine.
2. For the wet ingredients, stir in 2 teaspoons ground ginger, 1 teaspoon cinnamon, 2 teaspoons allspice, ¼ teaspoon kosher salt, ½ teaspoon baking soda, 1 ¼ cup all purpose flour, ½ cup wheat flour until well combined. Turn onto plastic wrap to form dough into a ball and cover with plastic wrap and chill for at least 1 hour.
3. Preheat oven to 350°F
4. Flour a flat surface and a rolling pin to roll out the dough ¼ inch thick. Use a cookie cutter to cut out gingerbread men, about 25-35 total. Place gingerbread on a parchment paper-lined baking sheet and sprinkle with turbinado sugar.
5. Bake for about 8 minutes, until puffed and slightly firmed. Rest on pan for another 2-3 minutes and transfer to a cooling rack.

Overhiser, A. S., & Overhiser, S. (2021, November 27). *10 best healthy christmas cookies*. A Couple Cooks. Retrieved December 2, 2021, from <https://www.acouplecooks.com/best-christmas-cookie-recipes/>.

Roll A Dice Workout

You will need two dice. Roll the two dice and the sum determines your activity!!!

Roll a 2- 20 Jumping Jacks

Roll a 3- 30 Lunges (15 each side)

Roll a 4- 30 High Knees (15 each side)

Roll a 5- 15 Push Ups

Roll a 6- 25 Crunches

Roll a 7- 20 Squats

Roll an 8- 40 Mountain Climbers (20 each side)

Roll a 9- 40 Skaters (20 each side)

Roll a 10- 50 Jump Rope (no rope)

Roll an 11- 30 Butt Kicks (15 each side)

Roll a 12- 30 Second Wall Sit

No dice? No problem! Click on the red dice for a virtual version!



Fitness Challenge Winners!

These members won first and second place in the Fall 2021 semester. If you see them, make sure to congratulate them!

MALE

1st Place- Lanny Kraszewski



44.5 hours

89 States



2nd Place- Arthur Dilg



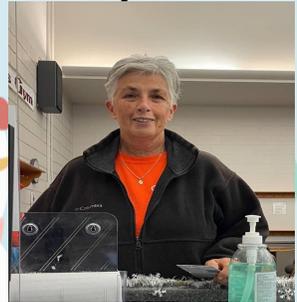
23 hours

46 States



FEMALE

1st Place- Gayle Niklas

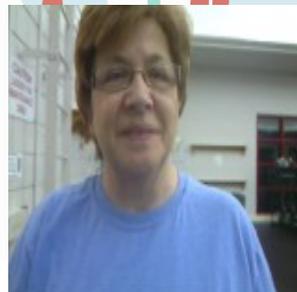


47 Hours

94 States



2nd Place- Doris McAnulty



25.5 Hours

51 States



Hanukkah

The eight-day Jewish celebration known as Hanukkah or Chanukah commemorates the rededication during the second century B.C. of the Second Temple in Jerusalem, where according to legend Jewish people had risen up against their Greek- Syrian oppressors in the Maccabean Revolt. Hanukkah, which means "dedication" in Hebrew, begins on the 25th of Kislev on the Hebrew calendar and falls on November 28th- December 6th. Often called the Festival of Lights, the holiday is celebrated with the lighting of the menorah, traditional foods, games & gifts.



[Hanukkah 2021 - Stories, Traditions & Origins - HISTORY](#)

Christmas

Christmas is celebrated on December 25 and is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive. December 25—Christmas Day—has been a federal holiday in the United States since 1870.



[History of Christmas - Origins, Traditions & Facts - HISTORY](#)

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 of 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 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, As we want to help guide you in your quest for health & 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.

COVID-19 Update

As all of you know, COVID-19 and the Delta Variant are still a growing problem here in America so we will have to take appropriate measures to ensure workers and members in the gym are being safe and following the health guidelines that we have established. We are back to being open at normal hours and do not have a capacity restriction within the fitness center. Members will still need to have their temperature taken when entering the facility. While in the facility we ask that you maintain a safe distance from others. Masks are not required while you work out, but we do ask that while you enter the fitness center and when you are not working out you put your mask back on. Lastly, we also ask that you continue to help us keep the facility clean by continuing to wipe down any machines or equipment you may use during your visit. We hope you can understand all these changes that need to be made due to health guidelines and the global pandemic at hand. Looking forward to seeing you all this semester.

How To Find Us

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