

James G. Mill Fitness Center

🌸 January 2022 🌸



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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.

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 New Years Day
2 National Personal Trainer Awareness Day	3 International Mind-Body Wellness Day	4 National Trivia Day	5 National Keto Day	6 Apple Tree Day	7 I Am a Mentor Day	8 Earth's Rotation Day
9 National Pizza Week	10 National Save The Eagles Day	11 National Human Trafficking Awareness Day	12 National Pharmacist Day	13 National Gluten-Free Day	14 International Kite Day	15 Martin Luther King's Birthday
16 World Religion Day	17 Martin Luther King Jr Day	18 National Thesaurus Day	19 National Popcorn Day	20 National Penguin Day	21 National Hugging Day	22 Celebration of Life Day
23 National Pie Day	24 National Compliment Day	25 Observe the Weather Day	26 National Spouse Day	27 National Geographic Day	28 National Daisy Day	29 National Puzzle Day
30 National Escape Day	31 Grammy Award Day					

Recipe of the Month

Healthy Sweet Potato Oat Waffles

Yields: 4-6

Ingredients:

- $\frac{1}{2}$ cup sweet potato (fully cooked, or used $\frac{1}{2}$ cup puree)
- 1 cup oats (whole grain whole oats)
- 1 cup Almond milk (original or unsweetened)
- 2 egg(s) (1 whole and 1 white egg)
- $\frac{1}{4}$ tsp baking powder
- 1 tbsp honey
- $\frac{1}{4}$ tbsp salt
- 1 tbsp Olive oil



Directions:

1. Set waffle iron to preheat. In blender jar, add all ingredients and blend until full pureed
2. Spray waffle iron with oil. Pour $\frac{1}{3}$ batter cup in each waffle mold. Cook for 30 seconds more than when the waffle iron indicator turns green or for 3-4 minutes per batch.
3. Waffle is mostly done when steam stops coming out of the waffle maker.

At Home Workout

Flip a Coin- Use any coin and call either heads or tails! Depending on what your coin lands on determines your exercise. Complete the 10 rounds and repeat as many times as you want! Have a great workout and remember to drink water!

HEADS

- Round 1: 10 Jump Squats
- Round 2: 60 sec. Jog in Place
- Round 3: 20 Crunches
- Round 4: 10 Push Ups
- Round 5: 30 sec. Wall Sit
- Round 6: 20 Squats
- Round 7: 20 Lunges
- Round 8: 30 Calf Raises
- Round 9: Your Choice!
- Round 10: 20 Toe Touches

TAILS

- 25 Calf Raises
- 20 Jumping Jacks
- 30 sec. High Knees
- Stretch!
- 30 sec. Butt Kicks
- 30 Sit Ups
- 15 Push Ups
- 15 Glute Bridges
- 60 sec. Jog in Place
- 25 Forward Arm Circles



Staff Spotlight

Devon Browne 

Q: What was your biggest win last week and what did you learn from it?

A: *I was hired as a Graduate Assistant and I learned that hard work pays off.*

Q: What's one place you would like to visit and why?

A: *Western Africa because that is where my family originated from.*

Q: If you had a chance to eat one meal for the rest of your life, what would it be?

A: *Pelau*

Q: What is your dream job?

A: *To coach soccer at the professional level*

Q: If you were an animal, what animal would you want to be?

A: *Lion*

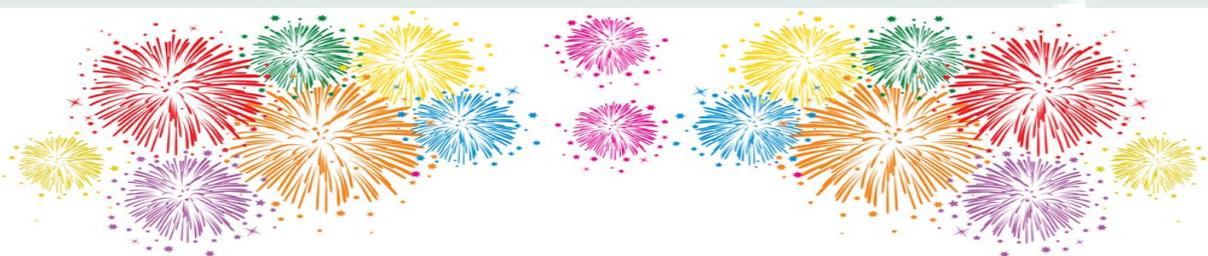
Q: Who is your favorite music artist?

A: *Drake and Popcaan*



New Years

Civilizations around the world have been celebrating the start of each new year for at least four millennia. Today, most New Year's festivities begin on December 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1 (New Year's Day). Common traditions include attending parties, eating special New Year's food, making resolutions for the new year and watching firework displays.



HAPPY NEW YEAR

2022

Check Us Out on Social Media !!!

Everyday we will be posting new content about health, fitness, IUP Athletics and more!

Monday - Motivational quotes and posts!

Tuesday - Keeping up with IUPs latest news, Information on Zink Hall and James G. Mill

Wednesday - Workout suggestions, challenges, and fitness facts!

Thursday - Get to know more about the GA's, information on internships and graduate school!

Friday - Look out for some weekend workout challenges and for our weekend hours. You can't forget about IUP athletics, game times for the weekend will be posted.

FOLLOW US AT...



@iupsportmgmt



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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, 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

James G. Mill

Center of Health and Fitness

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