

James G. Mill Fitness Center

February 2022



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Hours of Operations

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.

FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
		1 National Freedom Day	2 National Girls and Womens in Sports Day	3 National Carrot Cake Day	4 National Thank a Mail Carrier Day	5 National Play Outside Day
6 Super Bowl Sunday!!	7 National Send a Card to a friend Day	8 National Kite Flying Day	9 National Pizza Day	10 National Giving Hearts Day	11 National Inventors Day	12 Global Movie Day
13 National Pork Rind Day	14 Valentine's Day!	15 Single Awareness Day	16 National Almond Day	17 National Random Acts of Kindness Day	18 National Caregivers Day	19 National Red Sock Day
20 National Muffin Day	21 Presidents Day	22 National Walking the Dog Day	23 National Play Tennis Day	24 National Dance Day	25 National Go Bowling Day	26 National Set a Good Example Day
27 Anosmia Awareness Day	28 Rare Disease Day USA					

Recipe of the Month



Chocolate Covered Pretzels

Ingredients:

- Pretzels
- Chocolate - Milk chocolate or Wilton Candy Melts
- Sprinkles
- Wax paper

Instructions:

1. Melt chocolate in microwave or double boiler saucepan
2. Dip pretzels in chocolate, top with sprinkles
3. Place on parchment paper and let dry

Meet The Interns of Spring 2022!



Name: KeShya Jones

Hometown: Pittsburgh, PA

Major: Sports Management

Plans After Undergrad: My plans are to get more experience in the coaching field but I would like to end my career as an Athletic Director at a Power 5 institution.

Interesting Fact: I will be the first college graduate in my family.

Name: Morgan McMillan

Hometown: Pittsburgh, PA

Major: Sports Administration

Plans After Undergrad: I plan to try to find a job that fits my degree. I have aspirations to be an athletic director for high school or a facility manager at a gym such as the YMCA.

Interesting Fact: I know how to play the drums!



Name: Jonathan Porter

Hometown: Pittsburgh, PA

Major: Sports Administration

Plans After Undergrad: I would like to hopefully get a job close to home so I can start paying off loans/begin to save up to pursue my master's degree.

Interesting Fact: I play ice hockey here at IUP

At Home Workout

This is a fun way to stay indoors during this cold month of February and still stay active! Spell out the phrase "VALENTINE'S DAY", and cut each letter into its own paper. Draw these cards from a hat until you can spell it out for the looks your special Valentine wants!

V: 20 Jumping Jacks

A: 20 Sit ups

L: 10 Minute Walk

E: 15 Calf Raises

N: High Knees 30 seconds

T: Hold any Yoga pose you want for 35 seconds

I: Pick your favorite and do 10 reps/30 seconds

N: 10 Push ups

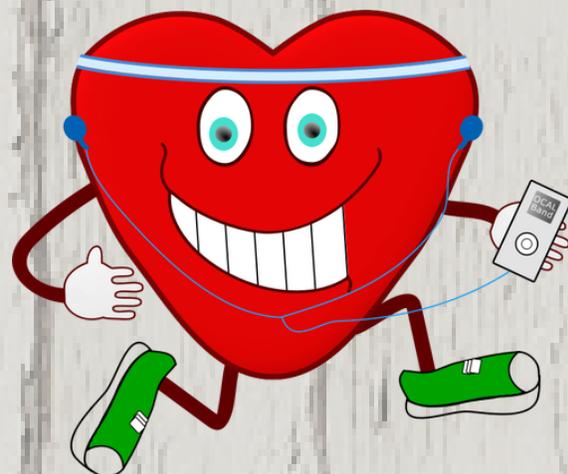
E: Scissor Kicks (abs) 20 seconds

S: 30 Second Plank

D: 1 Minute Wall Sit

A: 20 Free Squats

Y: 10 Free Squats 3 second Hold



BLACK HISTORY MONTH

February 1st to March 1st is recognized and widely accepted as Black History Month. Black History was first recognized in 1926 and only began as a week long. In 1976 president Gerald Ford officially changed this from a week long to a month. We use this month to acknowledge all of the accomplishments and achievements throughout African American 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, 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 Omicron 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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