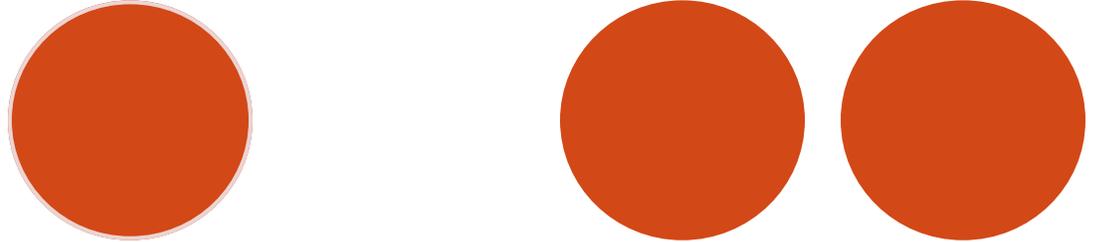


RecWell Notes

September 2010



September Fitness Schedule

Turbo Kick®
Tuesdays and Thursdays
6 pm
Intramural Gym

PiYo™
Mondays and Wednesdays
6pm
Intramural Gym

H2O Fitness
Tuesdays (starting Sept. 28)
5:15 pm
Pool

Inside this issue:

Personal Training	2
Snack Alternatives	2
IM Tennis Tourney	2
Immunization Month	3
Free Fitness Classes	4

What is PiYo™?

So many of you are either aware of our TurboKick® classes or even may have ventured out and participated in our classes. We are now adding a new fitness class to our schedule this year which is quite different than the upbeat Turbo classes. It's called PiYo™.

The class will blend Pilates and Yoga type movements that will work on your flexibility and muscle strength. The atmosphere is a little more relaxed than its counterpart, but don't be fooled. It will still have you burning those calories.

Although you don't have to go to both Turbo and PiYo™, it's a great compliment to Turbo. With

more relaxed movements it gives you and chance to stretch out your muscles in between Turbo classes.



Classes start Monday, September 13 and will be held on Mondays and Wednesdays at 6 pm in the Intramural Gym. Please bring a mat.

As you see listed on the side of this page TurboKick will be on Tuesdays and Thursdays

same time, same location. And to add another element of fitness to the schedule, we will be offering an H2O Fitness class starting September 28. That class will be in the pool at 5:15 on Tuesdays. It will combine both shallow water and deep water workouts and will last approximately 45 minutes...so you can still make it to Turbo Kick®

We hope that with some added programming we are helping to keep you interested and motivated to stay fit and well.

...from the director

Fall into Fitness. I see that play on words all the time at fitness centers as a way to market their gym or special programming. I'll drive by a sign or see a flyer and I'll think....."Geez they couldn't think of anything else? They had to use the same old line?"

But I was thinking more about that the other day as fall weather is kicking in but our schedules are getting busier as the school year has begun. Fall can be so busy that we tend to "fall" off the exercise wagon. But we really do need to stick with it.

Stay on track as the winter months will come sooner than we want....and more excuses will come. Enjoy the change of season and change your workout routine to keep it interesting. Don't fall off...Fall into Fitness ☺

IWU Personal Training

Campus Recreation wants to help make IWU a Fit U. In our efforts to do so we are offering personal training services to you at a very good price.

Currently, we have two certified student instructors who are accepting clients. Please keep in mind these are student workers and due to limitations of student worker hours they can only take a few clients at a time.

Prices have increased from last year. However, these prices are still very low in comparison to personal training services at any other facility.

Package 150

Cost \$150. This is for You and Partner to workout together with a trainer for 4 weeks, 2 times a week.

Package 100

Cost \$100

This is for one person to

workout with a trainer for 4 weeks, 2 days a week.

In both of these packages the trainer will provide you with an "on your own" workout for the third day.

Package 20

Cost \$20. A one time workout with a trainer where he or she can provide you with tips and a routine to keep you active.

Call 2448 to get scheduled.

Snack Alternatives



Put down the Halloween candy! It's September and it's already out in the stores. And your saying to yourself, Oh it's just a little snack size. But really do you eat just one? You've even put the candy out on your desk to be festive for the season. You say to yourself. Oh it's for the students. Which may be true. But that candy corn peanut

mix is so tempting at 11:20 when your body is saying its lunch time but the clock is not. There is 28 g of sugar in a serving of candy corn (22 pieces).

Once again. Put down the candy and try these alternatives for snacks. Think ahead and pack ahead.

100 calorie pack snacks

- Cheese sticks
- Animal Crackers
- Single serve low-fat microwave popcorn packet
- Trail Mix
- Sugar Free Gum
- Raisins (even chocolate covered)

IM Tennis Tourney

Intramural Sports are beginning and there is one event in particular that may interest you. This year we are holding a one day IM Tennis Tournament on Friday, September 24 at the outdoor courts.

In the past intramural tennis has been run as a self-paced tournament where players had a certain amount of days to call, schedule, and play their opponent. We wanted to try

something new this year in hopes to bring some more excitement to the event. It will be single elimination and we are having a Men's and Women's singles along with a Men's, Women's, and Mixed double tournament.

If you are interested in registering please check out all of our registration information on the IM webpage

wildcat.iwdwes.edu/intramuralsports



September is National Immunization Month

September 2010

By: Eileen Lennox NP, BC

The goal of NIAM is to increase awareness of immunizations across the lifespan.

See www.2a.cdc.gov/nip/adultImmSched/ to take a fun quiz that can give specific recommendations for vaccines you may need.

Why are immunizations important?

Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated wild poliovirus in the United States and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis, and other diseases. But despite these efforts, people in the U.S. still die from these and other vaccine-preventable diseases.

Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends, and their communities from serious, life-threatening infections.

What immunizations should I have?

IWU students are strongly encouraged to have 2 MMR's (measles, mumps, rubella), a Tetanus booster within the last 10 years, Hepatitis B series, Meningitis vaccine for incoming Freshman, and protection against Varicella (chickenpox), or history of the disease. In addition, screening questions will tell if you need a screening TB test (not an immunization).

Adult employees may need a Tetanus booster, as one is recommended every 10 years. The newest Tetanus booster now has protection against Pertussis (Whooping cough). All persons who have contact with or live with young children should have an updated tetanus booster.

Persons who travel outside the United States will need specific vaccines before travel. Depending on what vaccines you have had, you may need Hepatitis A vaccine series, Hepatitis B series, tetanus booster and/or other vaccines. IWU Health Center can provide information and preparation for your travel. Travel vaccines and needed

medications can be obtained after a Pre-Travel exam with the Nurse Practitioner. Call X 2206 for more information.

Grant County Health Department nurses come on campus monthly to update adults with immunizations (specifically Hepatitis A and/or Hepatitis B, and tetanus booster). The next time they will be at IWU is **Tuesday, October 19th. Look for more information on the IWU Health Center website soon.**

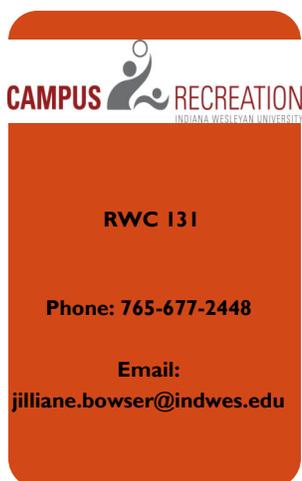
FLU VACCINES WILL BE GIVEN THIS FALL STARTING THE END OF SEPTEMBER. Specific dates and times will be posted on campus email and on the IWU Health Center website. The cost will remain \$20 as in previous years. Adults only will be given the vaccine. Anyone who has a documented allergy to eggs should not receive the flu vaccine.

Getting up to date on your vaccines is a way to promote good health and wellness. Prevention is the best way to avoid disease, and keep you healthy!

(some information courtesy of CDC website)

CAMPUS RECREATION MISSION STATEMENT

The mission of the Department of Campus Recreation is to provide a wide variety of quality recreation, sports, fitness, and leisure activities that will increase the overall wellness of the campus community and to provide dynamic programming that enhances leadership and social development in an environment that is fair, safe, and Christ-centered.



CAMPUS RECREATION OBJECTIVES

To increase campus community.

To provide an opportunity for recreation and relaxation from the rigors of academic life for students, faculty, staff, and administrators.

To encourage and equip members of the IWU community in their adoption of a holistic, healthy, active lifestyle.

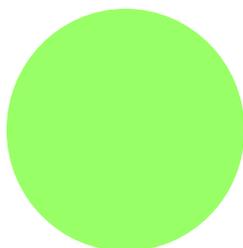
To introduce and develop proficiency in the specific skills of various recreational activities which a person may enjoy throughout his/her lifetime.

To develop student leaders who embody and embrace a world-changer philosophy and are highly sought after by outside organizations as a result of their experience with and exposure to the program.

WE'RE ON THE WEB

WWW.INDWES.EDU/CAMPUSRECREATION

AND FACEBOOK



Free Group Fitness Classes at the Y!!

Are you tired of the same old workout routine? Wanna try something different and new?

The Grant County Family Y will be holding FREE group fitness classes from September 13– October 2nd.

You do not need to be a member and there is no pre-registration for any of these classes. You simply go to the Y, check in at their front desk, and to let them know you are

there for a free fitness class.

Here are a list of the free classes:

- Zumba
- Group Strength
- Step/Bosu
- Kettlebell Buts and Guts
- Step Edge
- Y Insanity
- Yoga
- Pilates on the Ball
- Spinning

For an exact description of any of these classes or the times they are offered you can call the Y at (765) 664-0544 or check out their website at www.grantcountymca.org

Notice: . We are not health care professionals. All items should be considered informational only and should not be used as medical advice. You should consult a health care professional before embarking on any exercise or health program.