

RecNotes

September 2009

Weight Room and Fitness Room Orientation Dates

Wed. September 9
12:15 pm
5:15 pm

Thur. September 10
12:15 pm
4:30 pm
5:15 pm

Not sure how to use the equipment at the RWC? Come to one of the orientation dates for a short walk through.

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MISSION ACCEPTED!

According to our mission statement, the Campus Recreation Department is designed to aid in increasing the overall wellness of the campus community. So we are on a mission to do that. We are on a mission to do the best we can to help you improve through fitness. Our department wants to offer you the tools you need to live an active, healthy lifestyle now and in the future. The IWU=A Better U initiative has been created to motivate weight loss and encourage fitness for the entire IWU campus community.

There are three program areas:

Healthy U

Our nutrition and educational programs

Active U

Our intramural sports and other similar activities

Fit U

Our group fit classes, fitness orientations, personal training directed programs

Some classes may include Cycle Fit, Hydro Fit, TurboKick®, and more!

Need a walk-through on how to use the fitness equipment in the RWC? Come to one of the orientations listed to the left.

Need motivation and accountability to workout? Sign up to work with one of our student personal trainers who can design a program

IWU=A BETTER U

Wait! Did I say group fitness? I sure did.

Be on the lookout for Group Fit classes starting mid-September.

specifically for you.

Have suggestions on something you would like to see us offer? Let's chat!

You can email or facebook us!

...from the director

I would like to take this opportunity to welcome everyone back to campus. I hope your summer went well. I personally used some of the available time as a time for reflection on my life.

I end my letters with the salutation For His Glory. I

didn't start doing that without any thought. I wanted to consistently remind myself that what I do and say in life are to be of service and glorification to God.

Making positive, healthy choices for yourself is glorifying him. Remember the Bible

says "your body is a temple." We need to care for His temple.

I hope this year that Campus Rec can help give you the resources to build and strengthen that temple.

Freshmen Beat the 15

Ah! The dreaded Freshman 15, or 20, or whatever it is now-a-days—the notion that college students pack on an extra 15 pounds after their first-year of school. Studies show that students do gain weight in college, it may not always be solely in the first year. But there is a weight gain. It makes sense why it happens. Students are on their own to eat what they want and as much as they want. There's more stress with more intense classes than high school and homesickness.

It's simply a time of change, which may lead to unhealthy habits, which may in turn lead to weight gain.

So the freshmen at IWU are going to try and beat the 15 and we have designed a program to support their efforts.

As a part of the HEALTHY U programs, we are very excited about the new Freshmen Beat the 15 challenge. First year students will be held accountable to watch what they eat, exercise regularly, and become more educated in overall



weight gain.

Instead of starting a pattern of weight gain, we hope to help them start a pattern of healthy lifestyle choices.

“If you exercise, you can eat whatever you want.” — Really?

Just a little suggestion

Use a Planner

Schedule workouts on your calendar like you would meetings or appointments.

Brown Bag It

Pack your lunch. You can eat healthier. And its cheaper.

Reduce Caffeine

It can cause dehydration which will make you feel tired.

Exercise Throughout the Day

Break up a 30 minute walk with 3 ten minute walks in the AM, at lunch, and in the PM.

Be Efficient

Bring workout clothes with you to work. In fact, pack them the night before and put them in your car.

Add Variety

Change up your workout so you don't get bored. Do different things on different days.

If You Exercise, You Can Eat Whatever You Want

It's a myth. It's a misconception. Diet and exercise go hand in hand. Don't buy into the hype!

Interval Training

Interval Training is incorporating short bursts of high intensity activity within your cardiovascular workout. Those short bursts are alternated with recovery periods, or more low intensity cardio work.

The idea behind this type of training is that these shorter, more intense periods within the overall workout will lead to greater fat-loss than a more moderate paced workout for

the same duration of time. According to the American College of Sports Medicine this results from the increase in calories burned during those short bursts.

So why don't you give it a try?

Here is an easy treadmill interval workout.

5 minute warm up. (no incline)

Then alternate 1 minute ON, 2 minutes OFF.



ON=6 % incline, with a run/jog pace

OFF=1% incline, with a walk pace.

5 minute cool down. (no incline)

The Value of Fruits and Vegetables

We all have childhood memories of our parents telling us to eat our vegetables before we could be excused from the table—and then trying to hide our Brussels sprouts under the napkin or feed them to the dog. This is sometimes a constant battle with children and even adults. The number of Americans meeting adequate fruit consumption guidelines is just under one-third, and this number is even lower when it comes to vegetables. That's a far cry from the Healthy People 2010 goals, which include 75% of Americans eating two servings of fruit and 50% of Americans eating three servings of vegetables daily.

The Benefits

Fruits and vegetables are beneficial for almost anyone. They are low in calories, but dense in nutrients and fiber. This makes them ideal for a filling snack or meal. In addition to vitamins and minerals, plant foods are abundant in phytochemicals, which are special nutrients that may have cancer-fighting properties. Research has shown that people who eat more fruits and vegetables have a lower risk of diseases like stroke, cardiovascular disease, type 2 diabetes, certain cancers and coronary heart disease. Fruits and vegetables should be an integral part of a weight-control diet, a training diet and an everyday diet.

How much is enough?

The 2005 Dietary Guidelines for

Americans recommend 2 cups of fruit and 2½ cups of vegetables for a 2000-calorie diet. But how many people know that they actually eat a 2000-calorie diet? MyPyramid.gov is a great resource to monitor your food intake and see how many fruits and vegetables you need based on your age, gender, height, weight and physical-activity level. Whole fruits are recommended above fruit juice, which lacks fiber and is much less filling. Vegetables are categorized into five subgroups, and you should try to eat the recommended amount of each group throughout the week. Whether you're eating fresh, canned, frozen or dried fruits and vegetables, try to get a variety into your diet. You'll get a wider variety of nutrients and avoid the potential monotony associated with eating the same foods—which is one major reason people tend to stray from their eating plans.

Getting Started

Besides health benefits, fruits and vegetables are easy to prepare—all you have to do is wash them! Many fruits and vegetables can be taken to eat on the go and are great for quick, tasty snacks. When fruits and vegetables are in season, consuming them fresh and raw is optimal for getting the maximum amount of nutrition.

For fruits and vegetables that are out of season, frozen or canned may be more nutritious. The fruits and vegetables that go into these products are picked at the height of their nutritional value and the process of freezing and canning them preserves most of the nutrients. Try to avoid canned fruits packed in syrup, as the sugar content is very high.

Fruits and vegetables can easily be served as a side dish or dessert, or incorporated into the main entrée. Try adding dried or fresh berries to your salads or cereal. Grilling fruits is a great way to enhance their sweetness without adding sugar. Vegetable medleys can be cooked into casseroles or stir fried with noodles or rice. Substitute your favorite meat pizza toppings with some veggies. There are a plethora of recipes available online and in cookbooks where you can get more great ideas.

Source: American Council on Exercise Fit Facts.

| Vegetable Group | Recommended Weekly Amount* | Examples |
|---------------------|----------------------------|---|
| Dark green | 3 cups | Broccoli, romaine lettuce, spinach |
| Orange | 2 cups | Carrots, sweet potatoes, acorn squash |
| Legumes (dry beans) | 3 cups | Black beans, tofu, garbanzo beans |
| Starchy | 3 cups | Corn, green peas, potatoes |
| Other | 6½ cups | Artichoke, asparagus, eggplant, mushrooms |

*Based on a 2000-calorie diet

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.



RWC 131

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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.

5,280 FEET=1 MILE

This is also how high you need to climb in a month to earn yourself a t-shirt.

Campus Rec is teaming up with The Center for Adventure Learning to offer a climbing program in which the participant has 4 weeks to climb a total of one mile. There is no specific sign up date. Register at the climbing wall and your 4 weeks will begin that day. The wall will open on September 9.

Rock climbing is an excellent way to increase your fitness and build strength in your arms, back, and core. Give it a try!

WE'RE ON THE WEB

WWW.INDWES.EDU/CAMPUSRECREATION

AND FACEBOOK

Heart of a Champion– Student Spotlight

Two national championship qualifications and one record breaking performance. That is what three Indiana Wesleyan students accomplished this summer when they competed in the Big K's Powerlifting Championships in Strongsville, Ohio on June 27.

Zac Nitz, junior nursing major, competed in the 20-23 year old 181 pound weight class and won. His numbers were outstanding with a squat of 480lb, a bench press of 305lb, and a

deadlift of 500lb. With those numbers he qualified for the 2010 USAPL National Championships in Colorado.

David Collins, sophomore pre-med major, qualified as well for the championships in Colorado. He competed in the 181 pound weight class for the 18-19 year olds and won his class. His squat was 450 lbs. His bench was 285 lbs. and his deadlift 500 lbs.

Brad Needler, junior exercise science major, also competed at

the meet in the bench press only and set a new United States record for the RAW 20-23 year old 220 lbs. class. His bench was an amazing 405 lbs.

Congratulations to these guys for their hard work and dedication!

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.