

RecNotes

Jan/Feb 2010

Spring Semester
Turbo Kick®

Mondays and
Wednesdays
6 am

Tuesdays and
Thursdays
6 pm

In the Intramural Gym

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U on a Diet

Is it time for a diet change?

The new "U on a diet" 6-week challenge is open to university employees and their spouses and officially kicks off January 18.

Most people probably have weight loss and exercise as part of their new year's resolutions. Unfortunately, most people won't maintain them past January. Our hope is that we can provide you with support to keep you on track by knowing that you are not doing this alone but the U (university) is doing this together.

The challenge is very simple. Weigh in at the start of the program...and weigh in at the

end of the program. Those that have lost weight will earn a t-shirt and be entered in a drawing for more prizes.

Anyone who has lost 10 pounds or more will be entered in a grand prize drawing.

Campus Rec will provide participants with tips, workout routines, and recipes each week during the challenge.

Weigh-ins will be conducted every week however it is only mandatory to come to the initial and final weigh-ins. We

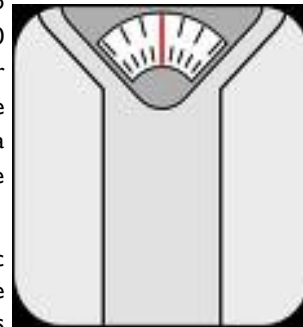
will hold the first weigh-in on Monday, January 18. If you are interested in participating in the program come to the RWC during

the following times:

6:00-8:00 a.m.,
11:00am-1:00 pm,
or 4:30-5:30 pm.

The program is free. That's right..NO COST.

Fear of failure sometimes gets to people. You don't want to sign up because you will only be frustrated if you don't lose any weight. But remember— you won't be successful if you don't try.



...from the director

It's freezing outside and I just got to spend every day of the last two weeks with my sweet little baby girl. Quite frankly I don't want to be here. My excitement of the new year has already changed and I just want to be home, where it's warm (my office is

freezing!). Now I'm thinking to myself what negative thoughts. Attitude check Jilliane!

Attitude...that should be the new theme for this new year and these cold winter days. Usually people with positive attitudes have good things

happen to them. The day is more successful for them and they have positively affected the people around them.

I should be happy I have this life and not so grumpy about the cold, happy I can go home to my daughter, happy that I have a job to go to ☺

Fitness Gadgets

There are constantly new fitness products being introduced that claim to help you get fit or lose weight. How do we know what is really worth the time or money?

Here is our take on some of the newest "fitness gadgets":

Reebok Easytone Sneakers-FitFlop Sandals-Sketchers Shape Ups (\$50-\$100)

Okay these may not be fitness gadgets per say, but

do they work? I'm sure they will aid in the shaping of your legs, but they are not a replacement for exercise. For the price? Only worth it if you plan on getting good wear out of them!

Wii Fit Plus (board with game \$100)

While it may not be the end-all be-all to exercise as we know it. It is well worth the price! Hey..if something can get you to

Have fun and not notice you are exercising...it is a plus! And as a Bonus the whole family can exercise together.

Nike +Ipod Sports Kit (\$30)

Worth It! Easy to use, you can preprogram your exercise routine, displays calories being burned, upload workouts to the computer.

Is Your Favorite Food Worth It?



	Calories	approx. # of walked miles it will take to burn the calories	
		150lb person	175lb person
Polar Pop™	410	4	3.5
Culver's Butter Burger®	346 (single)	3.5	3
Donut (glazed)	220	2.3	2.4
Pizza (hand tossed)	460 (2 slices)	4.5	3.9
Snicker's® Bar	273	2.8	2.4
Large French Fries	520	5.1	4.4

The Taco Bell Drive-Thru Diet

Have you seen these commercials?

Christine Dougherty, new spokeswoman for Taco Bell is saying she lost 54 pounds on what Taco Bell is calling the "Drive-Thru Diet." This so-called diet is a new way of them advertising their Fresco menu items which are said to have less than 9 grams of fat.

Please do not get caught up totally in the hype. While it

may be true that picking a Fresco taco or burrito (the Fresco items have replaced the cheese and sour cream with salsa) will definitely have less calories than a drive-thru double or triple greasy cheeseburger, Christine did not lose those 54 pounds from making that one choice at Taco Bell. She made other sensible choices as well. Those just happen not to be shared in the TV commercial.

Neither Christine nor Taco Bell are saying that this "Drive-Thru Diet" is a weight loss program. But in today's world where everyone is looking for the new way to "lose it", their new marketing campaign could be a bit confusing.

(KFC is also selling a 395 calorie meal for \$3.95...good deal, but it is VERY high in sodium.)

Fit Facts™ from American Council on Exercise®

Active Seniors Enjoy Life More

Good news for older adults: part of the prescription for a healthier, better retirement is exercise. Physical activity protects against declining health and fitness and adds years to your life. Join the growing number of older adults who are actively demonstrating that exercise helps keep a body strong.

The Best Retirement Is an Active One

Did you know that moderate-intensity physical activity can help you live longer and reduce health problems? Regular exercise helps control blood pressure, body weight and cholesterol levels, and cuts the risk for hardening of the arteries, heart attack and stroke. It conditions muscles, tendons, ligaments and bones to help fight osteoporosis, keep your body more limber and stabilize your joints, thus lowering the risk of everyday injury. It also improves digestion and is good for managing low-back pain, arthritis and diabetes. Regular physical activity helps you maintain your independence. And recently, there's been more research that suggests an active lifestyle lowers the risk of some cancers. But perhaps the best reason for incorporating regular exercise into your life is that you'll feel better. Exercise helps you sleep better and manage stress better, and gives you more energy to enjoy work and play.

Fitness Is Golden

A good exercise program includes cardiovascular

exercise, muscular conditioning and flexibility exercises. The best cardiovascular exercises for seniors are non-jarring, such as walking, swimming and cycling. Start with a light regimen and gradually build up to a total of at least 30 minutes of activity on most, preferably all, days of the week. Playing with children, gardening, dancing and housecleaning are other ways to incorporate activity into your daily routine.

Strengthening exercises such as lifting light weights (or even household items such as canned foods or milk jugs) help to maintain your muscle mass and promote bone health. Plus, research suggests that adults older than 50 years who do not perform resistance training lose nearly 1/4 pound of muscle mass per year. Since muscle mass is directly related to how many calories your body burns each day, resistance training is important for weight management. And strong leg and hip muscles help to reduce the risk of falls, a cause of considerable disability among older adults. Aim to participate in resistance training at least two days per week, making sure to exercise all major muscle groups through a full range of motion.

End each workout with stretching exercises to help maintain your mobility and range of motion and decrease your risk for injury.

A Few Safety Tips

- Wear comfortable, well-fitting shoes.
- Avoid outdoor activities in extreme temperatures.
- Drink plenty of fluids to stay well hydrated.
- Listen to your body when determining an appropriate exercise intensity (and keep in mind that monitoring intensity using heart rate isn't accurate if you are on heart-rate-altering medications such as most medications for hypertension).

Be aware of danger signs. Stop activity and call your doctor or 911 if you experience any of the following: pain or pressure in your chest, arms, neck or jaw; feeling lightheaded, nauseated or weak; becoming short of breath; developing pain in your legs, calves or back; or feeling like your heart is beating too fast or skipping beats.

Discover the Exercise You Like Best

The best way to keep fit is to choose exercises you enjoy. Favorites among some older adults include aqua aerobics, yoga, Pilates, tai chi, line dancing, square dancing, ballroom dancing or simply walking the dog. You may enjoy group exercise classes, since they offer an opportunity to socialize and develop friendships.

When you're deciding on a class or program, make sure the instructor is certified by an accredited professional organization such as the American Council on Exercise and has completed specialty training in senior health and fitness. And remember the other elements that contribute to good health in your golden years: A well-balanced diet, not smoking and seeing your doctor regularly.

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.

WE'RE ON THE WEB

WWW.INDWES.EDU/CAMPUSRECREATION

AND FACEBOOK

Marion Fitness Opportunities

Here are of some other fitness opportunities in Marion that may be of interest to you.

The Grant County Family YMCA has the very popular ZUMBA® classes at their facility. The cost for non-members is \$30 for a 4-week session. You can call the Y at (765) 664-0544 for more information.

The Wellness Center offers Yoga, Cycle Fit, and other group fitness classes you may be interested in joining. It costs \$7 a day to workout or take a class (or a couple). You could purchase a 6-week session of Yoga or another group fitness class for \$70. For more information about what the Wellness Center has to offer please call them at (765) 674-4455.

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.