

The Health & Exercise Science Club's Fall Wellness Newsletter

NOVEMBER 2014

Tips for Winter Running:

When running in the cold, breathing correctly is extremely important to prevent cramps! Breathing in through your nose and out through your mouth insulates the air going into your lungs, which prevents them. Be sure to dress in weather appropriate layers, such as synthetic clothing that is tight fitting yet still keeps you warm! Wear a hat, since more heat is lost through your head, and gloves. Dressing in weather appropriate layers, remembering to stay hydrated, and running with your back to the wind are simple ways to run comfortably in chilly conditions.

~Maria Levina

Our ReRun Shoe Drive



For the past few years, the HES Club has had the pleasure of working with ReRun Shoes, an organization that supports Sustainable Development in Africa. We do the easy part, by collecting used shoes, those ones in the back of the closet that haven't been worn in years. They are packaged up and sent to ReRun's warehouse in Massachusetts, where they employ adults with disabilities to help sort through the shoes, clean them up, and prepare them to be sent to Africa. Once there, they distributed to residents of the area in order for them to sell the shoes to others in need. This way, the shoes offer a small business while also providing footwear to people who need it.

ReRun Shoes helps to:

1. Give footwear to children/families in need
2. Employ the disabled
3. Establish micro-businesses in Africa
4. Reduce pollution by recycling responsibly

Our Drive is currently in progress, but we expect to make a significant contribution, as we have in the past.

~Katie Cocilovo

Snowing? Let the HES Club help you workout inside!



As temperatures outside dip and the gym gets packed with runners migrating to treadmills, working out gets tougher to fit into your schedule. What if we told you that you could get a cardio-intensive and body-sculpting workout without even leaving your home/dorm? Body weight exercises are commonly overlooked, but highly effective!

Find a set of stairs and try running up the steps, and then back down, repeating this 4-5 times. For higher intensity, alternate running to every second stair. Post-stairs, try our Jumpstart Workout that can be done anywhere! Good Luck!

HES Club's Indoor Jumpstart Workout:

- 50 Jumping Jacks
- 25 Forward Lunges
- 15 tricep dips using chair
- 25 Squats
- 25 Bicycle Crunches
- 3 sets of 1min Wall-Sits
- 30 second high knees
- 1 min plank
- 25 Mountain Climbers

Do this circuit 3x with a one-minute rest between circuits! ~Maria Levina & Katie Cocilovo

Congratulations to our 2014-15 Officers:

President: Katie Cocilovo

Vice President: Maria Spinosi

Secretary/Treasurer: Kaitlyn Ogg

Keep an eye out for these upcoming HES Club Events!

Wellness Expo, Push-Up Contest,
& Anti-Aging Week

Why Walk?

Tired of starting to exercise one week, but giving up the next? Tired of unfinished workout plans and the guilt that goes with them? Or maybe you are new to exercising and you don't know where to start? With any discipline, whether it be cooking, math, science, etc., the most important thing is to start with the basics. Just because you want to be healthy it does not mean you need to run for miles or squat a million pounds. The simplest way to exercise is to just walk. Nope, that was not a typo! You may want to progress past that in the future, but walking is a great and effective place to start.

According to the **American Heart Association**, walking can:

- ♥ Reduce the risk of coronary heart disease
- ♥ Improve blood pressure and blood sugar levels
- ♥ Improve blood lipid profile
- ♥ Maintain body weight
- ♥ Lower the risk of obesity
- ♥ Enhance mental well being
- ♥ Reduce the risk of osteoporosis
- ♥ Reduce the risk of breast and colon cancer
- ♥ Reduce the risk of non-insulin dependent (type 2) diabetes

In simpler terms, all that means is that walking will make you live longer, help clear your head, slowly chip away at your waistline (depending on what you eat of course), and will keep you away from nasty *preventable* diseases. Now all you have to do is integrate walking into your daily life, and slowly but surely the quality of that life will improve. Try tracking yourself with a pedometer (Check the app store) and try to reach 10,000 steps a day, which is supposed to be ideal. Make that your goal to start with and try to surpass it. Start with a ten-minute walk. Eventually that will add up to a healthier happier you. In this case your journey to health literally starts with a single step.

~Saif Hasan

What you need to know about: **CROSSFIT- FORGING ELITE FITNESS**

Since its patented start in 2003, CrossFit has begun to establish itself as a fitness phenomenon performed worldwide. Greg Glassman developed this fitness program by using a simple formula: increased work capacity measured across time and modal domains equals maximum fitness. This simple fitness notion has unleashed a competitive fitness mind among all its' participants, which in turn has made working out, fun. It includes Olympic Weightlifting, Powerlifting, Gymnastics, endurance, posture and mobility training. The main goal is still to get in the best shape of your life, however, now you get to do so in a group setting creating comradery. It is not only you sweating bullets trying to perform your first pull up, but also knowing there are others with similar goals and obstacles that are part of your team. Today, there are about 5,500 affiliates worldwide forging elite athletes that have the possibility of muscling their way to the annual CrossFit Games held in Carson, California. The CrossFit Games is an annual weekend event that tests worldwide athletes in order to find the fittest male and female on earth. This sporting event is broken up into three stages: the Open, Regionals, and the Reebok CrossFit Games. The Games test the functional movements of athletes such as their ability to move large loads, run/swim long distances, and do so in the quickest way possible. In the end, it is a competition, and only the fastest, strongest, and wisest athlete will take home the prize money and the pride of being named the Fittest on Earth. ~Karoline Intriago

Faculty Corner by Dr. Jill Bush

Dr. Jill Bush, Dr. Ratamess, and Dr. Jie Kang were funded with a \$51,000 grant from Nutratch, Inc. to examine a comprehensive, acute resistance exercise test battery and oxygen consumption to highlight the potential benefits of *Advantra Z* supplementation across a spectrum of performance, physiological, biochemical, and perceptual parameters. The study began the study in May 2014 and was completed in November 2014 with 13 subjects in total completing 4 different trials including the control and three experimental supplementation sessions. While weight loss is the primary goal of many athletes and fitness enthusiasts, the preservation of muscle mass is crucial to maintaining both peak performance and an optimal physique. *Advantra Z* supplementation possesses the potential to accomplish both of these objectives by promoting the preferential utilization of stored body fat for energy. Increased mobilization of fat stores provides the additional energy necessary to perform intense exercise while preventing the breakdown of skeletal muscle as fuel. Many undergraduate research assistants of junior and senior status as well as students from multiple HES courses assisted in data collection and analysis.

