

# Spring Semester Newsletter

Jaimie Peterson and Stephanie Golda- Co-Presidents, Jordan Coe- Secretary/Treasurer  
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## Maxing out in a Time Crunch!

By Jordan Sison

Most of the time, being a college student is so stressful that health and wellness finds its way to the bottom of the priority list. However, not prioritizing health becomes counterproductive, as it can lead to further illnesses and a higher risk of disease contractility, which will ultimately hinder academic performance. A regular fitness routine is one of the easiest and most effective ways to boost immunity, ward off illness, and reduce stress levels. The most complicated aspect of having a consistent workout schedule is finding the free time to do so on a daily basis. By using these helpful tips, college students can quickly find that they are engaging in healthy behaviors to support a balanced, active lifestyle.

1. **Choose an efficient workout:** Rather than participating in low intensity exercises for a prolonged period of time, some may find it more effective to choose higher intensity workouts, which can be completed in much shorter amounts of time and burn more, if not the same amount of calories, and produce a greater increase in heart rate.
2. **Make a schedule and be committed:** Set aside some time to plan a workout schedule that fits in perfectly and accounts for class time, study time, eating, activities, etc. Follow the schedule to the best of your ability, and avoid making excuses or putting off workouts.
3. **Motivate yourself:** When the list of things to do piles up, it becomes more tempting to take breaks instead of working out. Keep yourself motivated by making playlists of upbeat music, wear your favorite workout gear, or go to the gym with friends to avoid choosing naptime over gym time.
4. **Always choose some fitness over none:** A physically active lifestyle does not have to be extremely rigid and intense to be effective. Small, but frequent bursts of exercise can add up and account for an overall value of exercise in a day. For example, always choose to take the stairs when given the option, choose to walk instead of drive to your destination, and squeeze in quick exercises that do not require equipment, such as lunges or wall sits. All of this adds up!

## Staying Cool for the Summer

by Nicole Montemarano

The SUN is out and temperatures are warming up. **Are you ready to get out and move?** Before you lace up and get going, make sure you have got the right summer workout gear. Hot summer months pose special hazards for people who exercise outside. If you are planning to be outside, it is important to cover up by wearing loose fitting clothing, hats, sunglasses, and sunscreen in order to avoid harmful sun exposure. You should be especially careful in the sun if you burn easily, spend a lot of time outdoors, or have physical features such as fair skin and freckles. Additionally, the combination of heat and humidity can be a serious health threat during the summer months. In order to avoid complications you should drink small amounts of water frequently, wear light colored and breathable clothing, and take shorts breaks in the shade. By taking these precautions, you can prevent heat strokes, heat cramps, and heat exhaustion. For those of you who love hiking, you might have to take additional preventative measures. Diseases like Lyme Disease, West Nile Virus, and Poison Ivy can be contracted if you participate in deep woods activities. These illnesses can be prevented by wearing long sleeved and loose fitting clothing, wearing hats, wearing bug spray, and being extra careful. While you cannot do anything about Mother Nature, you can dress yourself appropriately just by following these simple recommendations!

# Consumer Digest: Fitness Tracking Watches

by Saif Hasan

Recently, **smartwatches** have identified an entirely new population of consumers aiming to pair a device with their phone to make their interactions with technology more hands-free and accessible. Within that market, wearable tech includes the fitness tracking department that has suddenly become saturated with a wide array of products at different prices and functionality. These devices range from \$20-800. In this article I will compare 3 popular watches that retail for a similar price and have similar functions and therefore compete directly with each other. Here's a quick summary: These all do the following just as well as each other: Track steps, sleep, HR, stairs, distance traveled, calories burned. General Shortfalls: As heart rate increases the trackers get more and more inaccurate, calories burned can be highly over estimated. These watches are good options for those of us that want a "smartish" watch that is fitness oriented, but each has its **strong**, **mediocre**, and **weak** points.



**Fitbit Charge HR \$149.95**  
*Most popular (>social connectivity)*  
*Most compatible with other devices and apps*  
*Battery lasts 5 days*  
*Not Waterproof*  
*Cumbersome for checking stats while exercising*  
*Only receives calls*



**Garmin Vivosmart HR \$149.95**  
*Waterproof*  
*Touchscreen*  
*Easy to read screen*  
*Notifications from phone*  
*Battery life (3-4 days)*  
*Bulky*  
*Clunky app without any coaching*



**Microsoft Band 2 \$174.95**  
*Best smartwatch functionality (calls, texts apps etc.)*  
*Tracks UV exposure*  
*GPS tracking*  
*Specified tracking for running, golfing, and biking*  
*Poor fitness app and coaching*  
*Not Waterproof*  
*Uncomfortable*  
*Short battery life (48 hrs)*

## ***Hop For Chop Recap***

- We had a successful event on April 21, 2016
- Raised over \$100 for CHOP
- Look for our event next year tied to Exercise in Medicine® on Campus (EIM)

## ***FALL 2017***

Look for HES Club apparel sale in September.  
Sales will fund our trip to MARC Conference in Harrisburg, PA in November.

## ***2017-2018 Leaders***

**President-JD Kuper**  
**Co-Vice-Presidents: Nicole Ellis, Stephen Weir**  
**Co-Secretaries: Lauren Schmidt, Saif Hasan**  
**Treasurer: Christina Flores**

## **Faculty Corner**

**Featuring Dr. Avery Faigenbaum**

by Devyn Montemarano

If you couldn't tell from the balloons decorating the Human Performance Lab, very exciting research is being done this semester. Following the successful implementation of **FUNDamental Integrative Training (FIT)** in Ewing and Trenton public schools, Dr. Faigenbaum, with the assistance of several well-trained undergraduate students, is continuing his research in the lab to determine the metabolic cost of fitness rope exercises in children. During the spring 2016 semester, fifteen children ranging from ages seven to twelve will learn five fitness rope exercises of varying difficulty, perform a maximum aerobic fitness test, and then complete a 10-minute fitness rope workout while their oxygen uptake is measured. *This study is the first of its kind.* Previous research has only looked at the metabolic cost of rope training in adults. Also, this is the first time children will participate in a research study in the Human Performance Lab. The results of this study will aid in the design of fitness rope training protocols for schoolchildren. If more comprehensive research is done using other equipment like medicine balls or exercise-bands, then an entire FIT lesson plan can be designed that improves the health and fitness of school-age youth.