



# IC Well

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## Stay Active This Summer!

Lily Mladenova, MS '07

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Believe it or not, summer will be here soon. YAY!!! The Wellness Clinic will be closed after finals week but this does not mean that you should stop working out. Here are some suggestions that will keep you active and healthy while enjoying the sun:

**Stretching:** Begin your workout sessions with a five-minute warm-up, which can consist of marching in place or taking a brisk walk. Gradually stretch your muscles after your warm-up. Never begin a routine with stretching.

**Power-walking:** Brisk walking with your feet hip-width apart. Hold your tummy in tight, swing your arms forward and backward and tighten your buttocks as you move along. Don't overdo it, find a comfortable stride and concentrate on breathing and keeping your pace. Twenty minutes a day, three days a week is a good power-walking routine for beginners. As you advance, you can add more minutes and miles to the stride, and even use small hand weights to tone your arms or ankle weights to tone your legs.

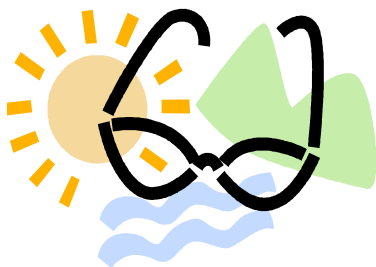
**Biking, Hiking:** Do not forget that "Ithaca is Gorgeous" because of its waterfalls. You have plenty of opportunities to exercise and have fun with family and friends while enjoying nature.

**Jumping rope and roller-blading.** It was not long ago (for some, longer than others!) that we all used to jump rope and roller-blade all day long...

**Strength training:** Squats, lunges, abdominal crunches, push ups, one to three sets, 10/15 repetitions.

**Going to the Ithaca College Fitness Center:** The Fitness Center is open all summer. 7:00 am - 1:30 pm, 4:00 pm - 6:30 pm (M-F) 12:00 pm - 3:00 pm (Sat & Sunday)

**Water Workout:** Did you know that you can work out in the pool, even if you are not a swimmer? In the pool, you can do almost all of the exercises you do on land, such as walking, jumping jacks and push ups. For more information and sample exercises visit: <http://waterwellnessworkouts.com/sample.asp>



## While enjoying the sun DO NOT forget to:

- Drink plenty of fluids while you are working out, even if you do not feel thirsty!
- Dress appropriately: Lightweight, loose fitting and light colored clothing and hats.
- Avoid the midday sun: exercise before 10 am., or after 6 pm.
- Wear sunscreen



For these and more tips and exercises visit:

[http://findarticles.com/p/articles/mi\\_m1077/is\\_10\\_57/ai\\_97997621](http://findarticles.com/p/articles/mi_m1077/is_10_57/ai_97997621)

<http://www.mayoclinic.com/health/exercise/hq00316>

## Recipe Corner

### Pan Seared Salmon with Citrus Vinegar Glaze and Green Beans

- 4 (6 ounce) portions salmon fillets
- Extra-virgin olive oil, for brushing fish
- Salt and pepper
- 1/2 cup dry white wine
- 1/2 cup balsamic vinegar
- 2 tablespoons orange juice, a splash
- 2 teaspoons lemon juice
- 2 tablespoons brown sugar
- 1 pound green beans, trimmed
- Orange slices or lemon rind



Preheat a cast iron pan or heavy bottomed skillet over medium high heat. Brush the salmon fillets with oil. Season with salt and pepper. Cook salmon until just cooked through, about 3 minutes on each side.

While salmon cooks, bring wine, vinegar, citrus juices and brown sugar to a boil over high heat. Reduce glaze 3 or 4 minutes, until thickened. Remove from heat. Stir in 1/2 teaspoon coarse black pepper.

In a second skillet, bring 1/2-inch water to a boil with green beans and pieces of orange and/or lemon rind. Cover the green beans and cook 3 or 4 minutes. Drain the beans and toss with a drizzle of oil (optional) and season with salt and pepper.

Drizzle glaze over salmon fillets and serve with citrus green beans. Serves 4

## Hesitant About Going Fishing?

By: Rachel Terwilliger, MS '07

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When considering whether to add fish to the diet, safety seems to be one of the largest concerns. According to the January, 2007 Health and Nutrition Letter published by Tufts' Friedman School of Nutrition Science and Policy, two new scientific reports, issued concurrently, conclude "that for most adults, the benefits of eating seafood outweigh the risk of possible contaminants such as mercury and PCBs." Both studies back the federal dietary guidelines and the American Heart Association's recommendation to eat fish twice a week.

Jose M. Ordovas, PhD, director of the Nutrition and Genomics Laboratory at Tufts' Jean Mayer USDA Human Nutrition Research Center on Aging says "people should not be scared about eating seafood."

Very strong evidence has been found for the benefits of consuming fish regularly, particularly the reduction in death from heart disease. Based on this evidence, the authors of the two studies endorsed the cardiovascular benefits of fish, concluding that modest consumption of fish decreased heart disease mortality relative risk by 25% or more, compared to no intake. Oily fish, higher in omega-3s, such as salmon, sardines or herring, bestow greater benefits than lean varieties such as cod, halibut or catfish. Exactly how fish might help protect against heart disease is still unclear and warrants further investigation.

It is suggested that levels of dioxins and PCBs in fish are low. Potential carcinogenic and other effects are outweighed by the potential benefits of fish intake and should have little impact on choices or consumption of seafood. However, for those that are concerned about PCB content, authors suggest that this can be reduced by up to 40% by discarding skin and trimming off belly and back fat.

Dariusz Mozaffarian, MD, DrPH of Brigham and Women's Hospital and Harvard Medical School states that, "Seafood is likely the single most important food one can consume for good health."

The Institute of Medicine reviewed the evidence and made recommendations for the following population groups: Women who are or may become pregnant or who are breast feeding, as well as children up to age 12 may benefit from seafood high in omega-3 fatty acids (EPA and DHA in particular). This population can safely consume 12 ounces per week with two 3-ounce servings being more reasonable. Up to 6 ounces of white (albacore) tuna can be consumed per week. Large amounts of predatory fish such as shark, swordfish, tilefish, or king mackerel should be avoided.

Healthy adolescents and most adults could reduce their risk of cardiovascular disease by consuming fish twice a week. If consumption is greater than two servings per week, however, this population should select a variety of seafood to reduce the risk of contaminants from a single source.

Though evidence is limited, adults at risk of coronary heart disease (CHD) may benefit from consuming seafood regularly, especially fish high in EPA/DHA. As with healthy adolescents and most adults, when consuming more than two servings a week, adults at risk of CHD should select a variety of seafood to reduce the risk of contaminants from a single source.

Reference: "Eating Fish: Rewards Outweigh Risks." *Health & Nutrition Letter: Tufts University Friedman School of Nutrition Science and Policy*. January 2007; 24(9): 1.



## Stasi and Wellness Clinic; A Perfect Match

Well it had to happen eventually - Stasi Kasianchuk is graduating from Ithaca College. If you don't know her (come out from under that rock), she is a student trainer, group exercise coordinator, major's club president, and number one spokes-person and motivator at the Wellness Clinic.



Of course we will miss her and replacing her may not be possible. We should applaud her for being the role model of what a student should get out of an Ithaca College or any college experience: Learn as much as you can about your chosen field in the classroom and then apply it to the "real world" with passion and conviction. Stasi's experience epitomizes what the Wellness Clinic was designed to deliver to the student.

We should all be inspired by her whether we are a fellow student, wellness participant or one of her professors. So if future students carry her torch, participants continue to work hard, or professors hold other students to her high standards, then maybe we won't miss her so much.

Good luck Stasi in graduate school and beyond!



## Member Spotlight- Erik Kibelsbeck

Erik Kibelsbeck graduated from the Eastman School of Music in Rochester and then came to Ithaca College for his Masters in Music. He works in the James J. Whalen Center for Music as the Coordinator of Facilities and Publicity, and is a member of the Wellness Clinic. Erik likes the good feeling he gets after he works out in the Clinic, and enjoys the feeling throughout the day. His motivation is derived from feeling healthier and better after working out. His favorite machine in the Clinic is the stair stepper because he likes to "thrash" himself. The stepper has provided a difficult challenge for Erik but is now getting easier as he pushes himself harder each week. He comes to the Clinic three days a week in the mornings before work, and has been attending consistently throughout the semester. His usual workouts involve the stair stepper followed by a resistance circuit. He increases the weights when he feels ready and is always trying to do a little bit more each time. Erik is one of our Members in the Spotlight for April!



## Member Spotlight- Jane Hancock

Spunky, determined, and positively energetic! These are the glowing qualities of one of the Wellness Clinic's newest members, Jane Hancock. Jane works in the Tower Club and has been a member of the Wellness Clinic for one month. She came to the Clinic with lofty goals and she is going strong five days a week

Exercise is a priority for Jane. Workouts are at the top of her to-do list and running is her favorite thing to do as it gives her the "me-time" that she needs. Working out also gives her energy around her daughters, who keep her going at all times. Jane says that the Wellness Clinic staff has helped her with motivation. Being in a positive exercise environment with all of the support from staff and members contributes to her adherence and enjoyment of working out.



Jane is a great example of health and fitness. Her advice to others starting a workout program is to "be realistic, don't be discouraged, and have fun." She encourages others to find a workout program that fits their needs.

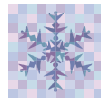
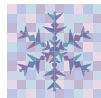
Jane is a leading competitor in the "Melt The Snow & Bring Back Summer" competition. She is always looking to try new exercises and push her physical abilities. Keep up the great work, Jane. You go girl!



## Winners of Melt the Snow, Bring Back Summer Competition

Congratulations to the recipients of the melt the snow, bring back summer competition!!!

#1 Marty Sternstein



#2 Karin Wikoff

#3 Cheryl Tarbell

#4 Kim Dunnick

#5 Vince Deturi

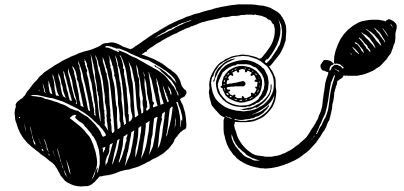
## No Pressure Blood Pressure

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More than 500 blood pressures were taken this academic year on staff and students at Ithaca College. We hope everyone took advantage of this service provided to the campus by the Wellness Clinic and the students in Exercise Science.

The final No Pressure Blood Pressure of the year took place on April 19th. The Exercise Science students measured another 162 blood pressures across campus. Mean blood pressure was 118/73 mmHg. 43% of those measured were classified as

Pre-Hypertensive (between 120-139) and 6% Hypertensive (> 139) for their Systolic or top number and 25% Pre-Hypertensive(80-89) and 2% Hypertensive (> 89) for their Diastolic or bottom number.



The goal for all is to have a measurement below 120/80 mmHg. If your blood pressure is above ideal come by the Wellness Clinic, give us a call (274-1301), or go to our web site - [www.ithaca.edu](http://www.ithaca.edu) to find out what you can do to lower your blood pressure and improve your cardiovascular health.

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### Fitness Center Summer Hours

Tuesday, May 29th through Friday, August 10th

M-F 7:00-1:30

4:00-6:30

Saturday & Sunday

12:00-3:00

For times from May 10th through May 29th please visit the Fitness Center website at

[http://www.icrecsports.com/FitnessCenter\\_Site/Hours/Fc\\_Hours\\_Co](http://www.icrecsports.com/FitnessCenter_Site/Hours/Fc_Hours_Co)

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