



IC Well

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Shape Up and Ship Out Body Fat!

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Are you having trouble losing body fat? Do you know what it takes to lose it? Do you want to know what it takes? As many of you know, losing body fat is a very hard thing to do. Why is it so difficult? The reason it's such

a challenge is because you have to change your **lifestyle**. In order to lose body fat you have to alter your eating habits, be more physically active, and essentially become a healthier person.

Body fat is influenced by these three factors: genetic body type, daily dietary habits, and physical activity level.

Body Type: You have to

thank Mom and Dad for the genes they passed down to you. Some people are predisposed to having larger bones and more body fat than others, so it's something we have to embrace and work with.



**Lose the body fat;
Lose the inches!**

Daily Dietary Habits: This is an essential component in losing body fat. Do you know how many fat grams and calories you're ingesting daily? There's an easy way to find out - pick up a nutritional assessment from the Wellness Clinic. Healthy eating is something that you have complete control over, so take charge of it!

Physical Activity: It's extremely important to keep this component of a healthy lifestyle change consistent.

Many activities of daily life will do the trick: brisk walking, taking the stairs, and moderate to vigorous yard or house work. Other beneficial activities are jogging, swimming, cycling and aerobics. A simple rule to follow is that the physical activity should elevate your heart rate and breathing somewhat, but you should still be able to carry on a conversation. Physical activity should be part of your daily routine. Keep it fun and interesting so you will keep it up! For more information on daily dietary habits please go to pg 4 of newsletter.

By: [Jen Salmon](#), Grad Student Trainer

Reference:
[HealthCheck](#)
[Weightloss: Losing Fat](#)

Fitness Forum - Staying Fit over Break

Just because your favourite trainers aren't here to push you doesn't mean that you should stop working out! We realize the holiday season is busy so here are some helpful hints of ways you can exercise over the holiday break!



- Bundle up and go for walks
- Shovel snow (carefully)
- Turn up the music and dance in your house!
- Do some crunches/ jumping jacks while watching TV! Go for 20 every commercial break

Whatever you do over break, have a wonderful holiday!

Recipe Corner - Eggnog Banana Pie

Ingredients

- 23 reduced-fat vanilla wafers
- 3 bananas, divided
- 1/4 plus 1/8 tsp ground nutmeg, divided
- 2 cups fat-free milk
- 1 pkg (8 oz) reduced-fat cream cheese
- 1 pkg (4-serving size) sugar free vanilla pudding & pie filling
- 1/2 tsp brandy extract
- 1 cup thawed frozen fat-free nondairy whipped topping

Directions

1. Line bottom and sides of 9-inch pie

pan with vanilla wafers. Slice two bananas and arrange evenly on top of wafers. Sprinkle with 1/4 tsp nutmeg; set aside.

2. Place milk, cream cheese, pudding mix and brandy extract in food processor or blender; process until smooth. Stir in whipped topping. Spoon evenly over bananas; sprinkle with remaining 1/8 tsp nutmeg.
3. Cover with plastic wrap and refrigerate until ready to serve (no longer than 4 hours). Just before serving slice remaining banana and arrange decoratively on top of pie plate.

Makes 8 servings



Nutritional Information

Calories: 214 Total Fat: 7g
 Protein: 6g Carb: 33g
 Dietary Exchanges: 2 starch, 1-1/2 fat

[Print This Recipe](#)

Functional Training - BOSU Ball

BOSU is short for “both sides up” and is a great (and fun) way to work on core strength and balance. A BOSU ball looks like a stability ball that’s been cut in half with a platform attached to the bottom.

Exercising on a BOSU challenges the body to maintain balance on an unsteady surface. Using the BOSU can also help to improve your kinesthetic awareness,

knowing where your body is in space, and your proprioception.

Exercises for how to use the BOSU have been added to the Functional Training board. Here are a few pointers for when you begin your workouts:



1. Always keep your body in proper alignment during each exercise. It’s normal to shift your balance, but make sure you don’t slump.
2. Be prepared to fall off a few times as you get used to these exercise.
3. Take your time!

If you’re interested in learning more

Health Observance - December

December is Safe Toys and Gifts Month.

The holiday season is the time when scores of new toys are introduced via television commercials, store displays, and other media. One of the keys to buying safe toys is buying age-appropriate toys.

How can you determine if the toy you’re considering is appropriate for the child you have in mind?

Here are some guidelines

Babies: Birth to 1 year: To stimulate your baby’s senses, select brightly coloured toys of various textures. Make sure they are nontoxic and lightweight.

For more information on Safe Toys and Gifts month please visit the Healthier Living website. (www.healthierliving.org/newsletter/200112/safetoys.html/)

Safe Toys and Gifts Month



No Pressure Blood Pressure (NPBP)

Many of you saw the students walking around the corridors of your building with blood pressure cuffs and stethoscopes in their hands this semester. Maybe they even came around and took your blood pressure. If so, you have experienced No Pressure Blood Pressure. NPBP is a campus wide event run out of the Wellness Clinic to raise awareness on campus about blood pressure- what it is, what it means, and what to do if it's high.

Our students went out once a month and in total were able to collect over 500 blood pressures (bp)! Results showed that although the average bp for the campus was normal (around



120/80), there are still many people who would classify as pre-hypertensive or hypertensive. To have a formal diagnosis of pre-hypertension or hypertension, bp should be taken twice on two separate occasions. High bp increases a person's risk for heart disease, stroke, kidney disease, and atherosclerosis. Some quick tips on how to prevent high bp include eating healthy, reducing sodium intake, maintaining a healthy weight, participating in physical activity, and quitting smoking among others. We encourage anyone who was given a bp that could be categorized as pre-hypertensive or

hypertensive to have their blood pressure monitored to determine if they do fall into this category. Each month a different aspect of how to control bp was highlighted. These included tips on healthy diet and physical activity. NPBP will continue to monitor campus wide bp next semester with additional tips on how to lower your bp. If you're interested in finding out your bp in the meantime, free screenings are always done at the Wellness Clinic. We are very interested to know how you felt NPBP went. Any feedback or questions you have, in addition to better times for students to visit your office, should be directed to wellness@ithaca.edu.

December Member Spotlight - Mel Ginsberg-Stevens

You might know her as the Clinic's admin assistant, but Mel has also been a member of the Clinic since Fall 2004. She joined the Clinic because, "it was a great opportunity," she couldn't pass up. She wanted to start taking time for herself and focus on a lifestyle change. Mel is very appreciative of both the staff and clientele at



Mel Ginsberg-Stevens
Wellness Clinic/OTPT clinic

the Clinic. She feels everyone is extremely helpful, and working out in a cheerful environment keeps her working hard. Mel is very grateful for her hands-on-trainer Jen who gives her all sorts of wonderful ideas, like sitting on a stability ball at her desk in order to help strengthen her core. Mel also keeps herself motivated by walking her 9-month old

puppy Keeva and working out with her husband John, who is also a member of the clinic.

Keep up the great work Mel!!

Mel has been devoted to focusing on a lifestyle change, and has consistently worked hard all semester!! -Trainer Jen Salmon

Exercise Your Immune System—Vitamin D

Maintaining your Vitamin D level in the cold winters here in Ithaca is not always easy! The primary function of Vitamin D is to maintain normal blood levels of calcium and phosphorus. By promoting calcium absorption, vitamin D helps to form and maintain strong bones and also works with other vitamins to promote bone mineralization. Without vitamin D bones can become brittle and thin and become more prone to injury. Keeping adequate levels of vitamin D prevents 2 forms of skeletal diseases that weaken bones—rickets

in children and osteomalachia in adults. Vitamin D is essential in helping maintain a healthy immune systems.

"Vitamin D is essential in helping maintain a healthy immune system!"

How can you maintain your vitamin D levels? The best source of vitamin D is from the UV rays of the sun. Since Ithaca is not-so-sunny this time of year it's important you take in enough vitamin D in your food.

Some foods rich in vitamin D include:

- Milk, breakfast cereals, some juices
- Fish such as salmon, mackerel and sardines
- Cod liver oil
- Vitamin supplements

For more information go to the [Vitamin D website](#)

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If you have a question about wellness, email the [Wellness Clinic](#) today and one of our trainers will get back to you with an answer!

This service is **free** and available to all members and non-members.

Contact us Today!

December Issue Contributors Include:

[Jen Salmon](#), Graduate Student Trainer

[Amanda Antczak](#), Graduate Student Trainer

[Nancy Patterson](#), Student Trainer

Daily Dietary Habits Websites (continued from pg 1)

[DietWatch](#), [Calories Per Hour](#), [Nutrition Data](#), [Calorie Control](#), [Calories Per Hour](#)

Happy Holidays from Everyone at the Wellness Clinic!

Seasons Greetings
and Best Wishes for
a Happy New Year!!!

