



IC Well

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Working Out - Just Not Too Much

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Welcome back to the Wellness Clinic! We're well into the school year and there are many chances to start living a healthier lifestyle. Many people become very ambitious to start working toward their newly set goals. Sometimes this ambition can be a little too much. When a person starts a new program s/he should start out slowly and work on building intensity and frequency of exercise. This is so they don't experience what is known as overtraining.

Overtraining is pushing yourself too much too quickly or for too long. When a person exercises too much the body is not given enough time to recover. This can lead to decreases in performance as well

as a feeling of being burnt out. Other physiological signs of overtraining can include getting sick more often and feeling fatigued more often than normal. A person who experiences overtraining, and does not see improvements as training continues, may start to give up on exercise all together. This is why prevention of overtraining is key.

One of the most important points of prevention of overtraining is to start slowly. If you're just starting a new workout don't start out training as hard as you can. Get your body used to the exercise and slowly increase the intensity. Allow your body time to recover - don't train the same muscles every day. Keeping an exercise log is a good way to monitor your

training status. This will give you a visual of what muscles you worked when, how hard you're working, and when a good time to make increases in intensity are. Try to bring variety into your exercise program so you aren't repeatedly doing the same thing every day. Don't forget to ask your trainer for help either.

By: [Amanda Antczak](#), Graduate Student Trainer

Reference: [The Physician and Sports Medicine](#). Dr. Mark Jenkins



Fitness Forum - Avoiding a Weight loss Plateau



are some suggestions:

We've all been there and we always look for ways to avoid the plateau. Here

- Try a different activity every few weeks.
- Vary your workouts by changing the intensity, the time, or the frequency.
- Push yourself once a

week and get out of your comfort zone!

- Give your body time to recover from new workouts.

Reference: [Exercise for Beginners](#)

Recipe Corner - Low Fat Blueberry Bran Muffins

Ingredients

- 1 1/2 cups wheat bran
- 1 cup nonfat milk
- 1/2 cup unsweetened applesauce
- 1 egg
- 2/3 cup brown sugar
- 1/2 tsp vanilla extract
- 1/2 cup all-purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup blueberries

Directions

1. Preheat oven to 375 degrees (190 C). Grease muffin cups or use paper liners. Mix together wheat bran and milk and let stand for 10 minutes
2. In a large bowl mix together applesauce, egg, brown sugar and vanilla. Beat bran mixture. Sift together all-purpose flour, whole wheat flour, baking soda & powder, and salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups.
3. Bake in preheated oven for 15-20 minutes or until tops spring back when lightly tapped.

Makes 12 servings



Nutritional Information:
 1 serving = 123 calories & 1 g fat
 Reference: [All Recipes.Com](http://AllRecipes.Com)

Fall Motivational Program—Fit Around The World!

Fit Around The World, our fall motivational program, will run for approximately six weeks.

The journey begins in Ithaca, NY where participants will then travel from country to country around the world until we make it back to Ithaca. Each country will have its highlight week where we can learn about the fitness and diets of the various

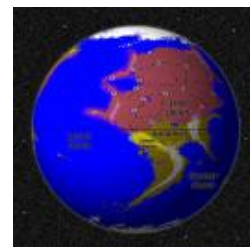
cultures we visit.

In order to get from country to country, participants must earn a ticket through building “frequent fitness miles!” And how

Get Fit by traveling from country to country with our fall motivational program!

do you think we'll earn these frequent fitness miles here at the Wellness Clinic? You guessed it...

EXERCISE!! For more information on Fit Around the World please see one of our fitness trainers!



Health Observance - November

November is Pulmonary Hypertension (PH) Awareness month.

Pulmonary hypertension is a rare blood vessel disorder of the lung in which the pressure in the pulmonary artery (the blood vessel that leads from the heart to the lungs) rises above normal levels and may become life threatening.

Pulmonary hypertension is frequently mis-

diagnosed and has often progressed to late stage by the time it is accurately diagnosed. Pulmonary hypertension has been historically chronic and incurable with a poor survival rate. However, new treatments are available which have significantly improved prognosis.

For more information on Pulmonary Hypertension please visit the PH website. (<http://www.phassociation.org/>)



Pulmonary Hypertension Awareness Month

October Member Spotlight - Laurie Ward

Laurie Ward, a Syracuse native, has been a devoted member of the Wellness Clinic since the fall of 2004. Working as a Marketing Communications Manager here at Ithaca College, she has found the location of the Wellness Clinic to be very convenient, especially to "get into a better habit of working out on a regular basis."

Staying on track with her diet and exercise program and knowing that she is being successful with these programs, are what really motivates Laurie to keep up her great work at the Wellness Clinic and to keep coming in three to four times a week. To give you

an idea of how hard this fitness fanatic works, Laurie has managed to decrease her % body fat by 9.1% from September of 2004 to September of 2005!! **Go Laurie!!**

A typical workout for her includes walking 2-3 miles on the treadmill and then going through the weight circuits with the resistance machines. Laurie does fabulous with the motivational fitness programs, such as the "Fit Around the World"



Laurie Ward
Marketing Communications Manager

program going on right now, as you could probably tell by looking at the fitness miles she has tracked already! Seeing such rewarding results is enough to make anyone smile, but Laurie's favorite part about the Wellness Clinic program is the friendly and helpful support of all the trainers. We love you too, Laurie, congratulations!

November Member Spotlight - Britt Scharringhausen

Britt is originally from Dubuque Iowa. She obtained an undergraduate degree in physics astronomy at University of Iowa and came to Ithaca New York for grad school at Cornell. She has now been a professor in the physics department for 2 1/2 years.

Britt started coming to the Wellness clinic when her colleague Beth Clarke (who is also in the physics department

and a current wellness clinic member) urged her to. Last year, with the help of trainer Kirsten, Britt was able to set the realistic goal of running a 5k and achieving it. Not only was she able to accomplish that, she is now working to increase her pace and she has already cut her pace down by a minute per mile in the last 3 months.

"When it comes to working out, Britt has an incredible drive for success! Her hard work and visible improvements are an inspiration to anyone and everyone around her."

-Trainer Sarah Pelkey



Britt Scharringhausen
Physics Department

Exercise Your Immune System

Need another reason to exercise on a regular basis? How about this: It might actually prevent sore throats and the common cold! A recent study, done by researcher David C. Nieman of the American College of Sports Medicine, showed that between 60 and 90 percent of athletes and other fitness fanatics experience cold symptoms less often than people who do not exercise consistently. The studies included a group of women who walked for 35 to 45 minutes on five days a week for roughly 12 to 15 weeks. A second

group maintained a basically inactive regimen during that time period. The results showed that the degree of cold symptoms in the walking group was just about half of what the inactive group encountered. It was also concluded that the number of sick days a person takes is reduced by following a

"A recent study showed that [they] experience cold systems less often than people who do not exercise consistently."

schedule of almost daily activity. So getting to the gym or taking a quick walk around the neighborhood as often as you can will benefit you in more ways than one. And with that cold Ithaca weather just around the corner, we could all use a little boost in our immune systems.

* Information taken from Fitness Management Magazine (Sept 2002)

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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!

Fall 2005 Wellness Clinic Trainers

With a new semester brings new trainers! As you can see by the picture our trainers this fall are a very happy go-lucky bunch!

Can you pick your trainer out of the pyramid?

For more information on your trainer please visit our [website](#) and read your trainer's [bio](#)!



Fall 2005 Wellness Clinic Trainers
