



Wellness Clinic:

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Inside this issue:

Fight Holiday Weight Gain	1-2
Recipe Corner	2
Fight Back Against Back Pain	3
Balance your Way	4
Short on time?!	5-6
Member Spotlight: Belinda Gilbert	7
Make it to March	7
Quick News	8



ICWell

Volume 9, Issue 1, November 2007

11/29/07

Fight Holiday Weight Gain,

Or how to enjoy the holiday festivities without worrying about your weight!

By Sarah Ridenour (CES '08)

Does the thought of holiday parties, large meals, and a plethora of desserts make you anxious? Are you worried that all the holiday festivities may counteract your time spent working out?!

Do not try to lose weight during the Holidays; just focus on maintaining your weight. How?

Here are some creative tips to maintain your weight during the Holidays!

Eating before going to a party...



If you are going to a party, eat a balanced meal beforehand. That way you will be full when you arrive at the party and will be less likely to snack at the buffet. However, you do not have to avoid the buffet altogether... Just take small samples of food, preferably healthy food items (e.g., vegetables and lean meats) instead of desserts and high caloric or fatty foods. Finally, try to socialize away from the buffet!

Shopping...



Shopping at stores (not online!) can be a workout, because you burn calories while walking and carrying bags. To get the best out of your shopping spree try to take the stairs (in large shopping centers), carry your bags to the car after visiting each store, and stay away from the free sampling. To go one step further, you can use the shopping bags for arm exercises, such as bicep curls (if the bags are heavier) or arm raises (if the bags are lighter).

Cooking and singing...



Do not forget to turn on some holiday tunes while cooking; this way you can dance along with the music, which will burn more calories. If you keep the holiday tunes on in the car and sing along, you will burn more calories than driving in silence. Caroling is another option you might consider.

Continued on the next page...

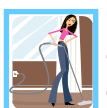
Fight Holiday Weight Gain *(continued...)*

Exercising at the airport...



The traveling over the holiday season can be very hectic and tiresome. The long layovers will no longer be boring and stressful if you use the time to walk around and do some basic stretching exercises.

Doing housework...



Housework is no longer a chore—it is an exercise! By doing light housework such as dusting you can burn 333 calories per hour; if you do more extensive cleaning such as vacuuming, you can burn 429 calories per hour if you move some of the furniture to reach the hard-to-clean spots. Also, snow shoveling or snow blowing is a great aerobic and strength workout!

Outdoor activities...



The winter is here and you can burn some calories while having fun with family and friends. Snowball fights, sledding (the longer and steeper the hill, the more fun is the ride down!), cross-country skiing and snowshoeing are a few of the options you have!



**Do not forget to...
Dress warm and in layers!**

Final thought...

To fully enjoy the Holiday season and not worry about your weight, make sure to eat healthy foods (a piece of pie is acceptable too!) and exercise by doing your daily activities.

HAVE FUN!

For these and more tips visit:

www.helium.com/tm/617815/chores-natural-exercise-other

www.clevelandclinic.org/heartcenter/pub/guide/prevention/nutrition/holidayeating12_01.htm

www.homeparents.about.com/cs/familyhealth/a/weightloss.htm

Sharkey, B. (2002). *Fitness & Health* (5th ed.). Hong Kong: Human Kinetics

Recipe Corner: Creamy Potato, Kale, and Leek Soup



Prep time: 5 minutes

Cook time: 17 minutes



1 Tbsp canola oil

6oz kale, chopped and tightly packed

3c leeks, white and pale green parts, chopped (about 2 medium leeks)

$\frac{1}{2}$ tsp salt

3 cups 1% milk

$\frac{1}{4}$ tsp ground nutmeg

Cut potatoes into golf ball size pieces and place on a microwavable plate. Cover with waxed paper and cook on high, rotating occasionally until tender (about 6 minutes). In a pot, heat oil for 1 minute over medium heat and add kale, leeks, and salt. Cover and cook while occasionally stirring until it softens (about 5 minutes).

Add milk, potatoes, and nutmeg. Reduce heat to medium-low. With potato masher or back of a large spoon, smash potatoes into small chunks. Simmer until flavors blend, about 5 minutes. Sprinkle each serving with pepper to taste.

Makes 4 Servings.

Nutrition info:

253 calories

6g fat (1.5 saturated)

413mg sodium

42g carbohydrates

4g fiber

11g protein

Provided by: *Caitlin Catella*
Wellness Clinic Nutritionist

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Fight Back Against Back Pain

By Greg Hammond (CES '08)



Did you know...

Back pain affects 80% of the US population!

One half of all Americans admit to having back pain each year!

The cost of professional back pain treatment is estimated to be \$50 billion yearly!

Having a better understanding of the causes as well as the prevention of back pain will help us enhance our quality of life.

What causes back pain? What can we do to prevent/relieve back pain?

- Aging** produces wear and tear on the spine that may result in conditions (e.g., disc degenerations, spinal stenosis) that produce neck and back pain.
- Occupations** that require repetitive bending and lifting, and standing or sitting for long hours have high incidence of back injury.
- Overweight** increases stress on the lower back.
- Poor Posture**, such as slouching in a chair, driving hunched over, standing incorrectly, and using poor body mechanics when lifting and carrying heavy loads.
- Mismanaging stress** can cause the body to release hormones which increase the sensitivity of pain receptors.
- Cigarette Smoking** can slow healing which may prolong back pain.

- Exercise** is the #1 modality for treating back pain. Improving muscle strength and gaining flexibility for support is important to overall spine health.

Practice good posture when standing, lifting, bending, and sleeping.

Take control of stress. Using relaxation techniques such as yoga, meditation, and deep breathing may alleviate pain caused by stress.

Maintaining a healthy weight can take unnecessary stress off our backs.

Do not forget...

Taking advantage of controlling back pain with these practical methods is in your best interest!



Final thought...

Controlling the risk factors and using non-invasive methods is all it takes to fight back pain!

For more information visit: <http://www.nih.gov/medline/backpain.html> OR come to the Wellness Clinic to learn more about How to Fight Back Against Back Pain or other the health related issues!



Balance your Way through Winter and Life

By Valerie Ierley (CES '08)



Did you know...

With age, our stability and balance naturally decline which increases the probability of having a fall that results in a serious injury (e.g., broken bone)

Keeping your postural stability and balance is an important aspect of your exercise program.

Winter is here and slips and falls are more likely due to the weather conditions. However, with increased stability and balance you may prevent a slip from turning into a fall and even worse, an injury.

What do we need to do?...

There are many different ways to increase your stability and balance. Be creative when using the following exercises and keep in mind that they will help you improve your stability and lower your risk of falling.

☑ Exercises for increasing *stability*:

- Walking, dancing, resistance training, flexibility, strengthening exercises (e.g., core-abdominals and back exercises), balance training, and weight transfer exercises.

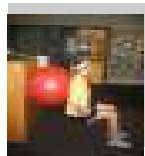
☑ Exercises for increasing *postural stability*:

- Supermans



- Sit-ups on the stability ball

- Squats with the stability ball

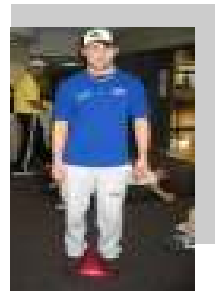


- Plank Holds (both sides, front, and back)



☑ Exercises for increasing your *balance*:

- Standing on both feet for 30 seconds on a Dynadisc
- Standing on one foot for 30 seconds on a Dynadisc (alternate legs)



- Body weight squats with the Dynadisc

- Holding a push-up position on a stability ball. Place your hands on the stability ball and hold for 10 to 30 seconds



This exercise can be done in reverse too. Place your hands on the ground and hold a push-up position with your feet on the stability ball.



Short on Time?!

By Marc DesLauriers (CES '08)



Are your days busy? Do you find it hard to dedicate enough time to your workout? Do you leave the gym feeling like you did not do enough?

If the answer to these questions is "YES", then keep reading this article to learn how to make your workouts more efficient and get the best out of the exercises! If the answers are "NO" read it anyway; you will find it really helpful!

Make your **cardiovascular workout** more efficient by:

- ✓ **Increasing the intensity**—this will increase the calories you burn.
- ✓ **Using intervals**—increase the speed/resistance for short periods of time throughout the workout to increase your total caloric expenditure.
- ✓ **Switching machines** multiple times during the workout—using different machines changes the primary muscles being used and will allow you to maintain a higher heart rate and intensity for the duration of your workout.

Sample Workout:

30 minute interval workout

- Warm-up pace on machine of your choice (5 min)
- Increase speed/resistance to moderate intensity (5 min)
- Each minute, 30 seconds moderate intensity then 30 seconds easy (3 min)
- 7 minutes:

50 easy	10 hard
40 easy	20 hard
40 easy	20hard
30 easy	30 hard
20 easy	40 hard
10 easy	50 hard
0 easy	60 hard
- Easy to moderate cool down (10 min)
- Stretch



Do not forget...

This workout can be done on the cardio equipment of your choice.

Make your **resistance training** more efficient by:

- ✓ **Decreasing** the rest time between sets.
- ✓ **Using supersets**—a superset is doing two exercises back to back without rest in between. For example, combining a set of an upper body and a lower body exercise into one set, combining exercises that work opposing muscle groups (e.g., a tricep extension and a bicep curl), using a specific kind of superset, or combining two exercises that work the same muscle group. This fatigues the muscle more quickly and allows you to do less total sets for that muscle.

Sample Workout:

Upper body / Lower body Supersets:

- Squat & flat bench dumbbell press
- Stiff leg deadlift & overhead dumbbell press
- Walking lunges & bent over barbell row



Do not forget to...

Perform each pair of exercises for 2-3 sets of 10-15 reps back to back with minimal rest, then move to the next pair.

Rest can be kept very short since one muscle rests while the other is working.

Continued on the next page...

Short on Time?! (Continued...)



Did you know that...

Cardio-Resistance Training is a cardiovascular workout that incorporates resistance and cardio exercises in a circuit fashion. It is a great way to get both endurance and strength benefits in the same workout!

How to do it?

Set up stations that have a resistance exercise and a cardio exercise. At each station do one set on the re-

sistance machine and then 2.5 min on the cardio machine. After completing the station, quickly move to the next station.

- ☑ Warm up for 5 min on a piece of cardio equipment
- ☑ Repetitions 8, 9, and 10 should be difficult
- ☑ Move quickly in between machines
- ☑ Get heart rate up higher than normal range on cardio machines
- ☑ Should take 45-50 min to complete the circuit
- ☑ Cool down and stretch when you are finished

Sample workout:

Station#: resistance (6-8 reps) → cardio (2.5 min)

- Station 1: Chest Press → Elliptical
- Station 2: Lat Pulldown → Treadmill
- Station 3: Row/Rear Delt → Stairclimber
- Station 4: Shoulder Press → Bike
- Station 5: Lateral Raise → NuStep
- Station 6: Arm Curl → Recumbent
- Station 7: Arm Extension → Treadmill
- Station 8: AB Crunch → Elliptical
- Station 9: Back Extension → Rower
- Station 10: Leg Press → Bike

Have you tried yet?...

... Cardio Resistance



Do not forget that...

Every **Tuesday** and **Thursday** Sarah, Jill, and Marc lead the **Cardio-Resistance Circuit Class** at **6:45am** at the Clinic!



These are only a few of the ways you can make your workout more efficient. Contact the Wellness Clinic (607-274-1301) or stop in to learn more about "Fitting it in," or join us and benefit from our group classes and having a personal trainer.

Member Spotlight

Belinda Gilbert: When good will and hard work meet!

By Beth Colucci (CES '09)



Belinda and Beth

Belinda has been a Facility Attendant at Ithaca College for the past three years. She joined the Wellness Clinic just this past October. She decided to join us in hopes of becoming healthier. Belinda has inspiring goals such as to improve her self esteem, be happier and healthier, and live longer. She would also like to eat better and lose weight. Belinda has been pushing forward toward these goals with tremendous effort.

When she first started, only a month ago, she was doing 30 minutes total of cardio - mostly walking on the treadmill. Now, however, she is up to one hour! Typically, Belinda walks for 40

minutes, does the NuStep for 10, and the Arm Ergometer for 10! Coming to the Clinic about three times a week, she loves the results she is seeing thus far. Belinda has been able to lose 12 pounds, has her clothes fitting better, has more energy, and has moved back a notch on her belt! This is due to the changes she has made in her diet, as well. She is also enjoying the toning benefits the Arm Ergometer has on her arms.

Being her bubbly and energetic self, when asked what she would tell potential members, Belinda responded:

"Come join us!"

She recommends coming even when it may seem difficult, or your motivation is down, for when you leave, you will feel so much better.



Make it to March

If Belinda has not motivated you to join us or come on a regular basis (which we doubt!), then maybe a prize would...

With this contest, Catherine and Ankit are motivating our clients to work out at the Clinic on a regular basis. All of the participants are now on full speed and are successfully overcoming the "roadblocks" on the winding roads on their 1,000 mile ride, where at the end, one of them will win the grand prize:

FREE Membership for the next year. To reach the 1,000 miles (or points) our clients have to work out 3-4 times a week. However, only coming to the Clinic is not enough... Some of the other "roadblocks" that our participants have to overcome are: to try new exercises, to attend group exercise classes, and to have their blood pressure taken on a regular basis.

So far, everybody has been "behaving"



on the road, nobody got a "ticket," nor took the short cut...

Keep up the good work everybody!

We will see you at the finish line!



Quick News

No Pressure Blood Pressure



Did you know...

Some people have high blood pressure only in the doctor's office; also known as white coat blood pressure!



On October 30th, we held our monthly blood pressure clinic. For more information visit: <http://www.ithaca.edu/hshp/clinics/wellness/nopressure/>

28 Exercise and Sport Sciences students took 189 blood pressures across campus. The mean was 122mmHg for the systolic BP (the norm is <120mmHg) and 73 for the diastolic blood pressure (the normal diastolic BP is < 80). Our next screening will be on December 11th!

Till then eat healthy and exercise regularly! OR stop by at the Clinic to have your blood pressure taken or contact us for more tips on high blood pressure prevention!

New Group Exercise Schedule



We will be making some changes in the Group Exercise Classes. The schedule and the description of the new classes will be posted on our website (www.ithaca.edu/wellness) soon!

Closing



The Wellness Clinic will be closed for the winter break (12/22/07 till 01/21/08) and will be reopened on January 22nd.

To maintain your fitness level during that time you may consider:

- IC Fitness Center
- Talk to your trainer - we will be more than happy to design a workout program for the Holiday season

The Wellness Clinics' Holiday Party

Join us for our annual holiday celebration. There will be food, prizes, and laughter to go around. IC VoICes will provide a seasonal musical interlude.

See you at the party!



Do not forget...

Thursday, December 13th

11:30am-1:30pm

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Do not forget...

It is exercise alone that supports the spirits, and keeps the mind in vigor. ~ Marcus Tullius Cicero

