



IC Well

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Working Out - How hard is hard enough?

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Most of us are aware that we should be accumulating at least 30 minutes of moderate-intensity physical activity on most, if not all, days of the week. But what exactly is moderate-intensity physical activity? There are a few different ways that it can be defined. These include the “talk test,” target heart rate, and rating of perceived exertion.

“Talk Test”

- During moderate-intensity physical activity, you should be breathing harder and find it more difficult to talk, but still be able to carry on a conversation.

Target Heart Rate (THR)

- Your target heart rate is a desired range for your heart rate that allows you to get the most benefits out of your workout.
- You can calculate your target heart rate for moderate-intensity physical activity using the following formula:
Target Heart Rate = 50-70% (HR max* - HR rest) + HR rest

* HR max can be estimated as 220-age or directly measured from your exercise test (ask your trainer).



- For example, here is the calculation for a 40 year old adult with a resting heart rate of 70 beats/minute:
 $.50 [(220-40) - 70] + 70 = 125$
 $.70 [(220-40) - 70] + 70 = 147$
 Therefore, this person’s THR would be between 125 and 147 beats/minute

When starting out stay closer to the low end of the range and as your fitness improves you can gradually increase the heart rate as you can tolerate it.

Rating of Perceived Exertion (RPE)

- Perceived exertion is how hard you feel like your body is working based on physical sensa-

tions such as increased heart rate, increased breathing rate, increased sweating, and muscle fatigue.

- The RPE scale, which ranges from 6-20 allows you to monitor your exercise intensity level based on how hard you feel like you’re working.
- Moderate-intensity physical activity is considered to be a 12-14 on the RPE scale, which is described as “somewhat hard.” RPE scales can be found in the Wellness Clinic or online.

So making the time to consistently work out is the first and most important step to improving your health and fitness, but to really insure that your **efforts** will maximize your benefits and help you to reach your goals, get that intensity where it needs to be.

By: [Jenny Sheridan](#), Senior Clinical Exercise Science Major

Make it an Apple Season All Year Long!

September through October is not only the time when the leaves start falling and the air becomes cooler; it is also time to eat apples!

The association between apples and reduced risk of chronic diseases such as cardiovascular disease, cancer, and asthma was discussed in a study done by Cornell University in 2004 on "The Health Benefits of Apple Phytochemicals". The study discussed animal examinations that have verified apples have a high antioxidant activity, can inhibit cancer cell proliferation, decrease lipid oxidation, and lower cholesterol. These findings likely explain why apples reduce the risk of chronic disease. The Cornell study concluded that due to the copious potential health benefits of apples, "regular consumption of fruits and

vegetables, including apples, as part of a healthy diet may aid in the prevention of chronic disease and maintenance of good health".

According to the USDA Nutrient Data Laboratory, apples also contain lots of other important nutrients other than phytochemicals, like fiber, calcium, phosphorus, iron, potassium, folate and vitamins A and C. Best of all, one medium apple contains only about 80 calories.



In addition to making a great snack, apples can

be used in cooking and baking. Here are some ideas to add apples to your everyday meals.

A-peeling Suggestions

Use apples in a glaze on pork, chicken and ham. Use applesauce instead of oil in baking. Add apples to: Oatmeal, Yogurt, Chicken salad, Toss salad, Meat loaf, Stir-fry, Muffins, or Pancakes

Suggestion of the month: Dig out your favorite apple recipes or lookup some new ones and make an effort to eat one apple per day.

Recipe Corner - Apple Spinach Salad

Ingredients:

1 pound fresh spinach leaves, washed, stems removed
1 apple, unpared, cored and sliced
3 green onions, thinly sliced
1/4 cup salted sunflower nuts or toasted sliced almonds

Dressing:

3 tablespoons white wine vinegar
1 teaspoon sugar
1 teaspoon Dijon-style mustard

1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup olive or salad oil

Directions:

Toss spinach, apple and onions in salad bowl.

In small bowl, whisk together vinegar, sugar, mustard, salt and black pepper. Whisk in the oil until blended.

Just before serving, drizzle dressing over

salad, tossing well. Sprinkle with the nuts.

Serves 4

Source: [CDKitchen](http://www.cditchen.com) (www.cditchen.com)



Health Observance - October

October is Rett Syndrome Awareness month.

Rett Syndrome (RS) is a unique neurodevelopmental disorder which begins to show its affects in infancy or early childhood. It is seen almost exclusively in females, although it can occur rarely in boys. It is found in all racial and ethnic groups throughout the world.

RS is a genetic disorder of developmental arrest or failure of brain maturation. This is thought to occur when subsets of neurons

and their connections (synapses) are disrupted during a very dynamic phase of brain development. This deviation occurs at the end of pregnancy or in the first few months of life during the critical phases of synapse development.

For more information on Rett Syndrome please [IRSA website](http://www.irsasite.org). (www.rettsyndrome.org/)



**Rett Syndrome
Awareness Month**

Motivation Tips

Some every-day tips for your exercise inspiration!

1. -Look in the mirror. Sometimes that's all you need to trigger you into the lean, fit, and energized mode!
2. Have kids? Look at their picture to remind you that you want to be around to share life with them, with plenty of energy.
3. See exercise as a stress-releaser. A simple shift in attitude can do wonders for your stress levels. If you've had a long day, hard day at work,
4. Reward yourself. Whenever you reach a milestone, have something in mind, like a trip to the day spa, new shoes or clothes!
5. Begin an accomplishments journal. At the end of each day, write down what you've accomplished that day to move you closer toward your fitness and/or life goals!
6. Work out with your spouse/life part-

ner. Not only does it gets both of you healthy and strong, but can also spice up your romantic life!

For more tips visit www.freedomfly.net/Articles/Motivation/motivation5.htm

Reference: www.freedomfly.net

By [Lili Mladenova](#), Graduate Student
Sports Psychology

October Member Spotlight - Bill Pelto

Bill is originally from Seattle but grew up in Juneau Alaska. He received his BA at Yale, his masters at San Francisco state and his PhD at University of Texas at Austin. Bill joined the Wellness Clinic in 2000.

What attracts you to the Clinic, and what's your favourite thing about the Clinic? *The Clinic is a good motivator to exercise regularly, great facility and for a very good price. The people are my favourite thing about the Clinic. The great trainers and nice people who work out*

there with you.

What motivates you? *Recreational sports like skiing and recently rock climbing*
How many days a week do you train?: *I aim for 6 times a week, 3x at the Wellness clinic, 2x at the rock wall in the fitness center, and 1x at home.*

What are your Short term goals? *To build strength and balance for rock climbing, be able to do a variety of different types of pull ups*



Bill Pelto Assoc Dean,
School of Music

Long term goals: *weight maintenance, longevity, balance and strength maintenance*

What's your favourite method of exercise? *Outside the clinic, rock climbing and skiing In the clinic, balancing on the bosu ball doing squats on it and standing on it, balance training in general.*

-Trainer [Chris White](#), Senior Clinical Exercise Science Major

Nutritional Counselor—Rachel Terwilliger, Graduate Student, Exercise Physiology

The Wellness Clinic is pleased to introduce our new student Nutrition Counselor, Rachel Terwilliger.

Rachel received her bachelor's degree in Nutrition from Syracuse University this past May. In addition to knowledge and skills learned in the course of getting her nutrition degree, much of Rachel's nutrition knowledge and skills have been derived from interning at various local establishments, such as Cortland County Meals on Wheels, Cortland County WIC, Northwoods Long-term Care facility

and Cayuga Medical Center. Rachel is now a graduate student here at IC pursuing a master's degree in Exercise and Sports Science with a concentration in Exercise Physiology.

We encourage you to take advantage of the nutrition services offered by the Wellness Clinic! Rachel will be in the Wellness Clinic Monday through Friday at the following times:

- Monday- 11:30am-1:00pm
- Tuesday- 4:30pm-6:00pm

- Wednesday- 11:30am-1:00pm
- Thursday- 4:30pm-6:00pm
- Friday- 7:00am-8:00am

You may schedule an appointment during that time, or just stop in. We do ask that you fill out a 3-day food log, found in our nutrition packet that you can get from your trainer. Filling out the food log will provide Rachel with a lot of valuable information necessary to help her with the consultation.

Contact Us:

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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 2006 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?

For more information on your trainer please visit our [website!](#)



Fall 2006 Wellness Clinic Trainers