

FITNESS NEWSLETTER

Mattioli Recreation Center

East Stroudsburg University

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“Champions aren’t made in gyms. Champions are made from something they have deep inside them— a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.”

- Muhammad Ali

Cold & Flu Season has arrived....

Here are some tips when deciding whether to hit the gym or stay in bed.

- DO exercise moderately if your cold symptoms are confined to your head. If you’re dealing with a runny nose or sore throat, moderate exercise is permissible. Intense exercise can be resumed a few days after symptoms subside (in cases of the common cold).
- DON’T “sweat out” your illness. This is a potentially dangerous myth, and there is no data to support that exercise during an illness helps cure it.
- DO stay in bed if your illness is “systemic” that is, spread beyond your head. Respiratory infections, fever, swollen glands and extreme aches and pains all indicate that you should rest up, not work out.
- DON’T jump back in too soon. If you’re recovering from a more serious bout of cold or flu, gradually ease back into exercise after at least two weeks of rest.

Reference:

C. Nieman. Clearing the Air on Exercise and the Common Cold. ACSM Media Room.

Healthy, easy, yummy recipes

NO BAKE ENERGY BITES

- 1 cup (dry) oatmeal
- 2/3 cup coconut flakes
- 1/2 peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 Tbsp. chia seeds
- 1 tsp. vanilla extract



Mix all ingredients together and pop mixture in the fridge for 10-20 minutes so that it will harden slightly. Once mixture slightly hardens, roll into small balls about 1 inch in size. Store in air tight container in fridge.

Feel free to customize the ingredients to whatever your taste buds prefer!

SIX-minute Ab Workout

30 seconds Crunches

30 seconds V ups

30 seconds side crunches (Right)

30 seconds Russian twist

30 seconds Side Crunches (Left)

30 seconds Reverse crunch

x2 TIME= 6:00 MINUTES

MEET JAYNA EVANS

The new Assistant Director of Fitness and Wellness.

Q: Where did you earn your degrees and in what concentrations?

A: Undergraduate: Music with a minor in French from Illinois State University (IL)

Masters: Sports Management from Sam Houston State University (TX)

Q: What is your favorite part of working in the field of campus recreation?

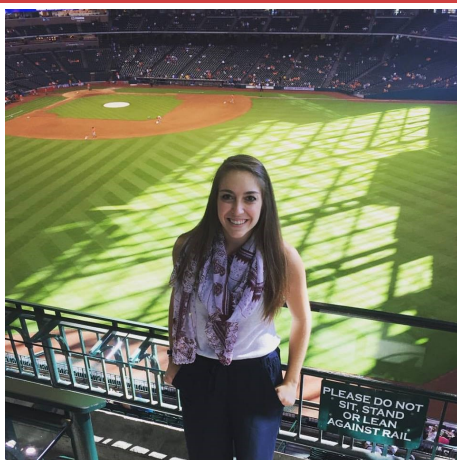
I love getting to aid the students in personal and professional ways. But my favorite is knowing that I am passing fitness information to the students and they are going to go out into the world and change someone's life for the better.

Q: What is your favorite quote?

A: "Have courage and be kind for where there is kindness there is goodness and where there is goodness there is magic." From the 2015 Cinderella movie.

Q: When you were little, what did you want to be when you "grew up?"

A: A pilot or a paleontologist. I have always loved the excitement and quickness of flying and I am quite obsessed with dinosaurs. I thought that digging up dinosaur bones as a living would be pretty darn awesome.



Q: Do you have any hidden talents?

A: I actually studied vocal performance in my undergraduate degree and had an emphasis on opera and Broadway performance. Comes in handy at karaoke.

Q: What are your hobbies?

A: I love baking, reading, running and watching sports (sorry, not sorry, I am a Chicago Bears, Chicago Cubs, Chicago Blackhawks, and Texas Rangers fan).

Q: If you had a warning label, what would yours say?

"But first, coffee."

Q: What are your favorite TV shows?

A: Easy. The Office, Criminal Minds, New Girl, and Say Yes to the Dress.

ESU Rec-Ex 5K RUN & MILE RUN WALK

Sunday, October 23, 2016

Location: East Stroudsburg University Eiler-Martin (Football) Stadium

Race Check-in & On-site registration: 7:30 AM @ Stadium

Race start: 8:00 AM

Prices

5K RUN

ESU student ID: \$20

Community member age 12 and older: \$25

Community member ages 10 to 12: FREE

1-Mile Fun Walk

ESU student with ID: \$10

Community Member: \$15

How to Register:

- 1) Visit www.esu.edu/reccenter to download an entry form.
- 2) Stop by the ESU Recreation Center

