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Human Performance Laboratory Center for Lifestyle Enhancement

Volume V, Number 1

December, 1985

Newsletter

I would like to bring you up to date on our work at the laboratory. Our goals remain the same, and we continue to do many of the things we've done for the past several years. However, we have grown and are getting better at serving you.

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Our foremost objective is to provide a mechanism for individuals within our community to examine their lifestyles and to identify factors that may be adversely affecting their well being. Once identified, it is our function to assist in finding solutions to these problems. While it is often very difficult to make even the smallest change in lifestyle, the benefits may be far greater than anticipated. Furthermore we don't need to give up being happy or satisfied. In fact, it has been our observation that most positive changes actually make us feel better about ourselves and enable us to enjoy our lives more completely.

As indicated, our services have been improving and expanding recently. For example, we have obtained the services of several physicians who make the treadmill test a safer and more diagnostic evaluation of your health and fitness. The addition of having registered dieticians available to consult with you on your dieting programs has been a very satisfying improvement. And one of the most pleasant occurrences is the continued availability of good graduate students that make our work so enjoyable. This year we have assembled the largest and most versatile group that we have ever had. They will be introduced to you later in this newsletter.

Finally, I would like to share with you the progress of our work in the community with business and industry. We have been making an effort to carry our programs to the work site in an attempt to make the work environment healthier. We call this endeavor the "TO YOUR HEALTH!" program, and Deb Krippner is serving as the coordinator. Further details of the program are presented in another section of this newsletter.

We hope that each of you is satisfied with your personal fitness and health programs. Remember that it is so easy to neglect ourselves and that it does take an amount of determination to be successful. If we can help in any way, please drop in and see us. Keep moving and have fun!!!

RECORD NUMBER OF GRADUATE STUDENTS ENROLLED

We are very proud of the graduate students enrolled at SCSU in our Exercise Physiology/Special Studies master's degree program. They will be involved with assisting Dr. Kelly in the fitness evaluations and consultations conducted at the lab. We want to introduce these students to you and hope you will visit the Lab to meet them this year.

Karen Askim is our nutrition expert. She is a registered dietician who graduated from North Dakota State University. Karen will be conducting all the nutrition consultations. Her plans for the future are to combine her background in nutrition with exercise physiology and to work in a corporate fitness setting.

Tim Aro is a 1985 graduate of the University of Minnesota-Duluth. There he earned a B.S. degree in biology. He plans to go on to earn a Ph.D. in exercise physiology/biomechanics with the intent of being involved in laboratory research. Some of Tim's interests include motocross racing, skiing and biking.

Mike Hein graduated in 1985 from St. Cloud State University with a B.S. in chemistry. Mike serves as a coach for the men's swim team at SCSU. Mike is also the proud father of a baby girl, Alissa Anne, who was born on October 5, 1985. His future plans are to continue his studies towards a Ph.D. in exercise physiology, and he would like to coach and teach at a major college or university.

Pete Seljevold graduated from Concordia College in 1984 with a B.A. degree in psychology and a double minor in business and physical education. Pete is teaching a weight lifting class at SCSU. He plans to continue working towards his Ph.D., planning to teach and coach at a university or working with corporate fitness. His interests include running, biking and waterskiing.

Craig Smith coordinates the lab testing for the Adult Fitness Program in the Human Performance Lab. Craig earned his B.A. degree in biology at Concordia College. He plans to combine corporate fitness/sports medicine in a corporate or hospital setting. Craig is an outdoor person from Montana. His interests include horseback riding, hunting, fishing, skiing, baseball, racquetball and basketball.

Jamie Vener graduated from the University of California-Davis with a B.S. degree in physiology with an emphasis in exercise physiology. She is also the assistant cross country and track coach for SCSU. Jamie's plans are to work with exercise testing and prescription or possibly applying for podiatry school in San Francisco. She also enjoys cross country skiing.

Tim Saulsbury is from Sioux City, Iowa and went to school at Beuna Vista College in Storm Lake, Iowa. He earned a B.S. degree in biology, graduating cum laude in the spring of 1985. Tim played football at Beuna Vista College for four years and is now a graduate assistant coach for SCSU managing the offensive line and tight end positions.

Karen Riedt graduated from Gustavus Adolphus College in St. Peter, Minnesota with a degree in physical education and health and a minor in psychology. Karen received an additional degree at Augsburg College studying corrective therapy. She is presently coordinating a cardiac rehabilitation program at the St. Cloud Veterans Administration Center and plans to remain in this career area.

Bernie Maus is from Beach, North Dakota. She studied at North Dakota State University. She received her degree in dietetics in 1982 and home economics education in 1983. Bernie is working as a clinical dietician at St. Cloud Hospital and nutritional instructor at the St. Cloud School of Nursing. Her goals for the future include combining her knowledge of nutrition and exercise physiology and to work in the field of preventive medicine/wellness. Some of Bernie's hobbies are photography, collecting antique dishes, walking, skiing, camping and running.

"TO YOUR HEALTH!"

One year ago a new program was introduced to the Central Minnesota business community to encourage the development of employee health promotion. Sponsored by the Center for Lifestyle Enhancement, "To YOUR HEALTH!" is a comprehensive program for employers and employees interested in enhancing their personal well-being. The three-part program includes:

- 1) A series of personal health assessments at the Human Performance Lab (stress test, body composition, lifestyle risk profile, nutrition evaluation, blood cholesterol, and pulmonary function).
- 2) A training seminar to interpret results of the assessments; hear qualified professionals speak on exercise, nutrition, stress management etc.; have "hands-on" opportunities to use the individual exercise prescription and eat healthfully with a nutritious dinner.
- 3) A follow-up to monitor progress and reinforce positive behavior change.

The first program, held last spring, earned many positive comments from participants. This fall 30 SCSU employees are completing the program. The next "TO YOUR HEALTH!" is planned for the upcoming winter and spring seasons.

In addition, the Center for Lifestyle Enhancement offers a wide array of services, such as on-site seminars, health assessments and consultation/training, designed to promote employee health and help lower corporate health care costs.

Any individual or company interested in learning more about the Center for Lifestyle Enhancement's "TO YOUR HEALTH!" program or other services should contact Debra Krippner, Coordinator at (612) 255-3105.

Suggestion: This Christmas give the gift of health to yourself or your employees. Enroll in "TO YOUR HEALTH!" and start off 1986 being the best you can be!



INDIVIDUALIZED NUTRITION COUNSELING RETURNS

We now have nutrition counseling available on Fridays here at the Human Performance Laboratory. Karen Askim, a registered dietician and graduate student, will conduct the consultations. A nutrition consultation with Karen can be arranged by setting up an appointment through the laboratory.

At the time of the consultation, a computer analysis will be made of your food intake for 24 hours. We will then discuss the results as to the adequacy or deficiency of the nutrient content of your diet for that day. Instruction in beginning a weight loss program, reducing daily cholesterol, saturated fat and/or sodium intake are all topics which will be attended to as necessary.

INTERESTED IN WEIGHT MANAGEMENT

A weight management support group is being organized for Adult Fitness and "TO YOUR HEALTH!" program members. Karen Askim, R.D., will lead a 30 minute session of group discussion and sharing of information about physical activity and nutrition for long-term weight management. A possible exercise session will conclude the evening. The first meeting will be on a Monday or Tuesday at 7:00 p.m. in early December. If interested, please call us at 255-3105 and leave your name and phone number. We will then contact you regarding the date of the first meeting.

EARLY MORNING EXERCISE IS BACK

Our early morning exercise group is off and running, walking, swimming or whatever aerobic activity you prefer. This is an invitation to begin your day on a positive note by joining us at 6:30 a.m. on Mondays, Wednesdays, and Fridays. We would like to begin with 10 minutes of group stretching and warm-up exercises. Following the warm-up each of us is free to participate in the aerobic activity of our choice. I am excited to be a part of this group and anxious to watch us grow in numbers and enthusiasm for our health. Please call the lab, 255-3105, and let myself or Barb know if you plan to join us. I look forward to meeting as many of you that accept the challenge of starting your car at 6:15 a.m.

Karen L. Askim

NOONTIME AEROBIC EXERCISE

Come in from the cold and join us for indoor exercise! Your Adult Fitness Program sponsors noontime aerobic exercise sessions Monday through Friday at Halenbeck Hall. our Monday, Wednesday, Friday sessions meet from noon to 1 p.m., and the Tuesday, Thursday sessions meet from noon to 12:45 p.m. These exercise sessions consist of aerobic routines to music followed by strengthening exercises. Our Tuesday, Thursday sessions are intended for those who want a less intense workout. Staff from Karen Stangohr's Northern Gymnastics Academy leads these sessions.

The winter quarter sessions are just beginning, but you may join at any time. You are also welcome to observe or participate during one class period to find out if this is the exercise program for you. As Adult Fitness Program members, the fee for the three day session is \$25, and the two day session is \$15. For further information or to register, please call Barb at 255-3105 between 8:30 a.m. and noon. We hope to see many of you using Halenbeck Hall as your exercise facility this winter!!!!

Cathy/By Cathy Guisewite



GROUP HEALTH SUPPORTS HEALTH PROMOTION

Central Minnesota Group Health Plan members who participate in the Adult Fitness or "TO YOUR HEALTH!" programs are now eligible to receive a \$15 reimbursement. Stating that "both programs fit well with our emphasis on preventive health care and healthy living", CMGHP will directly reimburse their members who complete the Adult Fitness initial visit or retest and/or the "TO YOUR HEALTH!" program. Contact Deb or Barb at the Lab for reimbursement forms.

HEALTH UPDATE

EATING FISH IS A HEALTHY BET

An increasing number of medical studies show that we should eat fish regularly. According to a recent article in Tufts University, Diet & Nutrition Letter, researchers have found that those who consume fish lower the risk of dying from heart disease. You are probably now wondering what kind of fish you should add to your diet. The suggestion is that we eat a variety of both oily and lean fish, such as cod, flounder, haddock and shellfish, several times a week. The study warns us that taking fish oil supplements is risky and should not be attempted until more definitive research is conducted. If you would like further information concerning this study, contact us at the lab and we will be happy to share the complete article with you. This is just one more way for us to minimize the risk of heart disease while we continue to cut back on total fat intake, quit smoking, control high blood pressure and exercise regularly.

EXERCISE...TOO LITTLE OR TOO MUCH??????

You're not exercising enough if:

- *You buy a new pair of tennis shoes every two years because the old ones are dirty, but not worn out.
- *You have so much power equipment that you don't work up even a mild sweat when doing yard work.
- *You always look for an elevator or escalator at the department store.
- *You drive around the parking lot for 15 minutes looking for a space close to the store entrance.

You're getting too much exercise if:

- *You feel you could use a nap after working out.
- *You feel tired the rest of the day after your workout.
- *Your muscles ache most of the time.
- *You need orthopedic devices, ice bags and massage to keep up your exercise routine.
- *You pump iron, pound the pavement, and go for the muscle burn during each day's workout.

YOU'RE PROBABLY GETTING ENOUGH EXERCISE IF:

- *You can climb to the third floor without stopping to catch your breath.
- *Your most heavily used shoes have neither wing tips nor high heels.
- *Your muscles aren't sore the day after washing both cars.
- *Bowling or playing golf once a week isn't your sole means of exercise.