

Department of Kinesiology

# Morrison Bruce Center

*Dedicated to Enhancing the Lives of Girls and Women*



Fall 2016 NEWSLETTER

## IN THIS ISSUE

By the Numbers.....	p. 1
Becoming More Fit Minded.....	p. 1-2
Simple and Healthy Weeknight Dinner.....	p. 2
Carbohydrates: Eat Well, Live Well.....	p. 3
Fitness in the Workplace.....	p. 3
Exercise for Health, Not Weight .....	p. 3
Alumni Highlight.....	p. 4

## NEW YEARS RESOLUTIONS BY THE NUMBERS

Are you one of the millions of Americans who will be ringing in 2017 with a New Year's resolution? With weight loss and increasing fitness at the top of the "most common resolutions" list, here are some facts about resolutions that you may want to consider:

New Year's resolutions of increasing physical fitness and losing weight rank among the top **10** resolutions.<sup>1</sup>

Approximately, **2 in 3** people will not continue working towards their resolution goal past 31 days.<sup>1</sup>



It takes an average of **66** days to learn a new habit.<sup>2</sup>

People who explicitly make resolutions are **10** times more likely to attain their goals than people who don't.<sup>1</sup>

Be persistent with your resolution; it takes about **4 to 8** weeks to see health and fitness results.<sup>3</sup>

Getting at least **8** hours of sleep each night increases your chances of achieving your New Year's resolution.<sup>4</sup>

## BECOMING MORE FIT MINDED



At the Morrison Bruce Center, we are always looking for new ways to increase our impact in the community. This semester, we introduced our newest initiative: Fit Minded. The MBC has teamed up with Arizona State University and researcher, Dr. Jennifer Huberty, to bring this program to JMU.

### What is it?

Fit Minded is an all-women "book club" that meets to discuss books with a focus on health and self-esteem. After several years of research regarding women and physical activity adherence, Dr. Huberty realized that confidence played a large role in one's ability to start and maintain physical activity. To put what she learned into practice, she started working with women to increase feelings of self-esteem in order to improve their fitness habits. Additionally, she knew that social support would be key, leading to her creation of a book club.



(...continued on page 2)

## SIMPLE AND HEALTHY WEEKNIGHT DINNER:



### PESTO ZUCCHINI NOODLES

PREP TIME: 15 MIN  
SERVES: 4

#### INGREDIENTS:

- 4 small zucchini, ends trimmed
- 2 cups packed fresh basil leaves
- 2 cloves garlic
- 1/3 cup extra-virgin olive oil
- 2 teaspoons lemon juice
- 1/4 cup freshly grated parmesan cheese
- Kosher salt and black pepper
- Cherry or grape tomatoes (optional)

#### DIRECTIONS:

1. You can use a julienne peeler, or a knife to slice the zucchini into noodles.
2. Combine the basil and garlic in a food processor and pulse until coarsely chopped.
3. Slowly add the olive oil while the food processor is on
4. Stop the machine and scrape down the sides of the food processor with a rubber spatula
5. Add the lemon juice and Parmesan cheese, pulse until blended. Season with salt and pepper.
6. Combine the zucchini noodles and pesto. Toss until zucchini noodles are well coated.
7. Top with tomatoes, if using.

**Note:** If you want to cook the zucchini noodles, you can. Just add the zucchini pesto noodles to a skillet and sauté them over a medium heat until warm.<sup>6</sup>

#### (Fit Minded...continued)

Since its launch, the Fit Minded program has seen much success.<sup>5</sup> Research shows that women who complete the program have decreases in BMI, higher motivation, more perceived benefits of physical activity, increased self-worth, and more consistent levels of physical activity.



#### What Has Our Team Been Doing?

Prior to the first meeting, clinical data was collected for each of the participants to get a better understanding of their current health statuses. Questionnaires were also administered to each of the women to evaluate their feelings about physical activity and how it impacts their lives. The participants then received Fitbits that they wore for the remainder of the program to track changes in their daily physical activity.



For 12 weeks, book club members met with an MBC staff member to discuss a series of books and handouts. The meetings consisted of discussions about the thoughts and feelings that occurred in response to the reading. While the bulk of the conversation related to the books, there were other topics addressed, such as:

- Relevant health topics related to the readings
- Benefits and barriers to exercise
- Strategies to increase physical activity
- Subsequent outcomes to increased physical activity

Our meetings are designed to be supportive and open so that everyone gets the opportunity to speak as well as listen to others' insights.

During each meeting, our Fit Minded team also collected data from each of the women's Fitbits to track their weekly activity patterns. At the conclusion of the program, the book club members once again underwent the clinical testing and completed the questionnaires to see how this program impacted them both physically and psychologically.

We are looking forward to continuing this program in the semesters to come. The MBC has many endeavors focused on promoting the physical activity of girls in the community; however, limited programs exist for middle-aged women. Fit Minded allows us to expand our reach by making active lifestyles attainable for more populations!

## CARBOHYDRATES: EAT WELL, LIVE WELL

Carbohydrates often have a negative connotation. However, they are a vital part of our diet, providing energy to support bodily functions and physical activity. Improved digestion, metabolism, energy, and sleep are just a few of the benefits of consuming carbohydrates, not to mention the optimal nutrition and sense of fullness they provide through their high-fiber content. Overall, eating carbohydrates is about quality rather than the amount consumed.<sup>7</sup>

Carbohydrates provide different nutritional value depending on if and how they have been processed. The healthiest types of carbs come from unprocessed whole grains, vegetables, fruits, and beans.<sup>7</sup> These options contain plenty of vitamins, minerals, and fiber. The take home point is that simple starches, such as white bread and sweets, should be consumed in moderation, while the majority of our carbohydrates should come from fruits and vegetables.

## FITNESS IN THE WORKPLACE

For most Americans, work is a sedentary place. Current physical activity guidelines suggest 150 minutes per week of moderate-intensity exercise, such as walking, or 75 minutes per week of vigorous activity, such as jogging, and at least two days per week of muscle strengthening activities.<sup>8</sup> Meeting these guidelines decreases the risk of chronic diseases, such as hypertension and Type 2 Diabetes among others.<sup>9</sup> Along with disease prevention, exercise boosts work productivity by increasing alertness and energy, improving mental health, and preventing illness. If you have a desk job, it can feel impossible to fit exercise into your day, but with a few changes to a schedule, workers can achieve 30 minutes of planned exercise with relative ease. The results can be great for individuals and their workplaces. Fit employees have more self-confidence, will take on leadership roles, will set and achieve goals, and are less stressed.<sup>9</sup> All in all, the fitter the employee is, the better they are for the company.

Time	Activity	Minutes Exercising
8:00 AM	Choose a distant parking spot—further to walk	5 minutes
10:00 AM	Practice some pushups and curl ups at your desk	5 minutes
12:00 PM	Do a lap around the office during your lunch break	10 minutes
2:00 PM	Try out some speedy toe taps and calf raises	5 minutes
5:00 PM	Walk back to your car	5 minutes

**Total exercise time = 30 minutes!**

## EXERCISING FOR HEALTH, NOT WEIGHT

2016 has been a body-positive year with magazines such as *Women's Running* featuring plus-size models, showing that all bodies can be physically active. But these changes have had many people wondering, "can I see the benefits of exercise without losing weight?" Research says, "YES"!

In a study involving over 20,000 participants, endurance exercise provided protective benefits to the brain despite body fat percentage.<sup>10</sup> In another review, researchers concluded that fit individuals, regardless of BMI, had half the risk of mortality.<sup>11</sup>

Regular physical activity has also been shown to:

- **Slow the effects of aging** by improving memory and increasing mental alertness.
- **Decrease depression and anxiety** symptoms. People who exercise report feeling happier and have more enthusiasm for life
- **Manage chronic pain** by keeping your joints moving well and your muscles strong.
- **Foster self-respect** by increasing feelings of competency and autonomy.<sup>12</sup>

While we regularly regard exercise as something done in penance for eating, it has many benefits outside of body modification. There is nothing wrong with wanting to feel more confident in your body, but there are many benefits to exercise that are less often considered when starting on a fitness journey. Try exercising for your overall wellbeing!

# ALUMNI HIGHLIGHT

## JOANNA MATALIANO



The Morrison Bruce Center is proud of our alumni and all of their accomplishments. For over 11 years, the MBC has been working with phenomenal students who have gone on to do great things after graduation. Joanna Mataliano is an example of these talented individuals.

Joanna graduated from JMU in the Spring of 2015 with a degree in Kinesiology. She began working with the MBC in the fall of her senior year. During her time with the Center, Joanna led the Girls Golf program, was a committee member on Marketing and Development, and was a contributor to the successes of the Alumnae Health and Fitness and 10 Year Anniversary programs. Joanna reflected on her favorite memory of the MBC, the Alumni Health and Fitness Program, saying that it really opened her eyes to the field of personal training.

After graduation, Joanna began working as an Exercise Specialist for Optum, a health company that receives contracts to manage corporate fitness facilities. Currently, she works in Richmond, Virginia at Capital One's fitness center. Joanna trains up to ten associates daily and gives

educational presentations on topics such as health, fitness, and wellness. Joanna reports her favorite part of the job as being able to help many people and witnessing how her knowledge can make an impact on the lives of others. Each day represents a different experience, and she feels that she is learning new things alongside her clients. In addition to her career, Joanna has a passion for running; she intends to use that passion to be a strong role model for her clients. One of her most prized running accomplishments includes her completion of a 50K trail race!

Reflecting back on her time at JMU, Joanna attributes some of her confidence in her career to her MBC experience; it exposed her to a variety of opportunities and programs in just one semester's time. Joanna explained that her work on the different committees "made me a stronger leader, but also a stronger teammate," both of which are important skills in any field. Joanna developed other skills during this time because she was constantly pushed her out of her comfort zone; unfamiliar topics and new experiences motivated Joanna to increase her knowledge in order to create quality programs. The Morrison Bruce Center wishes Joanna and all of our alumni the best in their future aspirations!

### MBC Fall 2016 STAFF

Chelsea Fonseca  
Krystyna Gill  
Molly Polizotto  
Amanda Taggart  
Kristen Webb

#### NEWSLETTER STAFF

Chelsea Fonseca      Amanda Taggart  
Molly Polizotto

#### GRADUATE ASSISTANTS

Brenna Cosgrove      Kaci Hardsock

#### Executive Staff

Elizabeth Edwards      Sarah Carson Sackett

### SOURCES

1. <http://www.statisticbrain.com/new-years-resolution-statistics/>
2. [http://www.huffingtonpost.com/james-clear/forming-new-habits\\_b\\_5104807.html](http://www.huffingtonpost.com/james-clear/forming-new-habits_b_5104807.html)
3. <http://www.womenshealthmag.com/fitness/muscle-definition>
4. <http://nymag.com/scienceofus/2016/01/new-years-resolution-you-should-have-picked.html>
5. [http://scholarworks.boisestate.edu/cgi/viewcontent.cgi?article=1110&context=kinesiology\\_facpubs](http://scholarworks.boisestate.edu/cgi/viewcontent.cgi?article=1110&context=kinesiology_facpubs)
6. [http://www.twopeasandtheirpod.com/zucchini-noodles-with-pesto/#\\_a5y\\_p=1257736](http://www.twopeasandtheirpod.com/zucchini-noodles-with-pesto/#_a5y_p=1257736)
7. <http://www.hsph.harvard.edu/nutritionsource/carbohydrates/>
8. <http://home.redbrickhealth.com/lets-get-physical-how-workplace-fitness-can-help-u-s-adults-meet-physical-activity-requirements/>
9. [www.selfgrowth.com/articles/Doyle4.html](http://www.selfgrowth.com/articles/Doyle4.html)
10. <https://www.ncbi.nlm.nih.gov/pubmed/10075319>.
11. <https://www.ncbi.nlm.nih.gov/pubmed/26166058>
12. <https://www.cdc.gov/physicalactivity/basics/pa-health/>

### The Morrison Bruce Center

Department of Kinesiology - MSC 2302  
261 Bluestone Drive  
James Madison University  
Harrisonburg, Virginia 22807

540-568-4348

[morrisonbrucecenter@jmu.edu](mailto:morrisonbrucecenter@jmu.edu)

<http://www.jmu.edu/mbc>

<https://www.facebook.com/MorrisonBruceCenter/>