

The Morrison-Bruce Center for

The Promotion of

Physical Activity for Girls & Women

JAMES MADISON UNIVERSITY



2015 Spring Newsletter



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Time Crunch Workout

If time is a barrier to exercise, consider a quick 20 minute workout that can be done anywhere! Exercise can be broken into smaller intervals when you're busy, and adding even one or two exercises into your work breaks can add meaningful minutes to your daily physical activity time.

Sample "Time Crunch" Workout

- 45 jumping jacks
- 15 squats
- 5 jump squats
- 50 russian twists
- 30 second plank
- 10 standing calf raises
- 5 kneeling push ups
- 30 second superman
- 10 lunges (each leg)
- 40 crunches

Movin' & Groovin' 2015

This year's Movin' & Groovin' event was a huge success! This cost-free event was attended by almost 100 girls ages 7-17 on March 28th. This year, our program had an Olympic theme. Girls were put into groups, each with their own country, flag, and cheer. They rotated through different stations where they were taught skills in golf, dance, flexibility, cardiovascular health, muscular fitness, nutrition, and team building. Each station's goal was to educate about physical activity and to help establish good habits from a young age. The girls learned a dance created by JMU's dance team that they performed at the end of the day for their family and friends. And an awards ceremony was held during which each team was made a winner. We even had a special appearance from the Duke Dog! We look forward to Movin' and Groovin' 2016 and hope you can join us!



Upcoming Events

- Girls Golf – May 2nd & 23rd, June 13th, & 27th, July 11th, & August 1st
- Girls Have H.E.A.R.T – Thursdays through April 30th from 3:30-5:15pm
- Healthy Kids – Mondays through April 27th from 6:15-7:30pm
- Overcoming Barriers/MBC Summer Camp - June 29th - July 2nd



Did you know that you're supposed to drink 64oz of water per day? Here are some easy ways to increase your daily water intake!

- Add fruit to your water for a fun flavor infusion.
- Try adding herbs such as ginger and mint for a more subtle flavor.
- Lavender and rose hips in your water can add an extra boost of vitamin C.
- Hot herbal tea counts too! Drink a cup nightly to add to your water intake.

What else is going on at the MBC?

GIRLS GOLF

We've had so much fun at our Girls Golf program this semester! The girls have learned how to keep their heart healthy, how to stay healthy during the cold/flu season, and even tips about why teamwork is good and how to work as a team. They've also greatly enhanced their golf skills due to help from LPGA pro Wendy Kern, and love playing fun putting and chipping games. We have more fun planned for the final programs of the semester, including lessons on staying safe in the sun and mental health and fitness. This has been a great group of girls to work with, and we love watching them grow as healthy and active golfers!

Girls Have H.E.A.R.T.

Our Girls have H.E.A.R.T. runners have shown tremendous progress over the semester by increasing their endurance and demonstrating positive character. The girls have learned about goal setting, pacing, self-talk, nutrition and hydration, body image, teamwork, flexibility, and more! They've also talked about how these skills can help beyond the running program in school and everyday life. They love playing games that incorporate each week's lesson, and are doing so well with their mini weekend workout sessions. They're almost ready to run a 2 mile race the end of April, and we can't wait to see how well they do!

HEALTHY KIDS

Our Monday nights at the Morrison Bruce Center are spent with our littlest participants, our Healthy Kids! This semester, we've learned about fruits, vegetables, dairy, protein, and carbs. We've had a great time playing different games related to our lessons, and have been working hard on learning new motor skills, such as hopping and throwing. We've also been on a few bear hunts, where the children get to learn directional skills. Crafts are pretty popular with this group, and we've had fun making hats, masks, and pictures related to our nutrition lessons.

Get Fit with Applications for your Phone!

At the Morrison Bruce Center, we love to find ways to help promote physical activity and healthy lifestyles! There are many apps that we have found this past year to help you achieve your physical activity goals as well as track your nutrition and diet behaviors.

Daily Workouts FREE- Personal Trainer

This workout app allows you to access a custom workout from the comfort of your own home! The app allows you to choose the duration of your workout as well as which part of your body you want to target. Each workout comes with detailed videos of how to perform each exercise, and it has a timer already set for you! This app could be convenient to use when traveling away from a gym or is easy enough to use while watching television!

MyFitnessPal

This easy to use nutrition and physical activity tracker is an excellent way to keep you moving toward your physical activity and weight loss goals. You can also analyze your nutrient intake to make sure you're getting the right amount of different vitamins and minerals!

