

Department of Kinesiology

# Morrison Bruce Center

*Dedicated to Enhancing the Lives of Girls and Women*



## SPRING 2016 NEWSLETTER

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## BREAST CANCER & PHYSICAL ACTIVITY BY THE NUMBERS

Breast cancer is the **most commonly diagnosed** cancer in the world.

There are about **250,000** new cases of breast cancer each year in American women alone.

Approximately **1 in 8** women will develop breast cancer in her lifetime.<sup>2</sup>



About **66%** of all breast cancer diagnoses are in women aged 55 and older.<sup>1</sup>

Regular physical activity can lower the risk of developing breast cancer by **80%**.<sup>3</sup>

Studies suggest that **30-60** minutes per day of moderate to vigorous physical activity is associated with a reduction in breast cancer risk.<sup>4</sup>

## EXERCISE IS MEDICINE



This semester marked the first semester of the Exercise is Medicine (EIM) program within the Morrison Bruce Center. EIM is a partnership between the American College of

Sports Medicine and the American Medical Association. It is a global health initiative with the ultimate goal of implementing interventions to slow, stop, or reverse the progression of chronic diseases. These interventions include improving health by increasing physical activity participation, as well as encouraging physicians to address physical activity levels at every clinic visit and write exercise prescriptions for their patients.

The Morrison Bruce Center is partnering with University Recreation and the University Health Center to bring Exercise is Medicine—On Campus (EIM-OC) to JMU. EIM-OC is a branch of the Exercise is Medicine movement and aims to achieve their goals by sparking change  
**(...continued on page 2)**



## SIMPLE & HEALTHY WEEKNIGHT DINNER:



### ONE PAN BALSAMIC CHICKEN & VEGGIES

#### INGREDIENTS:

- ¼ c. + 2 T Italian salad dressing
- 3 T balsamic vinegar
- 1 ½ T honey
- 1/8 t crushed red pepper flakes
- 1 ¼ lbs chicken breast tenderloins
- 2 T olive oil
- Salt and black pepper
- 1 lb fresh asparagus, trimmed of tough ends, chopped into 2-in pieces
- 1 ½ c. matchstick carrots
- 1 c. grape tomatoes, halved

#### DIRECTIONS:

1. Whisk together salad dressing, vinegar, honey and red pepper flakes. Set aside.
2. Heat olive oil in a 12-inch skillet over medium-high heat.
3. Season chicken with salt and pepper, then place chicken in skillet. Cook about 6-7 min, flipping once halfway through cooking.
4. Add half the dressing mixture to skillet and rotate chicken to evenly coat.
5. Remove chicken and leave sauce in skillet.
6. Add asparagus and carrots to skillet, season with salt and pepper. Stir frequently, until crisp tender, about 4 min.
7. Transfer veggies to platter with chicken. Add remaining dressing mixture to skillet and cook, stirring constantly, until thickened, about 1 min.
8. Add tomatoes to chicken and veggies and return everything to the pan and toss to coat. Enjoy! <sup>5</sup>

#### (Exercise is Medicine...continued)

on a smaller scale in communities, such as ours. It focuses specifically on encouraging college students, staff, and faculty to engage in regular physical activity. The goal of EIM-OC is to provide the proper tools and knowledge to help campus communities learn healthy physical activity habits, as well as create a university health network with university health and fitness specialists providing a system of referrals for exercise prescription.

The Morrison Bruce Center's EIM committee worked hard this semester to plan two events. First, the MBC joined JMU Athletics in putting on the National Girls and Women in Sports Day. MBC students designed and implemented a station that focuses on how girls could be active outside of sport to improve their health and their sport performance. In addition to informative handouts, the girls participated in a fun obstacle course that included bodyweight exercises.

Finally, the MBC also partnered with the Institute for Innovation in Health and Human Services to participate in the Teen Health Fair. Our student staff created an engaging and interactive station where high school students could come learn about what body weight exercises they can do at home, while learning about proper form.

This was an active semester for our brand new initiative. The MBC is excited to deepen the partnerships across campus and continue to grow the Exercise is Medicine movement at JMU!

**For more info about EIM-OC and our EIM initiative, check out these links!**

[http://www.exerciseismedicine.org/support\\_page.php?p=17](http://www.exerciseismedicine.org/support_page.php?p=17)

[http://www.jmu.edu/mbc/exercise\\_medicine.html](http://www.jmu.edu/mbc/exercise_medicine.html)



## PHYSICAL ACTIVITY & **STRESS RELIEF**

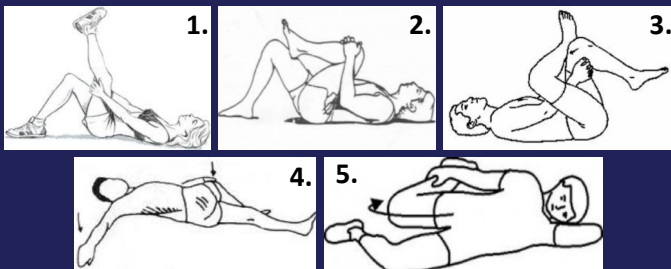
Did you know that seven out of ten adults say that they feel stress or anxiety daily? A great way to combat this stress and anxiety is with exercise. While it may feel like exercise is one more stressor to fit into the day, exercise actually reduces fatigue, improves alertness and concentration, and enhances overall cognitive function. Your brain connects to your body through nerves, so when stress affects your brain, it also affects your body. The opposite is also true, though, when you exercise your body your

brain feels it! Exercise, meditation, acupuncture, and even breathing deeply produce endorphins, which make you feel happy and combat stress. Though there are various exercises out there, a few great choices to reduce stress are nature walks, tai chi, and yoga. So get moving and get rid of that stress! <sup>6</sup>

**For more information, check out:**

<http://www.health.harvard.edu/staying-healthy/exercising-to-relax>

## **STRETCHES** FOR LOWER BACK PAIN



1. **Hamstring Stretch.** Lie on the ground and grab one thigh. With your leg straight, pull your thigh towards your stomach and hold for 30 seconds. Stretch each hamstring twice.
2. **Glute Knee-To-Chest.** While lying on your back, pull one bent knee towards your chest and hold for 20 seconds. You should feel this in your gluteal muscles. Stretch each glute twice.
3. **Piriformis Stretch.** Lie on your back and cross one leg over the other. Using both hands, grab the leg that is uncrossed at the hamstring and pull towards your stomach. Hold for 30 seconds, and then switch legs.
4. **Spinal Stretch.** Cross one leg over and try to push the knee of the same leg to the ground, holding for 20 seconds. You should feel tension in your spine and lower back
5. **Quadriceps Stretch.** This stretch can be done from either a standing or lying down position. Grab the top of one foot and pull it towards your glutes. You should feel tension in your hips, lower back, and quadriceps. Hold for 30 seconds, and then switch legs. <sup>7</sup>

**For more examples, check out these links!**

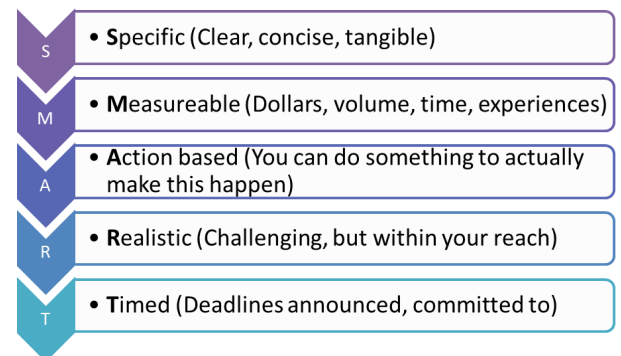
<https://www.youtube.com/watch?v=sqTTP1Frkvl>

<https://www.youtube.com/watch?v=9f1Y4OV3QIA>

[v=9f1Y4OV3QIA](https://www.youtube.com/watch?v=9f1Y4OV3QIA)

## ARE YOUR GOALS **S.M.A.R.T?**

Goal setting is a very important step for success in many aspects of a person's life; professional and fitness aspects are examples, but goal setting can be used for anything. An effective method for goal setting is using the S.M.A.R.T. goal framework. The S.M.A.R.T. acronym stands for making goals specific, measurable, action-based, realistic, and timely.



Researchers Koestner, Lokes, Powers & Chicoine found that goal setting has a direct positive relationship on an individual's performance. They also found that it affects a person's subjective well-being because setting goals is associated with increases in positive affect and decreases in negative affect. This means that individuals experience more positive moods, such as joy and interest, and they experience less negative mood states, including anger and stress. Next time you are feeling overwhelmed or stressed, consider setting a S.M.A.R.T. goal to help you accomplish tasks and improve overall well-being. <sup>8</sup>



# ALUMNI

## HIGHLIGHT: ERIN ALBERT

The Morrison Bruce Center has had the privilege of working with and helping to develop numerous incredible students—many of whom have gone on to do great things after

graduating. Erin Albert is no exception. She began working with the MBC by volunteering for Girls Golf, and after developing a relationship with Dr. Flohr, she grew interested in becoming more involved. While completing her internship with us during the fall semester of her senior year, she was involved with a number of our programs including launching our first annual Color Run 5K and starting up our Healthy Kids program. Erin expressed her gratitude in regard to her time at the Center, “I loved every minute of it, and I can genuinely say that of all the experiences I had while at JMU, being involved with the MBC is the experience I will miss the most.”

Erin graduated from JMU in the spring of 2012 and immediately went on to Temple University where she studied physical therapy. She graduated and passed her licensure/PT boards in the summer of

2015. Post-grad, she works as a physical therapist at Pivot Physical Therapy, an orthopedic outpatient clinic in Wilmington, DE. She primarily works with vestibular/balance patients through general conditioning programs and balance training.

In terms of her time with the MBC, Erin believes her experiences gave her the confidence to work with a variety of different people, ages, and personalities along with helping to fine tune her interpersonal skills and professionalism. She said it best, “Like most people, my confidence, leadership skills and overall professionalism continuously grew and improved throughout the college years, but it was really with the MBC where I feel like I blossomed.” Erin states that the MBC’s help of sharpening these skills has helped her in her career as a physical therapist.

The Morrison Bruce Center would like to congratulate and wish the best of luck to Erin and all of our alumni in all of their future endeavors. We know that you have big things ahead of you, and we are proud to have played a role in your college experience!

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### SOURCES

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3. <http://www.cancer.gov/about-cancer/causes-prevention/risk/obesity/physical-activity-fact-sheet>
4. [http://www.who.int/dietphysicalactivity/factsheet\\_women/en/](http://www.who.int/dietphysicalactivity/factsheet_women/en/)
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