

HES NEWSLETTER

Spring 2017

Take a Hike

Spring is approaching, which means it's the perfect time to refresh your body and mind by hiking. Not only will you get a good workout, but you will also get some fresh air and relieve stress as you discover nature.

Hiking improves blood pressure and heart health, controls weight, increases bone density, works out your legs and core, and improves balance and muscle tone. Adding weight into your backpack will add extra resistance. Mentally, hiking enhances sleep quality and, reduces symptoms of depression and anxiety, while increasing focus.

The outdoors challenges your mind as you become more aware of your surroundings and senses. Navigating a new environment will help you learn something new, both about yourself and the world we inhabit. We humans tend to forget our roots and our inherent connection with nature, which can be detrimental to our well-being. There is evidence that Hiking improves our ability to deal with stress and anxiety as well as our overall health. So bring your friends, prepare accordingly, and see what exploring nature can do for you.

- **Kotryna Matulyte**



The College of New Jersey™

WHAT'S GOING ON IN THE LAB?

This semester, there are 3 studies being performed in the Human Performance Lab. Dr. Jie Kang is conducting a study on the effects of exercise with and without energy replacement on energy expenditure. The study has three different protocols for each subject to perform, which overall will determine the metabolic effects of foods used as energy replacement on the body post-exercise. Dr. Jill Bush-Wallace and Dr. Nicholas Ratamess are currently conducting a study on the comparison of bitter orange extract (p-synephrine) and caffeine. It is being funded by an outside company as a safety study, assessing factors like heart rate, blood pressure, psychological factors and blood content. The last study is being run by Dr. Avery Faigenbaum, surrounding a pediatric exercise regimen with medicine balls meant for girls age 8-12. It is meant to create a similar pattern to a previous Faigenbaum study dealing with battling ropes for young boys. Overall these studies are analyzing information very significant to the Health and Exercise Science community, and we look forward to seeing the outcomes!

-**Jamie Loughlin**

“Where Fitness Lives”

EIM ON CAMPUS, WHERE TO GET FIT ON CAMPUS

The *Exercise is Medicine on Campus* program calls for colleges and universities to become involved in physical activity. This program creates opportunities for college students to engage in 150 minutes of exercise a week so students may reap the many benefits of exercise.

There are multiple types of exercise-oriented classes on campus that are available for student use. The Department of Recreation and Wellness offers a variety of fitness classes run by the TCNJ Group Fitness program. These classes are taught by instructors who are all certified in their respective specialties. Membership is only \$25 and gives students access to all classes and equipment. This program offers spin classes, yoga, cardio, to name a few, and it is a great environment in which to exercise and improve your confidence. Another way to engage in exercise on campus is the intramural leagues. The intramural leagues are a great opportunity for students to participate in a recreational sport. They are perfect for students of all skills levels, and tournaments or leagues are offered for most activities, so there is something for everybody. By using the resources available we can strive to improve students' health and increase physical activity.

-**Alec Cruz**



MEET YOUR NEW EXECUTIVE BOARD!

President – Evan Berti

- Year: junior
- Career interest(s): law school or teaching
- Fun facts: lifeguard at Jenkinson's in Point Pleasant Beach, runs ultra-marathons (50 and 100 mile races), active member of Public Health Communications Club (PHCC).

Vice President - Emily Hopkins

- Year: sophomore
- Career interest(s): physical education teacher (elementary)
- Fun facts: plays club lacrosse, works for recreation department with Club Sports, is involved in alternative break club, from Pennsylvania, has a dog named Cody (give him a follow-on Instagram, @codythedoghopkins).

Co- Treasurer - Dylan McMurrer

- Year: junior
- Career interest(s): physical therapist
- Fun facts: plays club ice hockey, is a student athletic trainer.

The American College of Sports Medicine™

Current Board

JD Kuper - President

Nicole Ellis – Co-Vice President

Stephen Weir – Co-Vice President

Christina Flores - Treasurer

Lauren Schmidt – Co-Secretaries

Saif Hasan – Co-Secretaries

Dr. Jill Bush-Wallace - Adviser

Co- Treasurer - Allizey Shields

- Year: sophomore
- Career interest(s): occupational therapist
- Fun facts: is a sister of Delta Zeta, involved in pride mentoring program.

Secretary - Devyn Montemarano

- Year: sophomore
- Career interest(s): orthopedic surgeon
- Fun facts: plays club soccer, is a student athletic trainer, enjoys cooking.

Student Director of EIM - Jenna Loeser

- Year: sophomore
- Career interest(s): physician assistant
- Fun facts: is a student athletic trainer, involved in Pre-PA club, looking to minor in public health.

Congratulations to the new members of the Health and Exercise Science Club E-Board!

-Devyn Monemarano