



**THANKS** to ALL of you who have supported this program of health and fitness. We **ARE** going to have a program during winter quarter 2010 because many of you have **VOLUNTEERED** to participate **AND** you have given us many **TERRIFIC** ideas to help improve what and how we are offering training and classes.

The students involved in **OtterFit** as your trainers and class leaders appreciated getting your feedback from the recent mid-program evaluations. You will have another chance to give us your opinions and ideas at the end of the quarter when we ask you to participate in a final evaluation of **OtterFit**. Know also that you will be asked to participate in a fitness assessment either during the 10<sup>th</sup> week or finals week. Your trainer will schedule with you and lead you through this assessment (minus the resting metabolic rate test unless requested).

**October is National Breast Cancer Awareness Month.** Breast cancer often affects many people, from the people who have breast cancer, to the family and friends taking care of the one with breast cancer.

There are some factors that cannot be changed in trying to prevent breast cancer. Breast cancer typically occurs in older women, usually after the age of 40 years. Certain types of breast cancers have a genetic component - that is, they run in families.

But there are some factors that you can control! The research evidence clearly demonstrates that a normal weight, a diet low in fat and limited alcohol consumption can all help. Consistent exercise and an active lifestyle help women reach and maintain a normal weight. In addition to working with your personal trainer, try to squeeze more activity into your day, such as taking the stairs or parking in that furthest parking space. A diet that is considered low in fat usually has less than 35 grams of fat, so start reading those food labels. A diet that is high in fiber (at least 20-25 grams a day) will help a person feel fuller and satisfied longer. Although the preliminary evidence demonstrates a small link between alcohol and breast cancer, we do not yet know how significant the link is. Recommendations include less than one glass of alcohol a day.

Most importantly, breast cancer is most easily treated if detected early! Check your breasts monthly, and don't forget to schedule your annual mammogram if you're over the age of 40 years. Good health is up to you! - Marjorie Vogt, Nursing Department



## Highlights:

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**Thanks to All!**

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**National Breast Cancer Awareness Month**

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**Too Much Sitting is Hazardous to Your Health**

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**Jenna Madama, OtterFit Intern**

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Please send comments/suggestions to:

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## Too Much Sitting Is Hazardous to YOUR Health!

You might have “noticed” that we are encouraging you through your twice weekly training sessions and assigned “homework” to be active on most days of the week in some formal exercise program.

In a recent article from *IDEA Fitness Journal*, it was reported that this physical activity (30 minutes of moderate-intensity exercise per day, most days of the week) might not be enough to cancel out the deleterious effects of too much SITTING! In a 12 year investigation into mortality rates among over 16,000 men and women enrolled in the Canadian Physical Activity Longitudinal Study, Katzmarzyk et al. (2009) found a strong association between sitting and mortality risk from “all causes” and from cardiovascular disease {*Medicine & Science in Sports & Exercise*, 41(5), 998-1005}.

From studies like this one, a new field of research in health, fitness and medicine, called **inactivity physiology** is emerging. The study of sitting for extended periods of time and the biological ramifications associated with too much sitting are being researched.

So, how does this impact you as you consider how much sedentary activity (like sitting for meals, sitting while driving to work, sitting while at work, sitting at home in the evening) you are engaged in during a typical day? And, what can you do about it?

First, determine what you “do” in a typical day from the moment you wake up to the moment you return to bed at night. Are you sedentary during a large percentage of your day?

Second, consider how you might get more activity into your day rather than prolonged and excess time spent sitting – you need a PLAN!

Try breaking up **prolonged sitting periods at work** by:

- Walking to a restroom on a different floor.
- Standing up and getting a drink of water.
- Using the stairs, at least one flight, instead of the elevator when going to/from your office.
- Walking around or at least standing while using the phone.
- Instead of emailing colleagues about something, walk to their desks.
- Standing up and walking around the office or around the building at least every 30



If you spend **time at home in sedentary activities** like watching TV, working in your home office, reading a book or grading papers, try...

- Getting up and moving at every TV commercial, after you have graded so many papers, after reading so many pages, or after working in your home office for 30 minutes.
- Using an aerobic machine while watching TV or reading a book.
- Getting up and doing stretches or lunges or squats to break up long periods of sitting.

Any other creative or novel ways of moving rather than being sedentary are suggested. SITING is harmful to your health even if you get the suggested amount of physical activity in a day! Only sit 30 minutes at a stretch and then GET MOVING!!



### **Jenna Madama, OtterFit Intern**

Jenna Madama, senior Health Promotion and Fitness major, is the first intern to work in the OtterFit Faculty and Staff Health and Fitness Program. Jenna is a certified personal trainer through the American College of Sports Medicine and it also a certified group fitness instructor through the American Council on Exercise. During the fall quarter, Jenna has trained 20-25 faculty/staff persons per week in either individual or group sessions, organized and led a yoga class on Friday afternoons, and performed fitness assessments on all OtterFit participants.

Jenna plans to move to Cleveland following the completion of her internship, the last of her requirements at Otterbein College. Her husband has taken a job as Life Café Department Head for a new Life Time Fitness facility opening near Beachwood, OH. Throughout her Otterbein career, Jenna worked as Member Activities Assistant Department Head at the Life Time Fitness facility at Easton.

A large part of the success of the OtterFit program this quarter goes to the work that Jenna has done. She has been a positive and enthusiastic leader in meeting the wants and needs of this program.



Jenna Madama (middle) leads a group fitness activity for faculty members.