

Department of Kinesiology

# Morrison Bruce Center

*Dedicated to Enhancing the Lives of Girls and Women*



## SPRING 2017 NEWSLETTER

### IN THIS ISSUE

Letter from the Executive Director.....	p. 1
By the Numbers.....	p. 1
Freezer-To-Grill Meal.....	p. 2
Barbells & Brunch.....	p. 2
Staying Active in the Summer.....	p. 3
Eating for the Season .....	p. 3
Alumni Highlight.....	p. 4

## LETTER FROM THE EXECUTIVE DIRECTOR



With spring and summer comes a sense of renewal. The energy that comes with this time of year offers a great opportunity to reassess and recommit to our own health and wellness. The goal of the MBC is to be a resource that helps make these goals more achievable, especially for girls and women, who have historically been underserved in both opportunities and research in these areas. This spring alone, the MBC has served over 250 participants,

with ages ranging from 3 years to over 80 years. We've also been the home to 11 intensive field-experiences for JMU students and a service-learning site for an additional 75 students, demonstrating our commitment to training the next generation of servant leaders. Our programs are only possible through the generous support of people who believe in the worthiness of our mission, so as you are investing in your own health this spring and summer, please consider supporting us so that we can help both you and others along this journey.

## SUMMER SUN SAFETY BY THE NUMBERS

During the summer, we try to find ways to get outdoors to enjoy the sunshine and warmth. However, many forget that sun and heat exposure can be dangerous. Below is information that highlights how and why it's important to protect yourself during the summer season.



Apply sunscreen **15** minutes before actual sun exposure, and don't forget to reapply at least every **2** hours.<sup>1</sup>

**5** sunburns increases your risk of developing skin cancer by **80%**.<sup>2</sup>

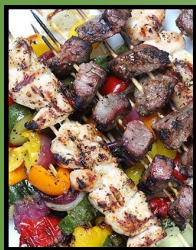
**75%** of Americans are chronically dehydrated, drink up when it warms up!<sup>3</sup>

**8** cups or more is the daily recommendation for water intake.

An additional **8-9** ounces of fluids are needed for each hour of exercise.<sup>3,5</sup>

When the body's temperature reaches **104** degrees or higher, heat illness occurs. If the body doesn't cool down within **30** minutes, cell damage can occur.<sup>6</sup>

## FREEZER-TO-GRILL MEAL



### CHICKEN & STEAK KABOBS

#### INGREDIENTS:

- 1 pound boneless chicken tenders
- 1 pound boneless sirloin steaks
- 3 bell peppers
- 1 zucchini
- 1 small red onion
- 1 small yellow onion
- ½ cup extra virgin olive oil
- 2 tablespoons of herbs and spices of your choice
- 20 bamboo skewers

#### DIRECTIONS:

1. Cut meat and vegetables into squares that are 1-2" across.
2. Thread onto bamboo skewers. *(Use two skewers per kabob so that the meat/vegetables are less likely to fall off. And place the meat and vegetables on different skewers because the meat might need more time cooking on the grill.)*
3. Baste kabobs liberally with extra virgin olive oil.
4. Sprinkle with your favorite herbs and seasonings.
5. Cover with layers of plastic wrap and foil, place in gallon freezer bags, and freeze for up to three months.
6. When ready to eat, thaw overnight in the refrigerator. Grill veggies and beef to desired doneness and chicken to an internal temperature of at least 165°.

**Note:** This recipe can be vegetarian if you substitute the chicken and steak for mushrooms or tofu. <sup>7</sup>

You can also substitute an oil-based dressing for the oil and spices to use as a tasty marinade.

## BARBELLS & BRUNCH

On February 26<sup>th</sup>, the UREC weight room looked noticeably different as the young men who typically crowd the racks were replaced with the women of James Madison University, all eager to learn more about strength training. On this day, the Morrison Bruce Center teamed up with the University Recreation Center (UREC) to host our second Barbells & Brunch event. The purpose of this event was to provide females a comfortable, educational, and open setting to discover all the weight room has to offer while reducing insecurities, such as improper form and unfamiliarity with equipment.



The cost-free event began with a group warm-up led by some of UREC's group exercise instructors. Following the warm-up, participants had the choice of attending a number of fitness seminars, such as *Rack City* and *Starting from the Bottom*. *Rack City*, led by Kaci Hardsock, a kinesiology graduate student at JMU and certified personal trainer, focused on teaching proper squat form and squat variations at the rack. This seminar appeared to be a crowd favorite, as it gave participants an opportunity to receive personalized instruction regarding a piece of equipment that both intimidated and interested them. *Starting from the Bottom*, while more informative in nature, was also met with a positive response. The seminar discussed the importance of goal setting when designing an exercise program, as well as the different types of strength programs, such as muscular endurance, general fitness, and strength training, and the resources available for women to complete the exercises associated with such.

To complement these seminars, the women took part in lower body, upper body, and TRX "Workout Walk-Throughs", or sample workouts led by Morrison Bruce Center interns, which provided participants the opportunity to learn about the interaction between sets and reps, cues for maintaining form, and how to step out of their comfort zone with their exercise routine.



Participants concluded their day with the choice of attending a cooking demonstration or a nutrition seminar, both led by JMU dietetics students. The cooking demonstration provided participants with a number of healthy, delicious breakfast recipes, including a chocolate-banana smoothie and no-bake peanut butter protein bark.

(Continued on page 3...)

# BARBELLS & BRUNCH

(Continued from page 2)

In contrast, the nutrition seminar focused educating attendees on the interaction between diet and exercise, specifically debunking common diet myths.

One of the many goals of Barbells & Brunch was to provide women with an opportunity to get comfortable with weight room equipment and learn basic exercises to get them started on their fitness journeys. We look forward to continuing this program in semesters to come, not only to increase

women's participation in strength training to promote better muscular health and quality of life, but to create a community of support for those just getting started. The Morrison Bruce Center focuses on educating women on the impact of exercise on their health, as well as creating new opportunities for women to engage in it. Barbells & Brunch allowed us to reach those who may not have previously found a place in the weight room and an active lifestyle attainable for them before!

## STAYING ACTIVE IN THE SUMMER

It's about that time when many of us start spending more time outside or going on vacation. But doing so doesn't mean you have to sacrifice your exercise routine. There are many things you can do in the pool to incorporate fitness into your summertime schedule. Splashing around the pool and swimming laps are great ways to be active in the heat, but there is much more you can do to get in a workout! Water exercise allows for less impact and pressure on your joints<sup>8</sup>. The following pool exercises will get you working hard and feeling great. Give them a try!<sup>9</sup>

**High Knee Running**



**Noodle Push/Pull with Squat**



**Noodle Tucks, Knee to Chest**



**Pool Lunges with Noodle**



For More information on these exercises check out this website!  
<http://blog.intheswim.com/5-great-workouts-with-a-pool-noodle/>

## EATING FOR THE SEASON

Warmer weather is coming, and for many people they view this as a time to improve their nutrition. An advantage of this weather is that some of our favorite fruits and vegetables, like watermelon and bell peppers<sup>11</sup>, are more readily available, which makes them fresher and more affordable<sup>10</sup>. What makes the food fresher and more affordable is that they are not frozen and flown in from the tropics, but instead are grown more locally<sup>10</sup>. This also allows us to shop at neighborhood farmer's markets and support our communities.



Summer is also a great time to try new things with your food! Readily available seasonal produce allows us the opportunity to spice foods up with herbs, berries, and citrus fruits. For example, consider adding berries to your salad or seasoning your chicken with fresh lemon juice. These additions provide great flavor to your meals without having to resort to excess salt and fat<sup>10</sup>. This also makes every meal that you prepare eye pleasing since summer fruits and vegetables come in a variety of bright colors! Check out our recipe (p. 2) for a summer-inspired, minimal prep, budget-friendly meal!

# ALUMNI HIGHLIGHT

## LAYNE EIDEMILLER



Over the years, the Morrison Bruce Center has had the pleasure of working with many incredible individuals who have gone on to do some pretty amazing things. One of these extraordinary former students is Layne Eidemiller.

Layne first volunteered for the MBC as a requirement for her KIN 420 class. She greatly enjoyed her time helping with the Girls Golf program, and went on to complete both her undergraduate practicum and internship experiences with the Center. Layne graduated with her Bachelor's degree in Exercise Science in 2011, and decided to further her education at JMU by completing her Master's in Clinical Exercise Physiology, during which she worked as an Graduate Student Director for the Center. When looking back at her time with the MBC, Layne said one of her favorite moments was being able to develop relationships with the alumni women who participated in AHFP—those women inspired her to continue her fitness journey throughout her lifetime.

Since leaving the MBC, Layne has gained a great deal of valuable experience in the field of Exercise Science. In

2013, following graduation, she had the opportunity to work as a cardiac technician, helping administer exercise stress tests to cardiac patients. After some time at this job, Layne moved to San Diego where she worked as a clinical research coordinator at the University of San Diego (UCSD). This role allowed her to work under the clinical principal investigator to coordinate daily activities of the clinical trial. While Layne learned a great deal during this time, she wanted to continue to grow and find something she was more passionate about for her long term career. For the past 8 months, she has successfully been running her own personal training business, which has provided her the opportunity to share her knowledge and passion for health and fitness every day!

In reflection of her time with the Morrison Bruce Center, Layne attributes her confidence in different career settings to the many roles she assumed while working with the Center. For the many JMU students who will be graduating soon, she advises not to get discouraged if you don't get your dream job right away; take each opportunity and learn from them because, eventually, you will find your path!

We are very proud of Layne and all that she has accomplished since her time with the MBC! We wish her the best, and can't wait to see all that she will continue to do in the future!

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### SOURCES

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