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WKU Intramural & Recreational Sports

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Preston Center News

Volume 2 Issue 2

November / December 1993

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AQUAMAN ALIVE AND WELL and SIGHTED AT PRESTON

Member of the month

Jim Brown

Yes sports fans, after years of semi-seclusion following the break-up of the Justice League, Aquaman has come out of retirement. While crustaceans the world over mourned his absence, Aquaman (alias Professor of Theater Jim Brown) has spent the last 28 years here at WKU. "WKU was the perfect cover" stated the professor, "Teaching at Western offered me a chance to resurrect my career. It's not easy being an out of work Superhero. I wouldn't want to try it in today's economy."

Professor Brown has set a personal goal to swim 500 miles in 1993. He's well on his way to having already logged over 300 miles. Interestingly Professor Brown did not begin swimming until age 40 in Coach Powell's beginning swim class. Since that time Professor Brown confesses to developing an acute chlorine dependency. Why would someone who spent his youth protecting the world's oceans set such a goal and risk losing his anonymity? "Even Superheroes age" he said. "I turn 50 this year and I wanted a new challenge. A way to demonstrate that turning 50 does not mean retiring from life."

With his exposure as a former Justice Leaguer, Professor Brown "knew it was just a matter of time." "What I can't fathom" he said "is why nobody has figured out that Rush Limbaugh is really our old enemy Lex Luther." He confided to this reporter that he was willing to risk exposure because of the lure of the new pool at the Preston Center. "Take it from me" he said knowingly, "this is one of the finer swimming holes around. I do miss the icebergs, shipwrecks, and moray eels though." This reported assumes he must be thinking of the old days in Diddle Arena.

The Preston Center Staff applauds Jim Brown in his (sea)quest. The icebergs are on order.

Employee of the month Maria Gullo

Maria, a Freshmen from Paducah KY is living in McCormack Hall. Her interest include exercising, shopping, attending sporting events, and traveling. Her major is Community and Public Health with a business minor. She plans to earn a masters degree in the health / fitness field and work as a health expert in a Wellness Center.



IDEA Link

On Sept. 26 the Preston Center was host to an IDEA Link (International Dance Exercise Association) Workshop. Kentucky IDEA Representative, Jeannie The', was complimentary of the highly successful first ever IDEA workshop in the state of Kentucky. Ninety-six people from Kentucky, Tennessee and Indiana participated in the sold out event, which featured STEP presenter Tim Culwell from Atlanta. Plans are already in progress to host future IDEA Workshops.

Worksite Health Promotions

Sheryl Tahler, Fitness

Director and Nancy Givens, Wellness Director, recently attended the association for Worksite Health Promotion's International Convention in New Orleans LA. Sessions this year concentrated on President Clinton's health care reform package and how it will affect health care for Americans and how it impacts the health promotion industry. Networking with other health promotion professionals gave them a chance to discuss similar problems and brainstorm solutions. "Hearing new presentations and meeting dynamic young professionals in this field makes me excited about being part of the industry," says Ms. Tahler. "It is obvious that Clinton now recognizes the limitations of the traditional medical approach that says 'wait till it gets broke, then fix it'. Hopefully, we can get people to take responsibility for their health and guide them through effective lifestyle behavior changes." The next convention is in Portland OR.

Cross Training

Simply put, cross training means incorporating a variety of activities into your exercise program. The reason cross training is all the rage these days is when done effectively, it greatly reduces two of the biggest negative influences of exercise. By adding variety to an exercise routine you are able to keep exercise from becoming dull and repetitive. Secondly, by working out in different ways you are often able to develop better muscle tone, reduced body fat, and lower heart rate now than you could achieve in the same amount of time with a one dimensional workout. "Ok, so cross training will help me get in shape faster, while having more fun. How do I do it?"

1. Begin with a realistic assessment of your current level of fitness. If you are unsure of what this involves the Wellness Lab in the Preston Center will provide all the answers in one quick and painless fitness assessment. Call to make an appointment.
2. Set your goals. Go beyond the "I want to lose 15 pounds by Christmas" mentality. Make a goal such as "I want to lower my body fat by 5% and increase my upper body strength."
3. Start with what you enjoy and go from there. For example, if you are a racquetball player, begin swimming a few laps after your match. For you weight lifters, add some type of aerobic activity such as running, swimming, or aerobics.
4. If you have trouble motivating yourself, then join a class. The Fitness and Instructional Programs at the Preston Center have expanded to include step aerobics, hi/lo impact aerobics, water aerobics, and will soon add slide training.
5. When you are busy, don't sacrifice your work out. Your workout time is your greatest weapon against the side effects of stress caused by life in the fast lane.
6. Think of cross training as a Chinese menu: there's a lot to try so don't be afraid to experiment. The beauty of cross training is that it allows you to increase workouts from three days a week to five or six days a week without burning out.
7. Work smarter. As you body ages, your ability to perform certain types of athletics and exercises may diminish. By adding other activities to a workout, you are able to maintain or increase your level of fitness despite the influence of Father Time. Joe Montana, Carl Lewis, Nolan Ryan, and Martina Navratolova are excellent examples of mature athletes who have stayed on top by working (out) smarter.

Instructional Programs are in full swing at the Preston Center this fall. Choices include adult and youth Karate with Keith Rigdon, Kali with Kevin Taylor, Yoga with Wilson Whitehead, and Scuba with Hutch Kennedy (from Scuba Center). Sessions vary in length and price so check with Sheryl Tahler in the IM office at 745-6060 for more information. If there is a class you would like for us to offer, please let us know and we'll do our best to find an instructor and a location.

Sports Clubs are now seeking new enthusiastic members, both students and faculty / staff. Currently active are men's rugby, men's soccer and fencing. Check with the IM office for details on these clubs and also how to get new ones active again. Sport Clubs are a great way to meet new friends and improve skills in your favorite sport!

Wellness Center

Did you know...

the Wellness Center has a Health and Fitness Reference Center to provide you with the latest information to answer all of your health and fitness questions. Stop by to read newsletters or reference books. Videos and audiocassettes may be signed out for 3 days at no charge. Also, check out our pamphlets library.

Here are some sample newsletter titles we carry:

Consumer Reports on Health	Runner's World
Harvard Health Letter	Men's Health
Tufts's University Diet & Nutrition Letter	Low-fat Epicure
Executive Health's Good Health Report	...and many more!

And some sample book titles:

The Mayo Clinic Family Health Book	
The PDR Family Guide to Prescription Drugs	
Take Care of Yourself: Complete Guide to Medical Self-Care	
Taking Care of Your Child: Parent's Guide to Medical Care	
The Arthritis Helpbook	The Exercise Habit
Menopause, Naturally	...and many more!

Some sample titles in the video lending library include:

- Feeling Good With Arthritis
- Coping with Allergies
- Breast Cancer: Replacing Fear With Fact
- Walking Off Weight
- How to Beat Cigarettes
- Coming of Age: A Lifestyle Program for Healthy Aging
- Say Goodbye to Back Pain

For a complete listing of video & audiocassette titles, contact the Wellness Center. Videos may be signed out for a three-day period, for classroom instruction or personal use. After three days, a fine of \$1/day will apply. Stop by today! There's a wealth of excellent information here at your fingertips.

Preston Center Parking

Alternate parking for Faculty / Staff members

Suggested by : WKU Parking Committee

The Parking Committee has approved a Diddle lot parking permit for spouses of employees who are members of the Preston Center for Monday - Friday from 12-2p.m. This will be available on a semester - to - semester basis free of charge. The Department of Public Safety will issue a visitor's permit to any spouse of an employee who is a member of the Preston Center and wishes to visit the Center.

