

3-1993

UA12/12 Preston Center News, Vol. I, Issue 3

WKU Intramural & Recreational Sports

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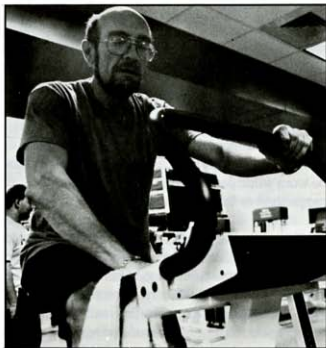
Recommended Citation

WKU Intramural & Recreational Sports, "UA12/12 Preston Center News, Vol. I, Issue 3" (1993). *WKU Archives Records*. Paper 1542.
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Member of the Month

Richard Horn, the Director of Small Business Development at Western Kentucky University, was unanimously selected as Member of the Month. Ever since the Preston Center opened, Richard has been coming several times a day to work out. In addition to walking and jogging on the track, Richard works out about three days a week in the weight room. Richard has lost 60 pounds and trimmed eight inches off his waist, which perhaps makes him the best Preston Center success story so far. Through dietary modifications and consistent exercise, Richard has dropped his cholesterol level by 130 mg/dl. Recently, Richard participated in The Wellness Center's smoking cessation program and quit his thirty-year-old habit of smoking two packs of cigarettes per day. Forty-six year old Richard says, "The Preston Center is one excellent employee benefit."



The Treadmills are Here

Of the eight Woodway treadmills being installed in the weight room, five will feature program functions similar to the ClimbMax machines, to enable runners and walkers to customize their workouts for speed and elevation.

The Woodway treadmill is the best machine of its kind available anywhere in the world. The Woodway is used by several pro teams in various sports, the Olympic training centers of several countries, medical re-hab. facilities, and the US Government. We at WKU are currently the only facility in the US to have ten units in one health facility.

The treadmills will be ideal for you if:

- you have been putting off your running/walking programs because of the weather
- you have an aversion to running on the track
- running on hard surfaces causes physical problems
- you want to vary your workout, i.e. crosstrain by doing some speed intervals

- you would like to increase your running/walking efficiency on hills
- you would like to lower your 10K and 5K times

Water Aerobics

A new program of water aerobics will kick off Tuesday and Thursday afternoons 5-6 p.m., beginning the week of March 22. Kathy Kunzman, an experienced former YMCA instructor, will lead the class. Preston Center student members who have paid the aerobics fee will now have this class included in their weekly choices. Preston Center Faculty/Staff members now have this class included in their membership fees. A green attendance card is required for admission to this class, as with all fitness classes, and can be obtained in the IM Rec Sports Office M-F 9 a.m. to 7 p.m. Water aerobics does not require swimming skills and you don't even have to get your hair wet! So come and ride the wave of the future to fitness. Try water aerobics, today!

Safety Tips

Prevention of Ankle Sprains

Ankle sprains are among the most common of athletic injuries. They typically result from a sudden inversion, or rolling of the foot, such as when someone steps on an uneven surface while running. Preventive measures can include a variety of strengthening and flexibility exercises, ankle taping, and use of footwear intended for the sport or activity being played. Running shoes are designed for stability and support while running in a straight line but offer no protection for lateral, side to side or cutting-movement. Court shoes, particularly high-tops, are safer and enhance performance in court-type games where there are many direction changes. This is one of the reasons that the Preston Center management asks that only court shoes be worn while participating in activities on any of the racquetball or basketball courts.

For new ankle sprains, elevate the injured ankle and treat with ice for twenty minutes in order to prevent or decrease swelling. This treatment should continue for at least 48 hours, several times a day, or until the swelling has subsided and full function without pain returns. In cases of severe sprains, please consult your physician or Student Health Services.

Ice is available in the first aid room of the Preston Center, as well as personnel trained in preventive ankle taping. Ankle and wrist taping can be done for a nominal fee to cover the cost of the supplies.



Spring Aerobics

Spring aerobics is busting out all over, so to speak. We have attracted almost 200 students and 60 Faculty/Staff to participate in this program. But there's always room for more! Our 5,000 sq. ft. studio can hold 60-70 participants, so come out and try one of the various formats of classes. Faculty/Staff are reminded that their membership fees include all fitness classes. Aerobics /fitness classes are open to any Preston Center member 14 years and older, or 12 years old if accompanied by a parent. If you're not sure which class is best for you call the Fitness Director, Sheryl Tahler, at 745-6060.



Shoes, Shoes, Shoes!!

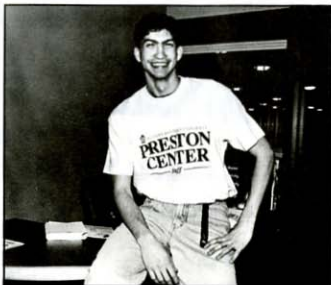
Based upon the number of people continuing to ignore the Preston Center's shoe rule, a re-statement of this policy seems to be warranted:

NO RUNNING SHOES, HIKING SHOES, STREET SHOES OF ANY KIND MAY BE WORN ON THE WOODEN BASKETBALL COURTS, RACQUETBALL COURTS, OR IN THE DANCE STUDIO.

Running shoes and hiking shoes, unlike basketball shoes, cross trainers, or other court type athletic shoes, have soles made with high carbon content rubber. This compound, no matter what color, wears off onto the floor, leaving streaks and smears. Although signs are posted in many locations outside the courts, many people persist in playing basketball, volleyball and racquetball in running shoes. Your cooperation is essential in keeping the Preston Center courts clean and safe.

Employee of the Month

Kevin Colon is February's employee of the month. Kevin, originally from Puerto Rico, works as a secretary for the Intramural-Recreational Sports Department. His job duties include typing, answering the phone, and running errands up the hill. He is a psychology major from Elizabethtown, KY. Kevin says, "The reason I like working here so much is because of the people I work for and work with. They make it enjoyable for me to come in the office." Thanks Kevin for the hard work and smile that you put into your job!



Bowling League

This semester our Faculty/Staff bowlers are once again hitting the pins. There have been a few changes that have taken place since last season. Scoring is now compiled with handicaps, rather than counting total pins to determine a winner. Bowlers meet every Monday and Tuesday evenings at 7:00 p.m. in the Downing University Center. Everyone enjoys the competition and camaraderie. According to Terrell Wosley, a member of SSBI, "Many people have bowled games in the 200's including David Beckley, John Dillard, Jerry Harris, and Fred Siddens." The top two teams as of 3-4-93 are WAB and SSBI with the remaining teams close on their heels. Good luck to everyone for the remainder of the season. If you are interested in participating next fall in the bowling league, ask for information from the Intramural Office. We are always looking for more participants in this sport.

The Preston News is brought to you by the Intramural-Recreational Sports Department and the Preston Center.

Newsletter is prepared by Bert Blevins, Graduate Assistant.

Reporters: Sheryl Tabler
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Wellness Center News:
Nancy Givens, reporter
Brad Smith, graphic art

Photographers: Bob Skipper and Staff

Get a Kick Out of it

A second session of karate will commence the week following spring break. Keith Rigdon will teach a beginners' class at 8:30 p.m. and an intermediate class at 7:30 p.m. Both classes will be held on Monday nights in the dance studio. Preregistration will be M-F March 8-12 in the IM-Rec Sports Office, 9 a.m. to 7 p.m. Cost is \$15 for one participant or \$20 for two people signing up and paying at the same time. The age limit is 10 years old, unless accompanied by a parent and with the instructor's permission.

New Track Guidelines

One of our members, who is a dedicated runner, suggested that the track guideline be changed to read, "Walkers in the inside lane and runners in the center and outside lanes." After consideration, we have amended the track guidelines to reflect this change. Reasons for the change included the relatively tight corner angles on the track that make it difficult to make the turn in the inside lane at any speed. Another reason for the change is the difficulty for runners and walkers using the same lane. When walkers are in the middle and outside lane, runners are often forced to slow down and even stop to avoid collisions. Management asks the cooperation of all track users in following these guidelines. Please demonstrate consideration for the health and safety of others by walking only in the inner lane and running only in the center and the outer lanes. Please do not walk two or three abreast which constitutes a slow moving obstacle to faster traffic.

March/April '93

WHAT'S NEW

AT THE WELLNESS CENTER

Western Kentucky University • Raymond B. Preston Health and Activities Center, Room 108 • 745-6531

WELLNESS WORKSHOPS:

STRESS BUSTERS!

Workshop

Stress is a matter of perception—a prison we create for ourselves. Shakespeare once wrote, "Things are neither good nor bad, but thinking makes them so." Stress is a necessary, vital force, but when it becomes excessive and poorly managed it becomes destructive. 70 to 90 percent of all illness and disease is either caused or made worse by excessive stress. Properly managed, you can make it *work for* instead of *against* you. This seminar will explore physical, social and psychological components of stress as well as assist you in preparing a personal plan to effectively manage stress.

PRESENTER: Skip Wirth, R.N., B.S.

WHEN: 2 sessions, Mondays
March 29 & April 5

WHERE: The Wellness Center
Please call to pre-register!

Environmental Spirituality & The Simple Life

Current threats to the environment weaken and damage our social and community fabric. The desire to heal the Earth goes beyond certain cultural or religious mandates. How does one turn good intentions into personal action? Simpler lifestyle practices can give us a greater sensitivity to the connections between affluence, consumption patterns, and environmental damage. Learn simple lifestyle techniques you can use to foster a strong environmental ethic and improve our collective guardianship of the Earth.

PRESENTER: Albert J. Fritsch,
PhD, ST Director, Appalachian
Science In The Public Interest

WHEN: Wed., April 13-4:30 p.m.

WHERE: Tate Page Hall Auditorium
Please call to pre-register!

FITNESS ASSESSMENTS AVAILABLE

Who should get a Fitness Assessment?

Anyone who wants to assess his or her current fitness level and potential health risks or to get data against which to measure personal progress in achieving fitness goals.

What Does It Test?

The *Microfit* computer-integrated fitness assessment system will measure your fitness level in the following areas: resting heart rate; blood pressure; body weight; percent body fat; biceps strength; flexibility; cardiovascular conditioning

How Do I Sign Up?

The complete test will take 30 minutes, or 45 minutes with the Exercise Planner. Please call to schedule an appointment.

What Does It Cost?

\$3 - for a fitness assessment alone
\$5 - including the Exercise Planner.

Raymond B. Preston Health
and Activities Center
Western Kentucky University
Bowling Green, KY 42101