

OCTOBER

NEWSLETTER

Exercise Testing

Sign up for your Fitness for Life Testing. If you joined Fitness for Life in the spring 2022 semester, you're eligible for a test this fall. Please email one of the Graduate Assistants to schedule your testing - you can find their emails at the end of this Newsletter. Returning members - we'll see you in the spring for your fitness test!

[Click here](#) for the medical form

Introducing the GAs

Mary: I chose CSU because of the positive stories I heard from friends and mentors about the faculty and the human performance lab opportunities. After graduation, I plan to pursue a career in health coaching to combine my passion for wellness and fitness.

Joey: I chose CSU because I was excited about the opportunity to be involved in many extra-curriculars. Post-graduation, I plan to apply to medical school to eventually help patients and clients use exercise and nutrition to live healthier lives.

Zach: I chose CSU because the Masters of Exercise Science program was one of the best in the state. Also, I wanted to live in a city setting for once. Post-graduation, I hope to find an opportunity working with athletes within a Sports Medicine setting.



Welcome back to the 22-23 school year!

We hope you all had a great summer and found time to maintain or improve your fitness! We are excited to welcome everyone back to the 2022-2023 school year! There are a few important updates and reminders that we want to bring your attention to for this fall semester:

- **Fitness Testing:** For new members, and returning members who were not tested in spring 2020, you are eligible to receive fitness testing this fall semester. See more on the side column on this page.
- **New GA:** We'd like to welcome Joey Senders to our team of graduate assistants. If you see him, say hi!
- **Personal training:** We've updated our personal training options and hours! Please see the next page sidebar for more details!
- **Equipment:** We are in the process of inventorying and clearing out some old equipment to (hopefully) make room for new equipment. Let us know if you have any specific exercise equipment requests.
- **Exercise Cards:** Be sure to keep track of all of your hard work on your exercise cards, which can be turned in monthly to Dr. Kullman at e.kullman@csuohio.edu.

Diet

Enjoy a cozy fall morning with a cup of coffee and some hearty and healthy overnight oats! Check out the recipe below

☺:

- 1 cup rolled oats
- 1 tablespoon chia seeds
- ½ cup nonfat Greek yogurt (optional)
- 1 cup milk of choice
- 1 teaspoon vanilla extract
- 1-2 teaspoons honey (natural sweetener)

Just combine the ingredients in a container or mason jar, refrigerate overnight, and enjoy!

*Pro tip: add 1-2 scoops of your favorite protein powder for an added protein boost! (add ½ cup more liquid for the right consistency)

Macros: 474 cal, 12g F, 69g C, 25g P (add 150 cal + 20-30g P with added protein)

We want to hear from you!

If there are any specific topics that you'd like to see in the monthly newsletter, or if you have any exercise equipment requests, please let Dr. Emily Kullman know!

e.kullman@csuohio.edu

Personal Training Available

Interested in getting help with your workouts? Starting this semester, every Monday through Thursday, a graduate assistant will be available in the Human Performance Lab from 11am-1pm to help optimize your fitness routine. To take advantage of this feature, just stop by the lab during the above hours. All of our graduate assistants have certifications for personal training. Training can take place in PE SB17 or Woodling Gym. Feel free to ask about training plans, too!

Northeast Ohio Activities

Some of you may have heard the term “Walktober” as the fall season approaches. October is considered National Walking Month and National Walk to School Month. Many organizations and communities engage in additional walking programs throughout the month of October to improve health and experience the outdoors. The autumn weather and beautiful Ohio trees make this time of year ideal for outdoor activities. [Summit County Metroparks' 58th Annual Hiking Spree](#) runs from September 1st to November 30th and is great opportunity to experience a variety of hiking trails with friends, family, or for individual reflection. Ecotherapy is a term used to describe the improvement of overall health and wellness by spending time in nature. By walking outside this practice simultaneously benefits physical and mental health. The trails included in the Summit County Metroparks Hiking Spree are ranked as easy, medium, or strenuous. With this information, you can choose trails that match your fitness level and take your workout outside. If you prefer to experience the outdoors with others, the Cleveland area has a number of family-friendly fall activities throughout the month of October. From apple orchards to trick-or-treating, there are plenty of opportunities to keep you busy all month long. You can learn more about Cleveland festivities from the recent [Cleveland Traveler](#) article that includes locations and times for each activity. This October let's make the choice to fall back into healthy habits!

If you need to schedule your initial fasted blood test and Fitness for Life Testing or have other questions about testing, scheduling, the lab, or the workout areas, please contact one of the lab GA's/student workers at:

- Joey Senders: j.senders@vikes.csuohio.edu
- Mary Kiley: m.j.kiley@vikes.csuohio.edu
- Zachary Vaughn: z.vaughn@vikes.csuohio.edu

Please send exercise cards to Dr. Kullman (e.kullman@csuohio.edu) every month!

Find the exercise cards [HERE](#).