

James G. MILL FITNESS center

 **NOVEMBER 2021** 



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Hours of Operation

Monday-Friday

5:30 a.m.-8:00 a.m.
11:00 a.m.-1:00 p.m.
4:00 p.m.-6:00 p.m.

Monday-Thursday

4:00 p.m.-9:00 p.m.

Saturday

8:00 a.m.-11:00 a.m.



November 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Recreation Day	2 Election Day	3 National Stress Awareness Day	4 National Candy Day	5 American Football Day	6 National Nachos Day
7 Daylight Saving Day	8 National Cappuccino Day	9 World Freedom Day	10 World Science for Peace & Development	11 Veterans Day	12 World Pneumonia Day	13 World Kindness Day
14 World Diabetes Day	15 National Recycling Day	16 National Entrepreneur Day	17 National Hiking Day	18 Apple Cider Day	19 National Integration Day	20 National Adoption Day
21 World Hello Day	22 Go for a Ride Day	23 National Espresso Day	24 Celebrate Your Unique Talent Day	25 Thanksgiving	26 Black Friday	27 Small Business Saturday
28 Hanukkah	29 Cyber Monday	30 National Day of Giving				

Recipe of the Month

Easy Baked Oats



Ingredients:

- *1 Cup Rolled Oats
- * $\frac{3}{4}$ Cup Almond Milk
- *1 Banana
- *1 Egg
- *1 TSP Baking Powder
- *1 TSP Cinnamon
- *1 TSP Vanilla Extract
- *2 TBS Honey/Maple Syrup
- *Pinch of Salt

Directions:

- *Blend all ingredients listed above for 1 minute
- *Pour into small baking and top your favorite topping e.g. chocolate chips or berries
- *Bake at 375F for 30 minutes

At Home Workout

B I N G O

20 Minute Walk	30 Squats	15 Forward Lunges	Stretch	10 Side Lunges Each Side
1 Minute Wall sit	10 Burpees	30 second plank	25 Tricep Dips	35 Calf Raises
10 Pushups	50 Jumping Jacks		25 Bicycle Crunches	1 Minute Plank
25 Mountain Climbers	20 Glute Bridges	15 Jump Squats	40 Crunches	30 second high knees
10 Step Ups Each Leg	30 Second Side Plank	30 Arm Circles	5 Minute Jump Rope	10 Supermans



Staff Spotlight

Alyssa Trudniak

Q: What would you like to be famous for?

A: My photography, action shots for professional baseball

Q: Where would you like to go on a dream vacation?

A: Backpacking around Europe

Q: What tv show/movie are you ashamed to admit you love?

A: Carrie Diaries

Q: What phobia do you have?

A: Emetophobia, the fear of throwing up

Q: What is your favorite meal?

A: Chicken alfredo lasagna

Q: What is one thing that you can't live without?

A: My phone.. as pathetic as it sounds

Q: If you won the lottery, what would be the first thing you do?

A: Donates some to charity, then pay off my student loans

Q: Three words to describe yourself

A: Cubsessed, loyal, and kind hearted



THANKSGIVING

Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2021 occurs on Thursday, November 25. In 1621, the Plymouth colonists and Wampanoag Native Americans shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held on the fourth Thursday each November.

<https://www.history.com/topics/thanksgiving/history-of-thanksgiving>



About Our Facility

The James G. Mill Center for Health and Fitness is a non-profit fitness center located on the campus of Indiana University of Pennsylvania (IUP) on the second floor of Zink Hall. We cater to members of Indiana County and surrounding areas as well as to members of IUP's faculty, staff, and retired faculty and staff. We also have specified hours open to the IUP student body.

Founded in 2002 and named after Dr. James G. Mill, our goal is to carry on the legacy that Dr. Mill left IUP after more than 30 years of service to the university and community. We strive to provide members with a clean and inviting atmosphere as well as personalized service while also providing a learning environment for students enrolled in exercise science and sport administration programs at IUP.

At the James G. Mill Center for Health and Fitness, As we want to help guide you in your quest for health & fitness as it becomes part of your lifestyle and as you share your endeavors with those around you to help health and fitness do the same for them.

COVID-19 Update

As all of you know, COVID-19 and the Delta Variant are still a growing problem here in America so we will have to take appropriate measures to ensure workers and members in the gym are being safe and following the health guidelines that we have established. We are back to being open at normal hours and do not have a capacity restriction within the fitness center. Members will still need to have their temperature taken when entering the facility. While in the facility we ask that you maintain a safe distance from others. Masks are not required while you work out, but we do ask that while you enter the fitness center and when you are not working out you put your mask back on. Lastly, we also ask that you continue to help us keep the facility clean by continuing to wipe down any machines or equipment you may use during your visit. We hope you can understand all these changes that need to be made due to health guidelines and the global pandemic at hand. Looking forward to seeing you all this semester.

How To Find Us

**James G. Mill
Center of Health and Fitness**

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