Welcome to Hawley Armory Fitness and Wellness Programs! As I finish up my first full year as Part-time Director here at Hawley, I must say that it has been quite an enjoyable one! The best part of the past year has definitely been meeting so many of the members and watching you work so diligently towards your fitness goals. You are to be commended for your hard work and dedication to a healthy lifestyle. I am so glad you have chosen Hawley to be your fitness provider. We have made a number of changes and improvements in the past year. Be sure to read up on those in this newsletter. Speaking of this newsletter, this is our first one! Two undergraduate students in Allied Health Sciences developed this newsletter as part of an Independent Study Project here at UCONN. Enjoy the newsletter and feel free, as always, to contact me with any questions, comments, feedback, and yes, the occasional complaint will be tolerated as well! 😊 To your Health!

Colleen

What's New At Hawley?

Nancy Madrak is the Department of Allied Health Science’s Departmental secretary and serves on the Advisory Board at Hawley. She was interviewed to find out what’s new with Hawley!

Q: What’s the reason for construction at Hawley?
A: There were a number of upgrades that needed to be done due to building violations such as: fire alarm system, curtain drain around foundation, office construction, refinished gym floor, new stairs, a new hallway in the basement for better emergency exit path.

Q: When will the construction be completed?
A: The fire system, drain, and office construction will be finished this semester. However, the gym floor refinishing should be completed sometime in May. As for the remediation of the legacy fire code issues, that will be a three year project.

Q: Are there any other changes being made at Hawley other than the constructions?
A: Yes. As of right now, staff is “trying to assess the needs of what people want and what they are looking for as far as new programs”. Hawley has also added two new programs. Zumba is one of the new classes which uses dance as a form of exercise. The other new program is Bhangra and is a type of dance with a folk type music. Hawley is also trying to bring in new equipment for the fitness area [update the number of elipticals and treadmills here]. The other big thing Hawley is working on is emphasizing the relationship between nutrition and exercise, and incorporating it into the fitness classes. Education is the first step towards adopting proper nutrition and exercise lifestyle changes.
What’s New at Hawley Continued…

- The website  
  http://www.cag.uconn.edu/ahs/hawley/index.html. You can find program updates, download a registration form, meet the instructors and get some fitness and nutrition advice. Check it out!
- Zumba!  
  We are now offering the new Latin dance exercise craze, Zumba! The class is a high energy workout filled with fun music and great camaraderie! You can even wear a cool hip scarf if you like! No previous dance experience necessary. Join us for a fun workout!
- Yoga only membership  
  Yoga has become increasingly popular here at Hawley. Our instructors are fabulous and now you can join Hawley for “yoga only”! Yoga meets Mondays, Wednesdays and Fridays from 12-1 pm.
- Equipment  
  This past year we added 2 high-end ellipticals and 2 treadmills to our existing line-up in the Fitness center
- Software  
  We now use “Gym Assistant” an easy membership tracking software to keep you up to date with your membership.

Benefits of Exercising

Many people exercise for the purpose of weight loss or weight management, but not all people know that physical activity is very beneficial to your general health and wellness. The American College of Sports and Medicine advises that regular participation in physical activity is one of the most effective ways for adults, including those with disabilities, to help prevent chronic disease, promote independence, and increase quality of life. According to the US Department of Health Services, as you age your health and function begins to decline. An example of this is trouble walking which may lead to a sedentary lifestyle. In order for exercise to be advantageous, it is recommended to workout at a moderate level for a minimum of 30 minutes at least five times a week. Anything that increases your heart rate can be considered moderate activity. Even a brisk walk in addition to your normal everyday regime can help. Moderate exercise can help prevent one of the deadliest diseases, cancer. The effect of exercising is the strongest for reducing breast and colorectal cancer but evidence also suggests that it can influence prostate cancer risk as well. If one is diagnosed with cancer, exercising can be very beneficial in improving surgical outcomes, reducing symptoms, and managing side effects of radiation and chemotherapy. Cancer takes the lives of millions of Americans each year and exercise can be just one easy solution to help prevent disease and prolong one’s life.
Member Spotlight

For 21 years Peter Stevens has been an avid member of Hawley Armory. He is one of the many faculty members who has been a regular member and has had many positive experiences at Hawley. Before he joined Hawley, Peter thought he was in good shape. However, he hurt his back and had to seek therapy for the pain. He was told that he should strengthen his muscles and have a regular exercise schedule to allow him to gain strength and improve his fitness level. That’s when he decided to join Hawley and make a regular regime that consisted of stretching, abdominals, weight training, as well as some cardio.

Over the years of going to Hawley, Peter has seen the many benefits of using the facility. He explains that he likes Hawley because not only does he get his exercise in during his daily work hours but he also enjoys socializing with other members working out as well. He also emphasizes that if you don’t want to socialize that it is easy to keep to yourself and get the workout that you want. He also comments on how easy it was to join and make payments. The towel services and personal lockers, as well as the convenient location, allows Peter to easily fit a workout into his lunch break.

He assures us that there is plenty of assistance at Hawley to answer questions or provide help. Although he never decided to use a personal trainer, he advises that people starting a new workout plan should seek at least one session to help develop goals and prevent injuries.

Peter’s words of wisdom to anyone who wants to know the key to success: “make a commitment to go even if you are unable to do a full workout, and stick with it.” Many people can have a successful experience at Hawley just like Peter. Have you had a success experience at Hawley that you’d like to share? We’d love to hear your story!

Contact Colleen at 486-0035 or colleen.thompson@uconn.edu
Although most people know that exercise is good for them and burns calories, many are not aware of how intensity can change what our body uses for fuel. Fat and carbohydrates are the main fuel that our bodies prefer to use to supply energy. At lower intensities your body burns fat, whereas at higher intensities you body burns carbohydrates as fuel during exercise. The reason for this all has to do with oxygen availability. In order for your body to burn fat for energy, oxygen needs to be present so that it can allow the fat to be oxidized and burned. As for carbohydrates, they can be used as a fuel without oxygen being present. This relates to intensity because at lower intensities you have more oxygen available. When your intensity increases, your body has less oxygen to use. The figure below shows where the change from fat to carbohydrate takes place. The switch over in source of energy can be changed depending on an individual’s level of training as well. When someone is more trained, they utilize fat more effectively therefore the body can still use this fat as a source of energy at lower intensities. This can be seen in the shift to the right in the graph below. Overall, it is interesting that exercise intensity can change what your body uses to give you energy to exercise. So, think about switching up the intensity of your routines each session to keep your workouts interesting and to achieve the best results!
**Hawley Survey Results!**

Recently Hawley Armory Fitness & Wellness Programs conducted a survey using Survey Monkey. The link was sent out via the list serv to faculty and staff. The goal of the survey was to determine what changes we could make to better serve our university community. Over 200 people (n=212) were kind enough to take the time to answer some questions and provide us with their valuable input. Here are some highlights of the survey findings:

1. Most requested fitness classes: Pilates, kickboxing, zumba and yoga
2. Primary reason why people are not members: inconvenient hours
3. Most requested equipment improvements: More ellipticals, bikes, and treadmills
4. Most requested time change/addition for exercise classes being offered: After 4 PM would work best
5. Wellness topics requested: stress management, healthy eating, weight control

Thank you to all who completed our survey! As a result of the survey findings, we have already made some changes! We now offer Zumba and more yoga classes. We upgraded some of our equipment to include 2 more elliptical and 2 more treadmills. Additionally, we are working with Human Resources (Caring about “UConn series”) to offer more wellness seminars. Be on the lookout for a weight management program coming soon! We welcome your continued input. If you have any additional comments or feedback, feel free to stop in to the fitness center or email Colleen at colleen.thompson@uconn.edu. Thank you to everyone that participated in the survey. One special member got a free semester membership!