



Spotlight On . . . Red Rock Job Corps Center

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At Red Rock JCC, every staff member pitches in to help students live a little healthier. While the program leaders—Center Director, Kelly King; Social Development Coordinator, Matt Gale; and, TEAP Specialist, Steven Switzer—are quick to explain that the Healthy Eating and Active Lifestyles (HEALs) program is still evolving on their center, they were excited to discuss the three strategies they consider the secret to their growing success.

Strategy #1: CPP Integration. During the fourth week of CPP, all students spend 35 minutes each day learning about various departments and completing assessments. Students spend time in the Health and Wellness Center learning about how weight, stress, smoking, and substance abuse affect health; they visit Food Service to review MyPyramid and general nutrition; they spend time in Counseling, learning about mental and emotional health and leaderships skills; and, they perform the President's Challenge (<http://www.adultfitnessstest.com>), a basic fitness assessment, in Recreation.

The President's Challenge has become a great motivator to get students to exercise. Staff members have found that when many students enter the program they brag that they are already in shape and do not need to exercise. These same students often do not fare well on the Challenge. When the results of the assessment do not match up with the student's self perception, the student often makes a positive behavior change.

During each session throughout the week, students complete an assessment tool. Mr. Switzer gathers all of the assessment tools each Friday. He then meets individually with students to complete a "Prescription for Success," a plan to enhance health while in Job Corps. Students are asked to write their own prescriptions on a prescription pad during this meeting. The prescriptions are then given to the students' Counselors. The Counselors review the information during the Evaluation of Student Progress to ensure each student is on target with the goals set during CPP.

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Want the SPOTLIGHT on your center? Tell us how your center encourages students and staff to Live Healthy!

Email Julie Luht at Julie.Luht@humanitas.com



Let's Get Lean Job Corps

During the first year of the Healthy Eating and Active Lifestyles (HEALS) program, a new theme is introduced each quarter to assist centers in integrating HEALS components into center life.

This quarter's theme is *Let's Get Lean Job Corps!*—which focuses on how all center staff can help students achieve or maintain a healthy body weight. Job Corps centers have already made great strides in helping staff and students adopt healthier behaviors.



Weight Management: Ready, Set, Go!

If you are leading a weight management group or counseling students individually, you can find several resources on the *Healthy Eating and Active Lifestyles* website to help you along the way.

Step 1

- **Form a weight management group**, without a definitive end date. Recommend this group to students who are overweight, but do not make the group mandatory.

Step 2

- **Review resources in the weight management curriculum**, found on the *Healthy Eating and Active Lifestyles* website, under the student education curriculum tab.

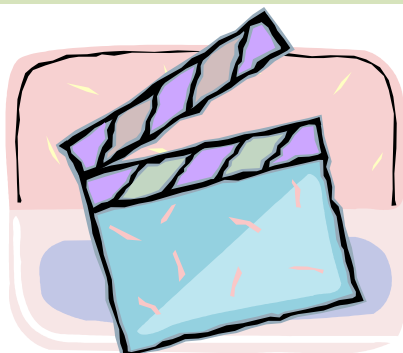
Step 3

- **Collaborate with other staff members** to ensure healthy foods and recreation activities are available.

Step 4

- **Have fun!** Help students develop a life-long interest in physical activity and healthy eating.

Changing Behaviors through Movies (Great Dorm Activity!)



Movies can be a great way to introduce students to health issues and start a lot of discussions about food in our society. Recent research has shown that using movies that discuss societal issues related to food and agriculture help students choose healthier diets (Helkler, Gardner, & Robinson, 2010).

To view a list of recommended movies, log onto the JC Community website, HEALS, then select Student Education Curriculum, Dormitory Lessons, and Food- and Health-Related Movies.

Helkler, E.B., Gardner, C.D., & Robinson, T.N. (2010). Effects of a college course about food and society on students' eating behaviors. *American Journal of Preventative Medicine*. 38(5); 543-547.



Spotlight On . . . Red Rock Job Corps Center (con't)

Strategy #2: Structured Evening Programs. While students are not forced to exercise, they are not allowed to sit in their rooms, play video games, or smoke on Tuesday or Wednesday evenings. During this time, students may work out in the gym; take a martial arts, ballet, or Zumba class; or attend a program on holistic self-improvement topics, such as dealing with grief, anger management, or leadership skills. Staff members volunteer their skills on these evenings to put on many of the specialty classes. Other specialty classes are provided by members of the community.

Strategy #3: Involve the Community. Red Rock JCC is the epitome of a rural center, located about 45 minutes from Wilkes Barre, PA within Rickett's Glenn State Park. While community resources may seem few and far between, Red Rock JCC is able to collaborate with many community organizations. To build these relationships, staff and students first offered service to the community. In the past year, the center has raised money for breast cancer and helped rebuild the local community after an unprecedented earthquake, hurricane, and flood devastated the area. In return for their service, community organizations donate time and resources to the center. The center is able to offer nutrition classes through Pennsylvania State University's cooperative extension program and health and fitness classes to keep students engaged in physical, mental, and emotional health.

How Did They Do It?

Launching HEALS and all of the associated activities has been a positive experience for the center. Before the program launch, a small group of staff members, who were passionate about health and fitness, built excitement for the program. The enthusiasm has spread throughout the staff and student population.

Ms. King, who believes that the program needs to continuously evolve to keep students and staff engaged, states, "As we look at training the future workforce, it is not the 8 hours on the job that cause most individuals a problem. It is the 16 hours outside of work that can impact work performance. Engaging our students with this approach has put them in control of their lives." It has also been important that the discussion groups and programs are interesting to students. Mr. Gale explained, "We knew that our groups needed to be more engaging; there are no talking heads here."

The center has focused a lot of effort on engaging at-risk students, like those who test positive for drugs. Staff members have found that engagement with student government and helping students work on their self esteem has been more effective than shelling out discipline. The myriad of fitness choices has been particularly effective for those in TEAP. Mr. Switzer describes a much higher TEAP completion rate. Since this program's inception, Ms. King reports that the center's overall retention rates have also improved.

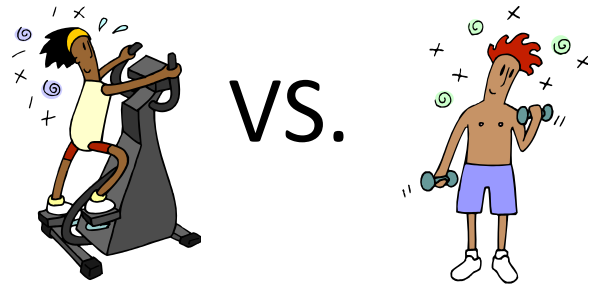


From top: 1) Red Rock JCC students complete the timed abdominal curl test, 2) students complete the sit and reach, a test of flexibility, and 3) t-shirt for successful completion of the President's Challenge.



What's the Best Bang for Your Buck: Cardio or Weightlifting?

Mixed messages about fitness are everywhere. Magazine articles boasting the metabolic boost from weightlifting are juxtaposed with articles claiming huge caloric burns from cardiovascular exercise. With the astounding projection that 86% of U.S. adults could become overweight or obese by 2030 (5), and the limited time most people have to spend exercising, this article examines which type of exercise produces the maximum calorie-burning results.



Weight Training for Weight Loss: Lifting weights increases muscle mass or fat-free mass (FFM), and FFM has a positive impact on resting metabolic rate (RMR), the number of calories a person's body burns throughout the day at rest. RMR contributes to 60-70% of our daily energy expenditure (5). Lifting weights will burn calories while lifting them, and can increase a person's RMR, but according to the American Council on Exercise the average person who gains 3 to 5 pounds of muscle mass over a period of 3 to 4 months will burn an additional 15 to 30 calories per day (1). The bottom line is that more muscle will burn a few more calories each day.

Cardiovascular Exercise for Weight Loss: Regular aerobic exercise allows the lungs to process more oxygen with less effort and the heart to pump more blood with fewer beats. The blood supply directed to muscles also increases and, as a result, it increases the body's endurance and efficiency (2). Most people will burn about 100 calories each mile they walk or run, but the calorie burn may not end there.

A study conducted at Appalachian State University looked at the longer-term effect, or "after burn" of 45-minutes of vigorous exercise on RMR. The researchers put a group of ten healthy males through two 24-hour period of testing. During the first session, they were instructed to rest and only perform the most basic functions (e.g., sleeping, eating, etc.). All other time was spent on a couch or bed, with 5 minutes every hour to stand to stretch. During the second 24-hour period, they were instructed to be similarly lethargic with the addition of one vigorous 45-minute exercise bike session. The men not only burned an average of 519 calories during the exercise session, but they burned an average of 190 calories over the next 14 hours. The findings from the study show that cardiovascular exercise can, in fact, cause a significant "after burn (3)."

Do the Math: The table on the right shows calories burned when comparing cardiovascular exercise to weightlifting. Cardiovascular exercise may have the lead in calories burned, but according to the Mayo Clinic, "Weight training can help you tone your muscles, improve your appearance, and fight age-related muscle loss .(4)" Both cardiovascular exercise and weightlifting have benefits and both have an important place in a healthy lifestyle.

		Calories
Cardiovascular Exercise (based on a 150 lb. person)	45-minute session of vigorous cardiovascular exercise	519
	After burn over the next 14 hours	190
	Total	709
Weight Training (based on a 150 lb. person)	45-minute weightlifting class	150
	Increase in RMR from increased muscle mass (based on 10 lbs. of muscle gain)	60
	Total	210

References

- (1) American Council On Exercise. <http://www.acefitness.org/>.
- (2) Discovery Health. "Cardio vs. Weight Training". Accessed December 2, 2011. <http://health.howstuffworks.com/wellness/diet-fitness/exercise/cardio-vs-weight-training.htm>.
- (3) Knab, AB, Shanely, RA, Corbin, KD, Jin F, and Nieman, DC. A 45-Minute Vigorous Exercise Bout Increases Metabolic Rate for 14 Hours. *Medicine & Science in Sports & Exercise*. 2011.
- (4) Mayo Clinic "Weight training: Improve your muscular fitness" <http://www.mayoclinic.com/health/weight-training/HQ01627>.
- (5) Macfarlane, DJ., and Thomas, GN. *Exercise and diet in weight management: updating what works* South African Journal of Sports Medicine. June 2011.



Avoiding Diet Gimmicks

The global weight loss market will be worth \$586.3 billion by 2014, according to a market research report published by Markets Research News. In fact, the recession-proof weight loss industry grows approximately 11% annually. Yet, Americans are gaining more and more weight.

There are a lot of products out there vying for our money and attention. Along with helping students adopt healthy behaviors, we can also help them become savvy consumers. Basic tips to avoid diet scams include avoiding:

- Anything that is overly restrictive. Any diet that cuts out a macronutrient (e.g., carbohydrates) will never be sustainable.
- Quick-fix weight loss programs. Weight loss is a lifelong commitment to healthy behaviors.
- “Snake oil” supplements (e.g., pills, powders, etc.) that promise quick weight loss).

Reference

Market Research News. (2011). Global market for weight loss worth US\$586.3 billion by 2014. Retrieved online from: <http://www.salisonline.org/market-research/global-market-for-weight-loss-worth-us586-3-billion-by-2014/>

The Danger of Yo-Yo Dieting

“To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing.” ~Mark Twain, The Adventures of Tom Sawyer, 1876

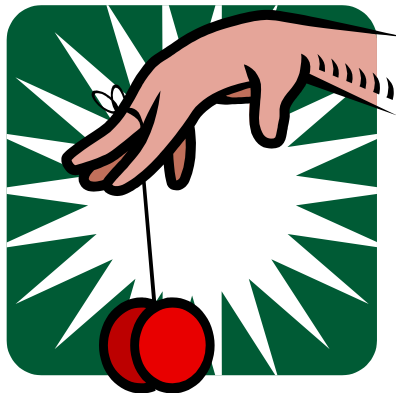
People who weight cycle (repeatedly gain and lose large amounts of weight over time) tend to weigh more and carry more fat in their abdominal region (Cereda, 2011). Most dieters feel deprived. As soon as the dieter hits a goal weight or something close to it, the old habits return and the weight comes back on.

Before beginning to lose weight, it is important that a person is ready to make a lifelong commitment to eating healthier, eating less (sometimes much less), and engaging in physical activity.

This is why brief weight loss competitions without follow up and mandatory weight management groups do not work—and in the worst case scenario, may do more harm than good. See *Successful Weight Loss Maintenance* and *Weight Management and Motivational Interviewing* in this newsletter for more information on what works.

Reference

Cereda, E. et al. (2011). Weight cycling is associated with body weight excess and abdominal fat accumulation: A cross-sectional study. *Clinical Nutrition*. [Epub ahead of print.]



Successful Weight Loss Maintenance

The National Weight Control Registry (NWCR, <http://www.nwcr.ws>) tracks American men and women who have lost large quantities of weight and kept it off. NWCR participants have lost an average of 66 pounds and kept the weight off for 5.5 years. The people tracked by the NWCR are pretty astounding, not because they have lost weight, but because, unlike 95% of others, they have maintained this weight loss.

Rena Wing, PhD and James O. Hill, PhD developed this program to determine what weight loss maintainers have in common. They found:

- 98% of NWCR participants modified their diet in some way
- 94% of NWCR participants increased their physical activity
- Most NWCR participants continue to maintain a low-calorie, low-fat diet and continue engaging in high levels of activity after they have reached their goal weight
- Of the participants:
 - 78% eat breakfast everyday
 - 75% weigh themselves at least once a week
 - 62% watch less than 10 hours of TV per week
 - 90% exercise, on average, about 1 hour per day

Weight Loss 101

Exercise alone, whether cardiovascular or weight training, can only help you lose a limited amount of weight, about 2 pounds over the course of 16 weeks, while diet modifications alone can lead to moderate weight loss with 24 pounds in 16 weeks. Combining the two is ideal, and the ratio of diet and exercise should be considered as 80/20 contributors to weight loss. (Macfarlane and Thomas, 2011).

Weight Management and Motivational Interviewing

Motivational interviewing (MI) is a successful counseling technique to increase a person's readiness to change. In MI, the counselor or instructor uses open-ended questions, affirmations, reflections, and summaries to elicit change talk. To start the conversation, begin by asking open-ended questions, such as:

- How ready do you feel to change your eating patterns or lifestyle behaviors?
- How is your current weight affecting your life right now?
- What strategies have worked for you in the past?
- What makes you feel like you can continue to make progress if you decide to?
- What are your hopes for the future if you are able to become healthier?
- How would your life be different if you lost weight and adopted a healthier lifestyle?

To learn more about MI, visit <http://www.motivationalinterview.org/>.



Kudos

DL Carrasco JCC hosted a health fair on September 16th complete with health food vendors, Zumba classes, health and weight screenings, and a preview of new center activities.



Los Angeles JCC student, Adaugo Lilian Obioha, at “Passport to a Healthier You” health fair. Students carried the passport between stations at the event. They had to receive 10 different stamps to spin the wheel for a chance for a prize.



Judy Dodd, MS, RD, LDN, Corporate Nutritionist from Giant Eagle, speaking with students/staff at the SO/FINE HEALS assembly and Food Show on September 14th at the Pittsburgh JCC.

Clearfield JCC students and staff are pictured in the Davis Standard Examiner at a Utah State University Healthy Eating Class. Recreation staff take the students monthly. The class is held at the Clearfield Community Center.



Phoenix JCC hosted a HEALS luau during which students limbo’ed their way to health.

Does someone on your center deserve kudos? Submit information to julie.luht@humanitas.com

