



Spotlight on . . . Oneonta Job Corps Center

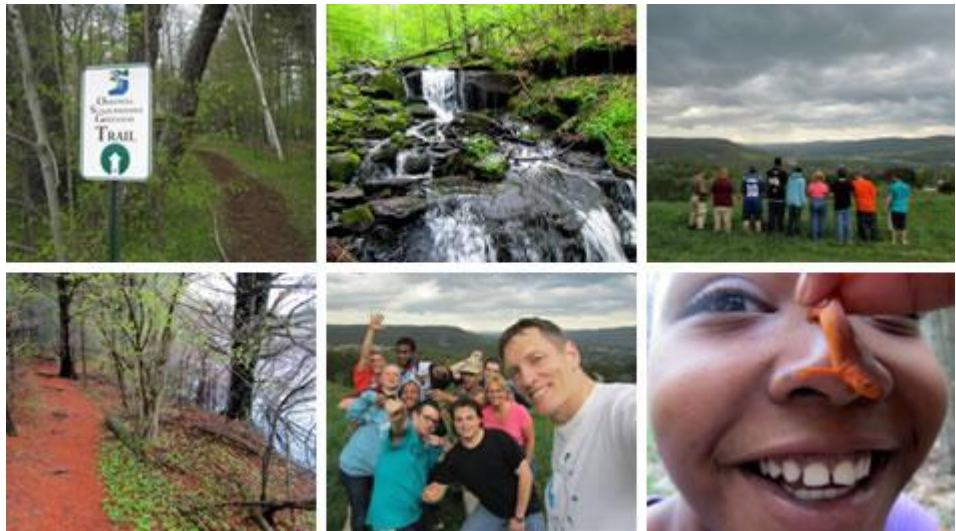
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"It's not that hard. You just have to go walking. The best thing is, it doesn't cost a lot of money," said Oneonta JCC Center Director, Chris Kuhn. Kuhn transferred from Penobscot JCC to Oneonta JCC in 2010 and immediately began implementing his proven fitness program. Kuhn, a lifelong outdoor fitness enthusiast, was pleased to discover a 2-mile trail on the campus of the State University of New York directly across the street from the center.

Now that the weather is warmer, Kuhn leads students on nature walks for stress relief and exercise. Along with other interested staff members, they explore the surrounding area. Oneonta JCC's outdoor exercise program exposes students who come from mostly urban areas to the beauty of nature. Many of the students have never been hiking or camping before. This is a chance for students, who are often nervous at first, to take in the great outdoors and spend a little time bonding with staff. Kuhn says, "You just can't get this on a treadmill."

Below are several pictures taken on a recent 4-mile hike on the Oneonta Susquehanna Greenway Trail.



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 Moving Job Corps: Recreation

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

During this quarter, July-September, the theme is *Let's Get Moving Job Corps!*—which focuses on how center recreation can provide students with fun and motivating activities. During June, many centers hosted HEALS kick-off events, including field days, walk-a-thons, and fitness activities. Staff and students enjoyed themselves at these activities, and some developed a greater appreciation for fitness (see page 9).

This is a great time to carry on the momentum started at the HEALS kick-off celebrations and to create a culture of physical fitness and activity on each center. Recreation departments are encouraged to ensure all students, at all fitness levels, optimize their opportunities to exercise and make healthy choices.

In keeping with Job Corps' mission to prepare youth for successful careers, mentally and physically, a substantial portion of this edition of *Living Healthy* is devoted to preparing and ensuring that Job Corps students are physically fit as they transition from trainees to employees in physically demanding careers (see pages 3, 5, 6, 7).

Last, but certainly not least, do not miss the opportunity to learn and participate in the Job Corps-wide "Competition of the Quarter"! If you've had a burning desire to put your center on the map and have its name in lights, this is your big opportunity. This competition is called Job Corps—Move Your Body. Yes, you read that correctly—Move Your Body! All centers are invited to participate in this fun and moving competition modeled after Beyoncé's partnership with First Lady Michelle Obama's, "Let's Move!" initiative that encouraged students across the country to learn choreography to Beyoncé's Move Your Body video. See details on page 5.

Recreation: Ready, Set, Go!

As a Recreation Supervisor or Specialist, you play a vital role in student health. These four simple steps will help you get started. Materials can be found on the Recreation Supervisor page of the *Healthy Eating and Active Lifestyles* website.

Step 1

• **Review PRH Change Notice 10-15 for Recreation** and apply program enhancements to meet requirements, if needed.

Step 2

• **Complete the Sports and Fitness Self Assessment** to evaluate what you are already doing and set goals to make your program even better.

Step 3

• **View the Physical Education Class Curriculum** for ideas on how to enhance students' physical activity.

Step 4

• **Review the Tip Sheets on Making Physical Activity Fun, Conducting a Fitness Assessment, Recreation for Students with Disabilities, and Safety** to pump up center recreational offerings.



Certification Has Its Benefits

Certified personal trainers and group exercise instructors hold a credential that attests to their knowledge of exercise techniques and safety. Displaying certificates in the center's recreation area lets students know that recreation staff are capable and knowledgeable.

With numerous fitness certifications available, it is difficult to know which to choose. As expected, not all fitness certifications are created equally. Cost, quality of certification, and testing location availability are important factors. To ensure quality certifications, the National Commission for Certifying Agencies (NCCA) evaluates certifying organizations for compliance with nationally recognized standards. For a listing of NCCA-accredited certification programs, visit: <http://www.credentialingexcellence.org> and click on NCCA Accredited Certification Programs.

Core Strengthening and Flexibility

Drew is a successful 29-year-old plumber who has been working in the trade since he was 19. He recently started his own small business. He's had back problems for 3 years.



Drew has always wanted to be very muscular and has spent countless hours in the gym lifting weights to reach his goal. He will walk on the treadmill only when his girlfriend begs him and he never stretches.

Recently, he had to hire another helper because his back just can't handle the physical labor. His doctor told him he had two choices—either start stretching and stop the strenuous activity or undergo back surgery.

Many Job Corps students will end up in backbreaking (literally) careers. Some of this wear and tear can be prevented by using proper techniques, strengthening low back and abdominal muscles, and daily hamstring and low-back stretching.

Consider offering:

- Pilates—numerous videos are available; recreation staff can help with proper form
- Daily stretching or yoga incorporated into the training day
- A 15-minute *Ab Blast* class (with plenty of low-back exercises)

Working with Novice Exercisers

We all had a first time. At some point, each one of us walked into a weight room or an aerobics class and felt the panic, self-consciousness, and intimidation that come with being new at something. Something made us continue on—perhaps a supportive instructor offered words of encouragement or a more exercise-experienced peer helped with an initial training program.

Helping a student develop a lifelong love of fitness is clearly one of the most rewarding aspects of the job. To get a novice started:

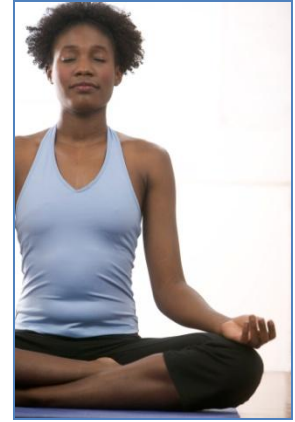
- Make sure the student is medically cleared to participate in sports.
- Start slowly. Help the student find something he can do without feeling too winded, like walking.
- Pay special attention to the student.
- Notice when she doesn't show up for a couple of days.
- Encourage the buddy system



What's Hot in 2011?

From fitness newbies to gym rats, banishing boredom can be an ongoing battle. Luckily the fitness industry is always coming out with a new class or product. According to the American College of Sports Medicine, the top fitness trends for 2011 are:

- Boot-camp style workouts/Interval training (great for Job Corps as they are much easier to plan than a traditional aerobics class)
- Zumba™ (**Error! Hyperlink reference not valid** to purchase videos or find instructors)
- TRX Suspension Training™ (<http://www.trxtraining.com>)
- Holistic stress-reduction programs
- Core training
- Functional fitness (see the trade-specific exercises on page 7)
- Yoga (ever expanding with available videos)
- Spinning
- Sport-specific training (e.g., basketball drills)
- Wellness coaching, which incorporates behavior-change science into exercise, provides a great opportunity to partner with your center's TEAP Specialist or Mental Health Consultant
- P90X™ and dance workouts (Job Corps favorites)



Overcoming Barriers to Exercise

Barriers to exercising are common. Helping students break down these barriers will bring them a step closer to improving their fitness. Below are some common barriers and solutions.

Not enough time

- Squeeze in exercise times throughout the day by breaking your workout into segments.

Exercise is boring

- Make several audio (iPod) mixes to pump up your routine.
- Switch it up! Vary your routine to keep you and your muscles interested.

I am too tired after the training day

- Exercise in the morning or take a walk at lunch.
- Exercise boosts energy!

I don't like to exercise

- Keep trying new activities until you find something you like.
- Exercise with friends. Make it a social activity.

Two worksheets are available to help students overcome barriers: *Overcoming Barriers* and *Fitting Physical Activity into the Day*. These worksheets can be found in the *Physical Education Class Curriculum* on the *Healthy Eating and Active Lifestyles* website.



Move Your Body

Pop star Beyoncé has joined First Lady Michelle Obama's *Let's Move!* campaign. Beyoncé is hoping to help young people dance their way into shape with the message—*Don't just stand there on the wall; everybody just move your body.*

Beyoncé asked schools across the country to videotape students demonstrating her choreography. These videos were compiled into a video montage. Job Corps is going to make its own video compilation. Entrees will be compiled into a single video to be showcased at the 2011 Job Corps National Health and Wellness Conference. Centers wishing to enter must:

- Have staff and students learn the Move Your Body choreography available on the National Association of Broadcasters Education Foundation website (<http://www.nabef.org/letsmove>).
- **Film your video September 23rd at 1:30 PM EST.**
- Submit your video on a DVD by mail to Humanitas, Inc., 1100 Wayne Ave, Suite 650, Silver Spring, MD, 20910, Attn: Julie Luht. Videos must be postmarked by September 30, 2011. Do not edit or compress the video.

All centers that enter videos will be entered into a drawing to win a \$500 equipment allocation for the purchase of exercise equipment. Corporations and Regional Offices may also submit videos, but are not eligible for the prize.

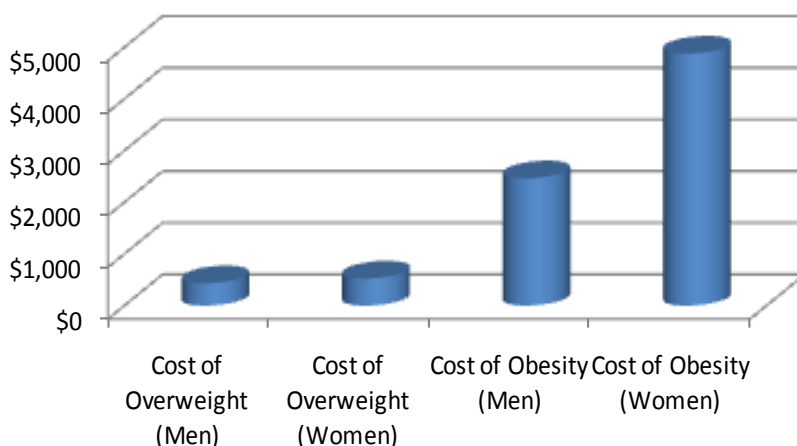
Fit for Work?

According to Mission Readiness, about 27 percent of young adults are medically ineligible for the military. This out-of-shape group will also experience problems finding work in strenuous trades, like those offered in Job Corps.

Even if a student is not training to work in construction or forestry, being overweight might still hurt his or her chances of finding and/or keeping a job. A recent study (graph below) found that obesity costs men \$2,464 per year and women \$4,879 per year when compared to their normal-weight counterparts. This difference in cost was attributed to higher health care costs and employment bias.

All Job Corps students, regardless of trade, can benefit from at least 30 minutes of daily physical activity. See pages 6 and 7 for trade-specific exercises that can help students get in shape for their future careers.

Annual Cost of Obesity in Dollars



Source: The George Washington University School of Public Health. (2010). First-ever report on the individual cost of obesity. Retrieved online 6/20/11: <http://www.gwumc.edu/newsevents/firsteverreportontheindividualcostofobesity/unveiled>



Trade-Specific Exercises

Painting

Painters must be able to:

- Stand or walk on unstable surfaces
- Climb ladders and scaffolding
- Bend, crouch, and kneel
- Reach up for long periods of time
- Carry heavy objects



Functional training:

- Carry buckets filled with water
- Climb ladders
- Climb stairs

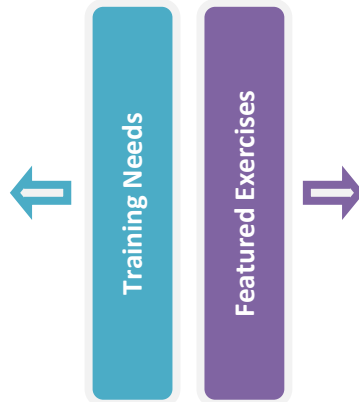
Fitness activities:

- Compete to see who can hold a 5-pound weight overhead the longest
- Yoga or flexibility and balance training
- BOSU™ or Resist-A-Ball™ balance training

Finance and Business

Business professionals must be able to:

- Sit for long periods
- Maintain good posture



Functional training:

- Take frequent stretch breaks
- Take walks as a class
- Teach students proper alignment and posture

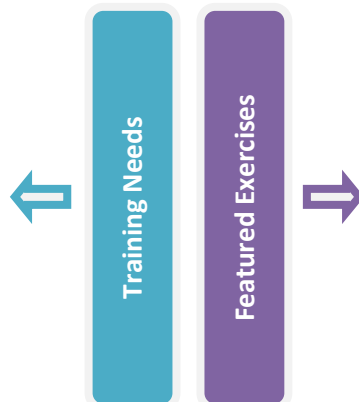
Fitness activities:

- Yoga poses that can be done in an office environment
- Cardiovascular activities to manage weight gain associated with a sedentary job

Homeland Security

Security professionals must be able to:

- Run
- Pass fit-for-duty physical fitness examinations
- Stand for long periods of time



Functional training:

- Require students to stand for extended periods

Fitness activities:

- Sprint (short distances) and jog (longer distances)
- General aerobic fitness
- General weight training



Trade-Specific Exercises (con't)

Construction Trades

Construction workers, plumbers, welders, bricklayers, and masons must be able to:

- Walk over uneven ground or on steep slopes
- Lift, carry, grip, and handle awkward loads
- Dig ditches
- Climb ladders
- Operate tools above and below shoulders
- Bend and stoop

Training Needs

Featured Exercises

Functional training:

- Ladder climbing

Fitness activities:

- Pilates or low-back strengthening
- General weight training
- Carry heavy weights while walking
- Low back stretches
- BOSU™ or Resist-A-Ball™ balance training
- General aerobic fitness
- Compete to see who can hold a 5-pound weight overhead the longest

Health Care

Health care providers must be able to:

- Stand for long periods of time
- Stoop, kneel, and crouch
- Safely move patients
- Lift medical equipment, files, and trays

Training Needs

Featured Exercises

Functional training:

- Proper lifting techniques (demonstrate how to safely lift a patient; have students practice with each other)
- Require students to stand for extended periods

Fitness activities:

- General weight training
- Stretching
- Pilates or low-back strengthening

Renewable Resources

Forestry and landscaping professionals must be able to:

- Carry 45 or more pounds
- Walk all day in steep, rugged terrain
- Bend and stoop
- Exert extreme energy

Training Needs

Featured Exercises

Functional training:

- Hiking

Fitness activities:

- Pilates for low-back strengthening
- Walk with a heavy backpack
- General weight training
- Long duration cardiovascular activity (e.g., cross-country running)



Making the Grade

Do you think your center has what it takes to make the grade?

Making the Grade is a rubric to help centers earn recognition for offering a comprehensive HEALS program. HEALS committees are encouraged to complete this assessment at 6-month intervals to track program implementation progress. When a center scores 90 percent or better, the committee may apply for recognition as a Grade A center.

To download *Making the Grade*:

- Visit the Job Corps Community website
- Click on Healthy Eating and Active Lifestyles
- Click on Evaluating Your Program and follow the directions in Step #1



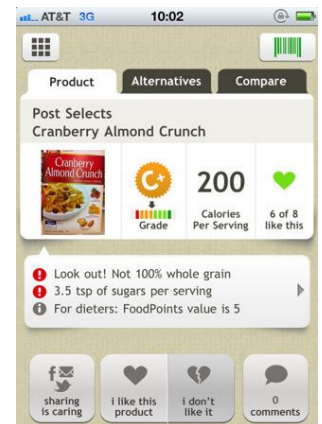
Hi-Tech Health



There are many fitness and nutrition websites and smart phone applications (apps) available to assist users in maximizing their workouts and learning about nutrition. Highlighted below are two user-friendly apps.

Map My Run, available at www.mapmyrun.com and through smart phone apps, allows students and staff to log their workouts and map their running, walking, or biking routes. The smart phone app uses the phone's GPS to map a workout and display distance and workout stats (e.g., miles per hour). The app is available for the iPhone, BlackBerry, and Android.

Food grading programs have been popular for many years. Fans of WeightWatchers use the PointsPlus™ system, which requires a monthly subscription fee. However, there are plenty of free ways to achieve the same results. **Fooducate** is a fun and free app available for the iPhone and Android. When a food barcode is scanned, Fooducate gives each product a grade, criteria for the grade, and alternative food choices in the same category. A point system, similar to WeightWatchers, helps users track calories.



Why not play a game with this app?

- Culinary arts students could be challenged to make a dish with the highest food GPA (grade point average)
- Career transition students could compete to make the healthiest grocery list
- Food service managers could use this app for practical purposes like finding healthier snack and meal options

No iPhone? Try www.caloriecount.com for a desktop version of a food grading system. CalorieCount also offers an app for iPhone, BlackBerry, and Android.



Kudos (Not the Candy Bar)

Northlands JCC cut out soda with rave reviews from students. Read the story at: <http://www.jobcorpsnews.org>, click on “Let’s Move Campaign” and find the article “Cutting Out Soda is Just Part of Northlands’ Healthy-Eating Initiative”

Gary JCC student Kevin Conrad recently won first place in Golden Glove regional and state boxing tournaments. Conrad is from Corpus Christi, TX, and fights out of the 178-pound division.



Student Davannis Donalson is a busy mom living with her little girl at the Denison JCC. She is setting a good example for her daughter. In Donalson’s own words, “Becoming physically fit did not seem like an easy task, but my desire to live a healthier lifestyle pushed me to lose 41 pounds. I drink plenty of water, watch my calorie intake, and stay active. My daughter inspires me to continue to make good choices so that I can be a good role model for her. Motivation, determination, and self discipline are keys to success!”

On June 3rd, over 600 Homestead JCC students and staff walked a combined total of 1,326,720 steps to kick off the center’s Healthy Eating and Active Lifestyles program.



The Pittsburgh JCC spent a week in May walking for fitness—students logged 600 miles and staff logged 551 miles during that week. All classes were assigned a period during the training day where staff and students walked along a quarter mile walking course. Student government and staff volunteers logged the miles and handed out water and healthy snacks to all walkers. The instructors noted a marked improvement in students’ attention and class performance when students participated in these events.

Work-based learning lunches have been cut by 300 calories at Cassadaga JCC. Instead of the Hot Pocket™ or burger, soda, and chips, students now enjoy a turkey sandwich, fresh fruit, a low-fat granola bar, and juice.

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

In the News

New USDA Food Plate available at <http://www.choosemyplate.gov/>.

The Myth of Ripped Muscles and Calorie Burns available at:
<http://www.latimes.com/health/la-he-fitness-muscle-myth-20110516,0,7417131.story>

Raw Milk is Gaining Fans, but the Science Says It’s Dangerous by Kerry Hannon available at:
<http://health.usnews.com/health-news/family-health/articles/2009/03/20/raw-milk-is-gaining-fans-but-the-science-says-its-dangerous>

