



**Looking for some new tunes to get you through your workout?**  
Check out what these celebs and athletes listen to while pounding the pavement.

By JOHANNA O'CONNELL



**WORKOUT 1: SHORT AND SWEET**  
**Maria Menounos:** actress, journalist, TV presenter  
Born to Run | Bruce Springsteen  
Rhythm Is Gonna Get You | Gloria Estefan  
Sweet Child o' Mine | Guns N' Roses  
Let Me Clear My Throat | DJ Kool  
Turn the Beat Around | Gloria Estefan  
18 & Life | Skid Row



**WORKOUT 2: GOING THE DISTANCE**  
**Gabrielle Reece:** professional volleyball player, fashion model

» **WARM UP**  
One Love | Bob Marley  
For Real | Amel Larrieux  
With My Own 2 Hands | Ben Harper

» **IN WORKOUT**  
Fell in Love with a Girl | White Stripes  
We Fly High | Jim Jones  
Show Me What You Got | Jay-Z  
Walk It Out | Unk  
Hypnotize | Notorious B.I.G.  
Work It | Missy Elliot  
Yeah! | Usher  
Hollaback Girl | Gwen Stefani  
Dirt off Your Shoulder | Jay-Z

» **COOL DOWN**  
Again | John Legend  
To Be True | Harold Melvin and the Blue Notes  
Fade into You | Mazzy Star  
Breathe Me | Sia



**WORKOUT 3: CARDIO INTERVAL TRAINING**  
**Lance Armstrong:** cyclist, 7-time Tour de France winner  
Island In the Sun | Weezer  
Dance Inside | The All-American Rejects  
Love It When You Call | The Feeling  
Woman | Wolfmother  
3's & 7's | Queens of the Stone Age  
Yesterday to Tomorrow | Audioslave  
Moving Along | The All-American Rejects  
155 | +44  
Is It Any Wonder | Keane  
Say It Ain't So | Weezer  
Everybody's Changing | Keane  
Loser | Beck  
Sewn | The Feeling



**WORKOUT 4: CARDIO INTERVAL TRAINING**  
**Serena Williams:** tennis player, 8 career grand slam wins  
Whatever U Like | Nicole Scherzinger  
The Way I Are | Timbaland  
Give It to Me | Timbaland  
My Humps | Black Eyed Peas  
Makes Me Wonder | Maroon 5  
Tambourine | Eve  
Impacto | Daddy Yankee  
Out of Control (State of Emotion) | Kenna  
Glamorous | Fergie  
Fergalicious | Fergie  
Pump It | Black Eyed Peas

Sources: <http://www.inthegym.net/> and <http://www.fitnessmagazine.com/>

## Peak Performance: A Mt. Everest Challenge

Congratulations to the following participants who have reached the top three levels of the 2008-2009 Fitness Incentive Program! Great work to all those participating: the program continues through the end of the semester, so keep earning those checkpoints to redeem your prizes.

- LEVEL 6: 240 TOTAL POINTS, PRIZE = USB DRIVE**  
Mahdi Asadnia      Kyle Stearns
- LEVEL 5: 200 TOTAL POINTS, PRIZE = CAMPUS REC DRAWSTRING BAG**  
Dan Alcorn      David Schneider      William Sherwin  
Katerina Horska      Justin Seitenbach      Kim Turley  
Danielle Pierce      Allison Simonton      Michael Whitan



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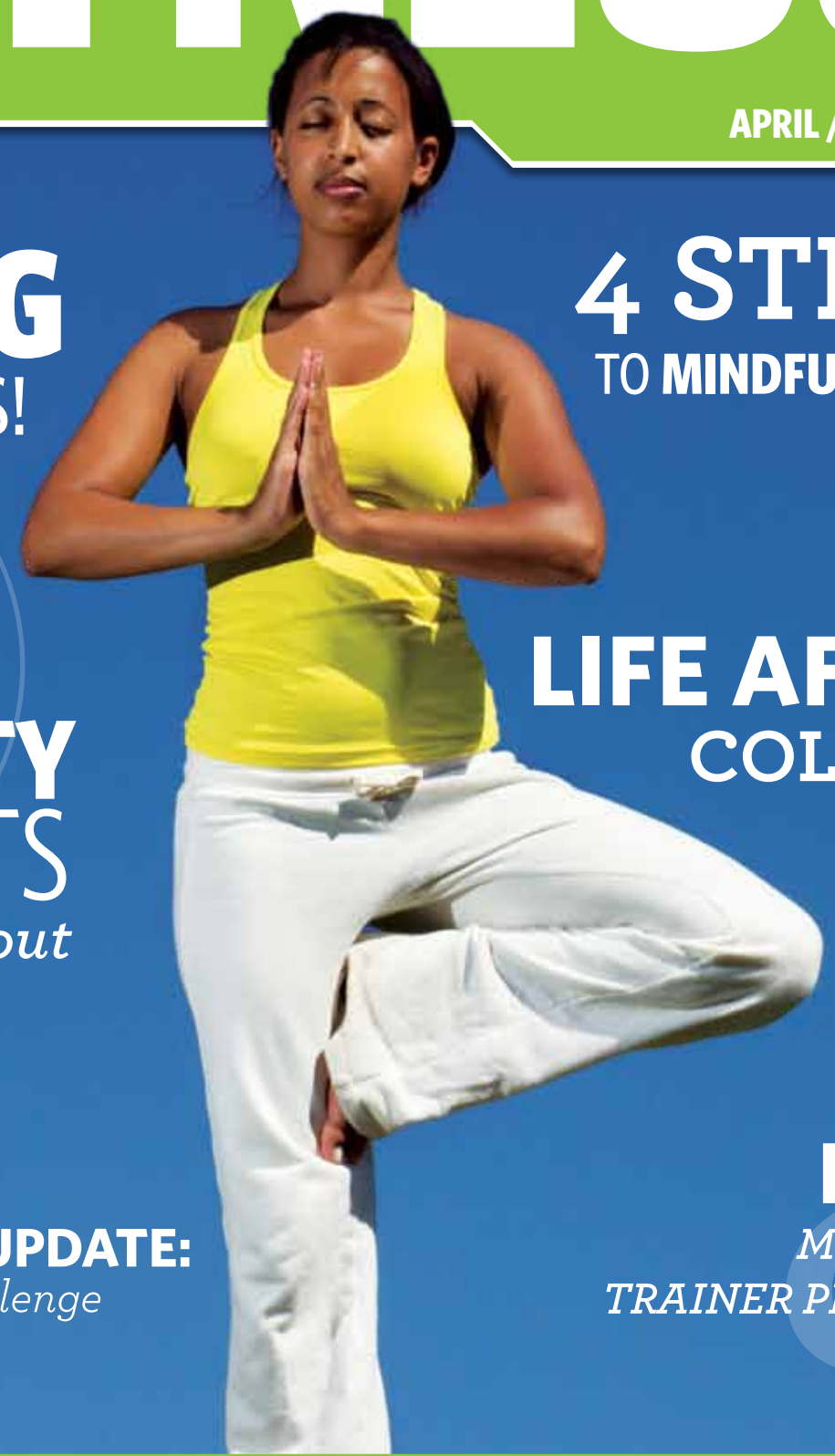
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# Focus On FITNESS

APRIL / MAY 2009

**SPRING INTO FITNESS!**

**4 STEPS TO MINDFUL EATING**



**CELEBRITY PLAYLISTS**  
for your workout

**LIFE AFTER COLLEGE**

**CAMPUS REC UPDATE:**  
A Mt. Everest Challenge

**PLUS MORE GW TRAINER PROFILES**



THE GEORGE WASHINGTON UNIVERSITY WASHINGTON, D.C.

CAMPUS RECREATION

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jetBlue AIRWAYS

The Pita Pit

CAMPUS FRESH

# SPRING *into fitness*

Looking for some healthy fun in the good old outdoors this spring? Washington, DC is a great place to stay active and enjoy the springtime weather at the same time. Below, you'll find a list of great activities to do, leagues to join, and races to run! Check registration dates to get involved and get an early start training for marathons to come!

### Anytime Outdoor Fun:

- » **Rock Creek Park:** 1,754 acres of hiking, biking, skating, horseback riding, the National Zoo, and Planetarium.
- » **Theodore Roosevelt Island:** an 88-acre park and tribute to the environmentalist president—two miles of trail off the GW Parkway take you through forest and wetlands toward the Teddy Roosevelt memorial plaza.
- » **Kenilworth Park and Aquatic Gardens:** 14 acres of beautiful ponds and exotic, aquatic plant life line the Anacostia River. Flowers start to bloom in May, so take a stroll along the river from 7am-4pm daily.
- » **Saturday Long Runs with the DC Road Runners Club:** Runners meet every Saturday morning at 8am at the USMC War Memorial in Rosslyn. Running with the club is free! For more information, visit <http://www.dcroadrunners.org>.

### Sports Leagues for Spring and Summer:

- » **Fairfax Athletics:** <http://www.fairfaxathletics.com>  
Sports leagues include flag football, softball, soccer, kickball, and ultimate frisbee. Must be 21+ to sign up.
- » **DC City Ball:** <http://www.dccityball.com>  
Sign-ups are going on now for summer co-ed softball and basketball. Games begin in July and are generally held at West Potomac Park.
- » **DC Kickball:** <http://www.dckickball.com>  
Games held on the National Mall or at Walter Pierce Park in Adams Morgan.



### Upcoming Races:

- » **Annual Potomac River Run Marathon & Half Marathon: 5.3.09**  
Register on or before May 2. Registration is online at [www.active.com](http://www.active.com) and the earlier you register, the cheaper the registration is. This annual race takes runners along the shaded, tree-lined path of the Mount Vernon Trail that skirts the GW Memorial Parkway, from Belle Haven all the way down to Riverside Park and back.
- » **Annual Marine Corps Marathon: 10.25.09**  
Rolling registration begins online April 1 at noon at <http://www.marinemarathon.com>. The 34th annual event features a 26.2-mile course showcasing the legendary landmarks of the nation's capital as it travels throughout Washington, DC and Arlington, Virginia.



## Mindful Eating

BY **ERIN DAVIS AND JOHANNA O'CONNELL**

In this day and age of packed schedules and limited free time, mealtimes have become non-existent: we eat walking between classes, talking on the phone, sitting at our desks, watching television, and driving. Rarely do we sit and simply focus on our meal. Such "mindless" eating can lead not only to temporary digestive distress, but also weight gain and its associated chronic health problems in the long term. "Mindful" eating is about being conscious of HOW and WHY you are eating. Are you hungry? Are you tired? Are you bored? At your next meal, follow the steps below to become a more mindful eater!

### Steps to Mindful Eating:

- Determine your degree of hunger. This will help determine how much to eat. Should you have a snack or sit down for a meal?
- Do a mental check! How do you feel? Are you craving something? Are you bored, tired, or in a rush? This will help you decide HOW to eat: on a park bench, in a restaurant, alone, or with a friend.
- Are you stressed out? Thinking about other things? This will help you determine WHY you are eating: if it is stress and not hunger, try and find an outlet that doesn't involve food.
- Decide what to eat...and enjoy!

### Other Tips to Eating Mindfully

- Eat sitting down.
- Turn off the TV, computer, and radio, and put away books and magazines.
- Try to make each meal last at least 20 minutes: do this by chewing more, drinking more water, and pausing every few bites to put your fork (or sandwich!) down.
- Enjoy your food: think about the smell, taste, texture, and other sensations of eating.

### Resources

**2005 Dietary Guidelines for Americans:** <http://www.mypyramidtracker.gov>

Track what you are eating by food group using the My Meal Tracker. See the picture descriptions for a better idea of portion size.

**International Food Information Council:** <http://www.ific.org/>

Find science-based information on a variety of nutrition and health topics

**5 A Day for Better Health:** <http://www.5aday.com/>

Check out the recipes and calculator to determine how much fruit and veggies you need per day

**U.S. Department of Health & Human Services:** <http://www.4women.gov/bodyimage/>

Find information on women's health, body image and eating disorder awareness.

## Graduated Learning: Life After College

BY **RACHEL ABAIR**

Move to a new city or back home. Find a job. Find an apartment. Furnish your apartment. Make new friends. Visit old friends. Get health insurance. Buy a car. Pay the bills. Take on all the responsibilities of being an adult. What is your next responsibility? You.

It's pretty common that while attending college, students put on the famous "Freshman 15." Unfortunately, most college grads don't lose those 15 pounds gained, and may gain much more. Sedentary jobs, long hours, and last-priority-exercise are the culprits. Avoiding exercise is the worst choice when life is stressful and desk-bound. And if you don't invest in your workouts, your productivity and health will suffer.

You now have numerous and vital responsibilities—one is yourself. When your life is changing, prioritize time for exercise. If you say, "I'll get my life in order, THEN find a gym," it may not happen. Sometimes it takes a few years to get on your feet, and during those busy or stressful times, exercise is often the best outlet. Sign up for a soccer league, join a local gym, try new classes, or find a running buddy—and do it as soon as possible. You'll find success in maintaining or improving your health, and you'll get a jump-start on your new life.



**BEN**

### Name

Ben Comeau

### Qualifications

- National Personal Trainer Institute Certified Personal Trainer
- Rock Climbing Instructor (Indoor & Outdoor)
- Emergency Medical Technician Training & Volunteering

### Ben's Words of Wisdom

“Use variety to spice up your workouts! Your body adapts to specific exercise, so remember to switch your exercise routines every other month and keep your body guessing for the best exercise results.”

**Q** What is the best piece of equipment for working out when I'm tight on space: like a dorm room or a hotel room?

**A** When space is tight nothing is more versatile than exercise bands. Bands can work almost every part of the body while taking up little to no room. So instead of springing for those hyped up Bosu balls or ab "lounges" buy some cheap elastic workout bands and get creative. Find band exercises online. Start here: <http://exercise.about.com>

**Q** If my fitness goal is to lose weight, which group exercise class would be most beneficial for me: yoga, spinning, or muscle pump?

**A** For weight loss, I would recommend spinning. Weight loss is a simple math equation: calories OUT must be greater than calories IN, and spinning packs the highest calorie burn of these classes. That said, there are other things for you to consider. First, muscle pump builds lean tissue and helps rev up your metabolism. Second, "power" yoga classes offer a high caloric burn. Thirdly, and most importantly, go to whichever group fitness class you like enough to go to again!!



**GWEN**

### Name

Gwen Tawresey

### Qualifications

- National Academy of Sports Medicine Certified Personal Trainer
- 2002 USAJRF National Jump Rope Champion
- 2005 WIAA State Gymnastics Champion

### Gwen's Words of Wisdom

“The first step to getting in shape is deciding to do so—but don't think the choice stops there. It is easy to come up with excuses of why you cannot get to the gym, so give yourself daily reminders of why you are getting in shape. Try writing a weekly or daily reason and goal on a sticky note and putting it on your class notebook.”

## Personal Trainer Profiles