

Wellness Newsletter

Fall 2016 Volume 4

Stiff Necks & Sore Shoulders: What to Look Out For and How to Relieve Pain

Overview of a recent lecture by Exercise Science Assistant Professor John Petrizzo, summarized by Marta Diaz-Marcano, Health Studies Graduate Assistant

Stiff necks and sore shoulders are extremely common among our hard-working population. It is important to understand how you can prevent pain and injury through therapeutic exercise and also when you should seek professional help.

If you missed the presentation with John Petrizzo, D.P.T., on September 13, here are some signs that indicate it might be time to seek treatment from a medical professional:

- ⇒ **Sensory change:** numbness or tingling in the hand or fingers.
- ⇒ **Weakness:** in your shoulder, elbow, wrist or hand.
- ⇒ **Gross loss of range of motion.**
- ⇒ **Systemic symptoms:** headaches, dizziness or nausea that are associated with changes in head and neck position.

Read the comprehensive article and get tips from Dr. Petrizzo at wellness.adelphi.edu/shoulder



To combat pain in the neck and shoulders, stretch what is tight and strengthen what is weak. Exercise can help you manage symptoms and ultimately assist you in making a full recovery. Try using these exercises periodically throughout the day:

- Chin tuck
- Crossover shoulder stretch
- Doorway pec stretch
- Wall slide
- Cat/Camel spine stretch
- Side-lying trunk rotation
- Side-lying shoulder external rotation

Inside this issue: Food for Thought: Try a Broccoflower; National Collegiate Alcohol Awareness Week; Campus Recreation Member Spotlight; What's Up Next in Campus Recreation?; Adelphi Strength & Fitness: A New Club on Campus; Campus Wellness Resources; Calendar of Wellness Events; and more.

Food for Thought: Eat Colorfully! Try a Broccoflower!

By Diane Dembicki, Ph.D., LMT, CYT, Clinical Associate Professor, Director of M.S. Nutrition Program

A broccoflower is a combination of broccoli and cauliflower, having the physical characteristics of a white cauliflower with a color that is lime-green.

It is described as having a delicious sweet and mild flavor that is somewhat between the two, but raw, it's more like cauliflower and cooked, it's more like broccoli.

Broccoflower has more Vitamin C than oranges and additional health benefits like other cruciferous vegetables.

Check out the [Yuma County AZ Cooperative Extension](#) site for more fascinating info on this uniquely colored veggie.



Curry Roasted Broccoflower

Ingredients:

2 heads broccoflower
2 tablespoons curry powder
1 teaspoon garlic powder
2 tablespoons lemon juice
1 tablespoon olive oil
Salt and pepper to taste

Directions:

Preheat oven to 350 degrees. Wash broccoflower and chop into small bite-size pieces. In a large mixing bowl, toss together broccoflower and all other ingredients. Place broccoflower pieces on a cookie sheet and bake for up to 45 minutes, until tender.

Recipe from journalist Jaime McLeod's blog on "[What the Heck is a Broccoflower?](#)"

National Collegiate Alcohol Awareness Week: October 17–22

Stop by our table in UC lobby all week to pick up your DWI prevention Goody Bag and enter your name for a free raffle prize!

Monday, October 17

"Impaired" Driving Obstacle Course, 12–2 p.m.

Defensive Driving Class Part 1. *Reservations are required.* Alumni House – 5–8 p.m. (Part 2 is on Monday, October 24)

Tuesday, October 18

"Beer" for the Poor, UC Lobby, 12–2 p.m.

Opioid Overdose Prevention Training. *Reservations are required.* Alumni House, 4–6 p.m.

Thursday, October 20

Jeopardy, UC Lobby, 12–2 p.m.

Friday, October 21

Early drop off for National Take Back Day Public Safety office in Levermore Hall, 8:30 a.m.–4:30 p.m.

Saturday, October 22

National Take Back Day, UC Lobby, 10 a.m.–2 p.m.

Get event details at
aod.adelphi.edu/events

Importance of Sleep on Performance and Recovery

By Luisa Echeverry '16, M.S. in Exercise Science

Adequate sleep is necessary for healthy everyday functioning, but it is especially important when paired with exercise. Sleep, along with proper fuel and hydration, are important for improving athletic performance, continual muscle growth, tissue repair, as well as reducing the risk of injury and weight gain.

How Much Sleep Do We Really Need?

Sleep is a key to success quite often highly underestimated and forgotten as critical in maintaining one's health. Even though most of us know that a good night's sleep is important, a small amount of individuals actually get 7 or more hours of sleep each night. For most, sleep-debt seems to become a common term during the busy work week and as one gets older. So what is the recommended amount of sleep a person should be getting per night? Some of the many factors that determine this include: age, genetics, lifestyle, health, occupation and stress. The real answer is that YOU determine this number. For college-aged students this could be somewhere between 6 to 10 hours, but as one gets older this number could shift towards 5-9 hours.

How Sleep Affects Performance

Although some of the mechanisms of sleep still remain a mystery, research has shown that proper sleep improves mood, memory, concentration, performance, muscle repair, as well as many other crucial restorations of hormones. If one does not get an adequate amount of sleep, the body does not have enough time to complete all phases that are needed for optimal hormonal restoration and activity. REM sleep, which accounts for approx. 25% of the night, has been shown to provide energy both to the brain and body that allows us to stay alert throughout the day. So how does a lack of sleep negatively affect one's performance? Sleep deprivation has been shown to not only reduce energy and motivation, but can impact one's performance both aerobically and anaerobically. Bottom line is when one is exhausted and running on a little amount of sleep, working out could ultimately be counterproductive based on the fact that your hormones are still trying to recover and normalize from lack of sleep from the previous night. This could lead to an increased chance of illness and injury.

Increased Risk for Injury

When your body and mind are clouded by fatigue, several changes can occur if one chooses to exercise



while in a state of sleep deprivation. Even though we may not notice this, or choose not to, it has been proven that an individual's reaction time, thinking skills, judgment and attention are impaired. So is it worth risking an injury just to exercise? Perhaps it is better to rest and approach your next workout when you feel fresh and are operating more efficiently.

Exercise Recovery

No matter what routine you perform, exercise depletes energy, fluids, and breaks down muscle. Hydration, proper fuel and sleep are the three factors for aiding in proper rest and recovery. Research shows sleep to be an important factor in one's health, weight and energy level. A typical night in a sleep cycle repeats itself about every 90 minutes. Non-rapid eye movement (NREM) begins immediately as we begin to fall asleep. NREM sleep is composed of stages 1-4 and takes up about 75% of a night's sleep. The most important stages for exercise recovery occur during NREM sleep stages 3 and 4. During this time hormones are released, such as: human growth hormone also known as HGH (essential for growth and muscle development). The body does most of its repair and regeneration work primarily during these stages due to a continual release of HGH. As a result, sleep is a key to improving athletic performance, continual muscle growth and tissue repair.

Less Sleep, More Weight?

Read the rest of the article
and see reference sources at
wellness.adelphi.edu/sleep



Campus Recreation Member Spotlight

Justin Masone

Interviewed and written by Peter Fisher, Intramural Sports Graduate Assistant

What programs are you involved with in campus rec?

I am a member of both the Club Baseball and Club Basketball teams here on campus. I also participate in Intramural Sports; currently I am playing Flag Football and Soccer.

What else do you do on campus?

I work in Levermore at the Cashier's Office helping students with their tuition and any other type of customer service needs they may have.

What's your major?

I am an Exercise Science major with a minor in Art.

How has being involved in campus rec activities improved your college experience?

Being involved with Campus Rec has allowed me to expand my horizons on campus. Through being a part of the Intramural and Sport Club programs, I have met a lot of people who I am now very good friends with. It also has given me a way to stay active and be a part of campus life.

What advice do you have for underclassmen about being active on campus?

The advice I'd give to underclassmen would be to be as active as possible on campus. Being a small school it's easy to get involved. Between fraternities, sport clubs or other clubs like Breaking Boundaries, it is easy to spend a lot of time on campus. I think it also allows students to find out what the school is all about and not just see it from the outside.

For me, I played for four sports in high school, so when I got to Adelphi and didn't play any varsity sports it was a change. Sport Clubs and Intramural Sports allowed me to stay active and appreciate being able to still participate in sports in some fashion."



What's Up Next in Campus Recreation?

Dates and events to look forward to! Get details at recreation.adelphi.edu



Learn to Swim • Classes begin October 17

Beginner 1 Classes run Monday & Wednesday 11 a.m.–12 p.m. or Tuesday & Thursday 5–6 p.m.

Beginner 2 Classes run Monday & Wednesday 8–9 p.m.

Out of the Darkness: Cycle-a-thon • October 18

5-8 p.m. Woodruff half court. Annual charity cycle event where participants donate to ride in this marathon cycle class.

Intramural Sports • Registration Ends October 19

3v3 Basketball & Wallyball Leagues forming now!

What's Wallyball? Teams of 3 play volleyball in the squash courts where there are no out-of-bounds. Everything off the wall is playable!

Scavenger Hunt • November 1

5–7 p.m. Get your workout and have a ton of fun searching for clues and items in order to try and win big prizes!

Holiday Fun Run/Walk • December 7

11 a.m.–2 p.m. Charity run/walk on the CRS track.

Blacklight Volleyball Tournament • Date & Time TBA

Adelphi Strength & Fitness: A New Club on Campus!

By Linda Gundrum, Director of Campus Recreation

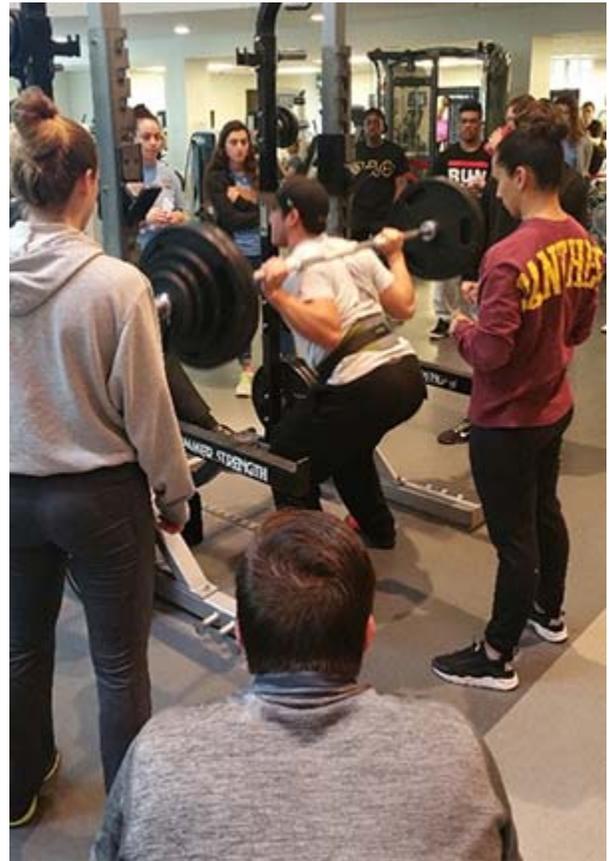
Adelphi Campus Recreation has 13 Sport Clubs including Ultimate Frisbee, Men's and Women's Soccer, Badminton, Equestrian, Hip Hop, Bollywood, Fencing and more! The newest club to form and have an officially recognized status is Strength and Fitness!

Born out of a common interest in weight training among the founding members, this club is open to all students on campus with a passion for fitness training. Other activities that are expected to be included are running and swimming and flexibility training such as yoga and Pilates as the interest builds. One goal for the Strength and Fitness Club is to compete in weight lifting competition. Last Spring, club members participated in and helped out at Cinco de Lifo, the annual weight lifting competition held in Woodruff Hall in May.

This club's president, Harris Cherpelis, is a sophomore, Exercise Science Major and hopes to be a physical therapist in the future.

The club is advised by John Petrizzo, Assistant Professor of Exercise Science. The club will initially set up some instructional sessions with Dr. Petrizzo and then begin group lifts and workout sessions. They also hope to travel off campus for some diversity in training and surroundings as well as hold a fundraiser this fall.

Anyone who is interested in joining, or wants more information about the Adelphi Strength and Fitness Club, is encouraged to email the club at adelph-istrength@adelphi.edu.



Campus Wellness Resources

Adelphi has many resources available on site and online to help you stay healthy in mind, body and spirit.

Campus Recreation
recreation.adelphi.edu

Health Services Center
health.adelphi.edu

Student Counseling Center
scc.adelphi.edu

Center for Health Innovation
chi.adelphi.edu

Adult Fitness
education.adelphi.edu/adult-fitness

Derner Institute Center for Psychological Services
derner.adelphi.edu/cps

Student Access Office
sao.adelphi.edu

Public Safety
safety.adelphi.edu

Residential Life and Housing
housing.adelphi.edu

Human Resources
hr.adelphi.edu

Interfaith Center
interfaith.adelphi.edu

Center for Student Involvement
csi.adelphi.edu

Adelphi NY Statewide Breast Cancer Hotline and Support Program
adelphi.edu/cancer

Hy Weinberg Center for Communication
education.adelphi.edu/hwc

Calendar of Wellness Events

Wellness Lectures sponsored by the Health and Wellness Committee

High Intensity Interval Training—Help or Hype? - Tuesday, October 18, 12 p.m., UC 313

Ropes That Bind (Discussing Effects of Abuse) - Tuesday, November 15, 12 p.m., UC 313

Stomping Out Stress - Tuesday, December 13, 12 p.m., UC 313

October is Breast Cancer Awareness Month

Be part of Adelphi's Human Ribbon on Friday, October 28.

See all campus breast cancer awareness events at events.adelphi.edu/bca



Join the Health and Wellness Committee

If you are interested in contributing to our website, newsletter or event planning, please contact healthandwellness@adelphi.edu for information. We're on the web at wellness.adelphi.edu.

The Adelphi Wellness Newsletter is coordinated by Marta Diaz-Marcano, Graduate Assistant, Department of Exercise Science, Health Studies, Physical Education, and Sport Management, and Christine Reslmaier, Community Health, M.A. '16. To contribute to the newsletter or give feedback, please email healthandwellness@adelphi.edu.