



## Sign up with a **FREE** personal trainer!

Want to get fit this fall? The PEC is open 7 days a week during convenient times that can fit into your busy college schedule! If you're new to working out or are just looking for something new sign up with our certified personal trainers, for **FREE!** Sign up at the front desk for up to 3 free 1-hour sessions.



## Cardio Reservations

Reserve treadmills and ellipticals (with or without handles) for half hour blocks. Make the reservations with the desk attendant or call, 609-771-2014 (or extension 2014 from on-campus phones). Just tell the attendant which type of machine you want, what time, and your name. Stationary bikes and steppers do not need reservations. After 10 minutes you may lose your reservation and someone else can use your machine.

## New Policy to Access PEC

Starting this semester everyone who accesses the PEC **MUST** show valid **TCNJ ID** and **SIGN IN** at the front desk. Students must show TCNJ student ID card and members must show TCNJ Get It Guest Card provided with membership. Cards will no longer be swiped at the desk. For the safety of our students and members, without valid ID you will not be allowed to enter the PEC.

## Best Cardio Ever: 15 Ways to Make It Really Work

*Article provided by Fitnessmagazine.com*

Get results, stay motivated, and sculpt every bit -- just by using these all-new tips on your next walk or run.

### *Sidestep Excuses*

#### 1. Tune In

Listening to your favorite downloads while you run or walk revs you up in more ways than one: A recent study found that tuning in to fast, upbeat music (think Fergie, the White Stripes, Amy Winehouse, Shakira) when you exercise can boost your endurance by up to 20 percent.

#### 2. Treat Yourself

If you have a reward, such as a skim latte from the library cafe, waiting for you at the end of a walk, there's a better chance you'll get out the door. Or give yourself an exercise-related goal with added benefits, like getting in shape for a fundraiser walking/running race.

#### 3. Don't do it alone

Here's where multitasking comes in handy -- plan a weekly walk with your friend. You'll burn calories, catch up on what's new, and help your friends get healthy too.

### *Be Miles Better*

#### 4. Stay Relaxed

While running or walking, try to keep your entire body loose and make sure your arms aren't crossing over your body. Otherwise, you're wasting energy and losing both momentum and speed. If you notice any tension, breathe deeply and then imagine sending air to your tight spots as you exhale.

#### 5. Practice Good Form

To walk or run faster, stand tall and bend your arms. Keeping your arms straight as you go requires much more energy. You don't have to swing in an exaggerated motion -- let your thumb come up to chest height, then graze your waistband when you move your hand back. Push off all of your toes, too, giving you even more momentum for the next step.

## Burn Double the Calories

### 6. Add Bursts of Speed

When you run fast, then slow, then fast again, you burn more calories, because on average, you're moving more quickly than you do during a steady walk. Start with a five-minute warm-up, then intersperse a one-minute burst of intensity followed by two minutes of easy running or walking; repeat five times.

### 7. Change Gears

If you typically stick to the treadmill, mix it up and run or walk outside at least once a week. Factors like wind and varying terrain force your body to work harder and burn more calories. On the other hand, if you mostly run or walk outside, hop on the treadmill every now and then – it's much more difficult to cheat your speed and intensity while on the belt.

### 8. Fire Up Your Pace

When walking, try to take at least 40 steps every 20 seconds. Once you become totally comfortable at this faster pace, shoot for 45 and then 50, even if you can maintain the speed for only a few minutes. By putting more zip in your step, you can burn about 100 more calories in a 30-minute walk than you usually do.

### 9. Head for the Hills

Doing hill repeats (running fast up a hill and then jogging slowly back down to recover) can increase your calorie burn by up to 50 percent. You can run up and down the stadium steps or run the loop around campus which has several hills. Try to work 5 to 10 hill repeats into one of your runs or walks each week.

## Avoid the Achy Breaky

### 10. Saddle Up

You can become a faster and healthier runner by cross-training, because you're strengthening weaker muscles. Cycling is a great cardio complement, because it works your quads, and running emphasizes your hamstrings.

### 11. Be Flexible

Add a Pilates or yoga session into your weekly routine. Runners tend to have really tight hamstrings and are usually pretty inflexible. Pilates and yoga are safe ways to limber up. Try the TWFC classes!

## TW Fitness Center Classes



We offer fitness classes in the TW link workout room during the fall and spring. Classes began on Monday Sept. 14<sup>th</sup>. This semester, classes include yoga, belly dancing, Pilates & ballet fusion, dance cardio, cardio salsa, cardio kickboxing, and strength training sessions. The cost is only \$15 for the fall semester which includes unlimited classed (\$25 for the full year). Pay the fee to the instructor at the class. The TWFC schedule is posted in the PEC and on the website!

## PEC Memberships



Faculty, alumni, and their families can purchase PEC memberships for the school year at any time! Pick up a form at the front desk. Pick up a calendar at the front desk so you can always stay on top of when the PEC is open!

## Check Out Our New Website!

Find out more information about the PEC at our website, [www.tcnj.edu/~pec](http://www.tcnj.edu/~pec). There you can find the calendar, TWFC schedule, membership information and more!

## Hours of Operation

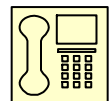
Mon-Thurs: 7am-10pm

Fri: 7am-8pm

Sat-Sun: 10am-6pm

Closed on Labor Day, Sept. 7<sup>th</sup>

Closed during Home Football Games



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**Any questions? Ask a desk attendant in person or over the phone (x2014)!**