GetFIT Program

What is the GetFit Program?
The GetFit Program is designed to improve the health and wellness of an individual by promoting an active lifestyle. This scientifically-based fitness program helps to improve and maintain one's body composition, muscular endurance, muscle and joint range of motion and flexibility, and cardiovascular (aerobic) efficiency.

How is this program different than any other fitness program?
This program allows the individuals to work with health professionals within the HPER and Exercise Science Departments at NMU. Prior to entry, individuals will participate in the following fitness assessments in order to participate in the program.

1. Body Composition
2. Graded Exercise Test (Stress Test)
3. Blood Pressure
4. Electrocardiogram (ECG or EKG)

Specific and individualized exercise recommendations are prepared for each participant after they have completed their fitness assessments.

Click here for video feedback from some of the participants!
Bob and Dorothy, Kay, Lorana, Rachel and Ester

Dates and Times:
Program dates: Monday, Jan. 21 - Thursday, April 18, 2013

There are three activity sessions from which to choose:
1. Monday/Tuesday/Thursday from 6:30 - 7:30 a.m.
2. Monday/Tuesday/Thursday from 9-10 a.m. or
3. Monday/Wednesday/Thursday from 5-6 p.m.

Space is limited, register early to save your spot!
New Participants: $190.00 (INCLUDES EXERCISE TESTING)
Returning Participants: $100.00

The GetFit Program is coordinated by the Department of Health, Physical Education, and Recreation – Exercise Science Laboratory Services Division. For more information or to request registration materials, please contact Lorraine at lhillock@nmu.edu

Blood pressure measurements will be taken during physical activity bouts if recommended.

Not only is the environment inviting and friendly, you are able to get the individualized help you need to reach your fitness goals.
Sleep Basics

Sleep is the golden chain that ties health and our bodies together"  - Thomas Dekker 1609

Lack of sleep can cause:

- **Decreased Performance and Alertness:** Sleep deprivation induces significant reductions in performance and alertness. Reducing your nighttime sleep by as little as one and a half hours for just one night could result in a reduction of daytime alertness by as much as 32%. (Breus, 2006.)

- **Memory and Cognitive Impairment:** Decreased alertness and excessive daytime sleepiness impair your memory and your cognitive ability -- your ability to think and process information. (Breus, 2006.)

- **Occupational Injury:** Excessive sleepiness also contributes to a greater than twofold higher risk of sustaining an occupational injury. (Breus, 2006.)

- **Automobile Injury:** The National Highway Traffic Safety Administration (NHTSA) estimates conservatively that each year drowsy driving is responsible for at least 100,000 automobile crashes, 71,000 injuries, and 1,550 fatalities. (Breus, 2006.)

Why should we sleep?
According to the Division of Sleep Medicine and Harvard Medical School, sleep plays a vital role with each of the following:

1. Immune function
2. Metabolism
3. Memory
4. Learning

REM Sleep and Dreams

- **Rapid Eye Movement** signifies that an individual is in a stage of sleep in which they are dreaming.

- **Infants spend 50 % of their sleep cycles in REM sleep compared to 30% in adults.** (Stages of Sleep.)

- **We spend about 2 hours every night dreaming!** (Dreaming and REM.)

Watch this TEDTalk about our Natural Sleep Cycle.

### Stages of Sleep

<table>
<thead>
<tr>
<th>Stage</th>
<th>Characteristics</th>
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</thead>
<tbody>
<tr>
<td><strong>Stage 1</strong></td>
<td>*Light sleep&lt;br&gt;*Drifting in and out&lt;br&gt;*Can be awakened easily&lt;br&gt;*Eyes move slowly and muscle activity slows.&lt;br&gt;*Many people experience sudden muscle contractions precede by a sensation of falling</td>
</tr>
<tr>
<td><strong>Stage 2</strong></td>
<td>*Eye movement stops and brain waves become slower&lt;br&gt;*Occasional bursts of rapid brain waves</td>
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<tr>
<td><strong>Stage 3/Stage 4</strong></td>
<td>*Extremely slow brain waves called Delta waves are present&lt;br&gt;*Scattered with smaller, faster waves</td>
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<tr>
<td>(2008 - Sleep profession put both stages together)</td>
<td></td>
</tr>
<tr>
<td><strong>REM (Rapid Eye Movement)</strong></td>
<td>*Rapid breathing, irregular and shallow&lt;br&gt;*Eyes jerk rapidly and limb muscles are temporarily paralyzed&lt;br&gt;*Brain waves during this stage increase to levels experienced when a person is awake&lt;br&gt;*Dreams occur in this stage</td>
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Fix up your Sleep Hygiene

1.) **Avoid drinking alcohol close to bedtime.** While it may initially sedate you, alcohol keeps your brain in light sleep— you have trouble getting to the deep sleep and REM sleep phases and your sleep is less efficient. Arousals due to alcohol can cause sweating, headaches and intense dreaming. (Sleep Hygiene.)

2.) **Avoid caffeinated drinks in the late afternoon and evenings.** These types of drinks act as stimulants and caffeine can stay in your system up to 14 hours. (Sleep Hygiene.)

3.) **Do not expose yourself to bright light,** especially if you get up during the middle of the night. Intense light can reset your internal clock and make it harder to get back to sleep. Click here to read more about Circadian Rhythms.

4.) **Exercise at least three hours before going to bed,** especially if you are the type of person who becomes more alert with exercise. (Sleep Hygiene.)

5.) **Wake up with the sun,** or use very bright lights in the morning. Sunlight helps the body’s internal biological clock reset itself each day. (Sleep Hygiene.)

6.) **Go to bed at the same time every night** and get up at the same time every morning. (Sleep Hygiene.)

7.) **Avoid nicotine in the evening.** Nicotine is a stimulant and causes the heart to beat faster than it would when relaxed. Tobacco does not reduce stress levels. (Sleep Hygiene.)

8.) **Stop Clock Watching:** Don’t have a visible bedroom clock because “clock watching” will only help intensify the misery of insomnia. You can always turn the face of the clock away from you or put it in a drawer. (Sleep Hygiene.)

9.) **Practice a relaxing routine before you go to bed:** practicing a relaxing routine before bed will allow your body and mind to slow down before you sleep; read a book, drink a cup of decaf tea, or take a bath. (Liberty Employee Sleep)

10.) **Nap for a short amount of time:** If you decided to nap it is recommended to only sleep for about 20–30 minutes, nothing more otherwise you could wake up even more tired than when you started. **To nap or not to nap,** that is the question. If you suffer from insomnia, try not taking a nap. If the goal is to sleep more during the night, napping may steal hours desired later on. However, napping can help promote short-term alertness, for example, to prepare for driving or in the middle of a long car trip. (Liberty Employee Sleep)
What does the PEIF have to offer over the Holiday Season?

**Superior DOME:**
As the weather begins to get chilly come in and enjoy a warm walk around the DOME.

Holiday DOME walking hours

**Holiday Hours:**
Merry Fitness! Figure out when you can put physical activity within your holiday agenda!

Although hours will vary, the PEIF is only closed on December 24, 25, 31, and January 1.

**Pool and Sauna:**
Keep that Finland-er tradition going and get your blood pumping by swimming and then enjoying a relaxing sauna.

Pool and Sauna Hours

**Maintain - Don’t Gain Campaign: Weight Maintenance Program**
This physical activity based program promotes individuals to keep their activity levels up in order to maintain their weight over the holiday break.

Free to faculty/staff Rec members!

Maintain—Don’t Gain

**Mid Year Membership Rates for Faculty/Staff Members**
December 3 - August 31

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>1st Adult</td>
<td>$0.00</td>
</tr>
<tr>
<td>Spouse</td>
<td>$95.00</td>
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<tr>
<td>Child (Over 5)</td>
<td>$64.00</td>
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<tr>
<td>Family</td>
<td>$180.00</td>
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Locker and Towel Service:
$30.00 per semester or $56.00 per year

**References:**


**NORTHERN MICHIGAN UNIVERSITY**
**WELLNESS COMMITTEE**

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PEIF #126
Marquette, MI, 49855
Phone: 227-2519

Check out www.nmu.edu/wellness