

TRI-C SPORT AND EXERCISE STUDIES PROGRAM LAUNCHES FITNESS TESTING AND TRAINING SESSIONS AT EASTERN CAMPUS

Five-week session open to public during academic year

Personal fitness is so ingrained in our collective consciousness that it is hard to fathom a time when this was not the case. Prior to the 1980s, however, fitness lived primarily in the realm of athletics. The 1982 release of Jane Fonda's first workout video, *Workout: Starring Jane Fonda*, is widely considered to have helped launch a burgeoning individual fitness craze that has exploded over the subsequent three decades.

While the desire to be physically fit seems simple enough, the training involved is anything but. Fitness professionals help their clients to not only achieve personal fitness, but to maintain a healthy lifestyle, reduce health care costs, and tackle cardiac and physical rehabilitation as well.

Cuyahoga Community College offers an associate degree program in Sport and Exercise Studies to train the trainers of tomorrow. Launched in 2008, the program consists of a number of different components, including fitness testing and training, corporate wellness, sport management and fitness/wellness coaching. It offers an opportunity to gain practical experience, complete an internship and receive continuing education units and transfer credits through articulation agreements with other colleges.

"Sometimes the most challenging thing is the hands-on experience," explains program manager Chris Faciana. "With this program, we have students doing internships that provide them with interactive experience outside of the classroom." Students have worked with the Lake Erie



Monsters and Cleveland Gladiators and have served as fitness trainers for students and community members as part of Tri-C's popular new five-week personal training program.

The Fitness Testing and Training Center at Eastern Campus provides Sport and Exercise Studies students the opportunity to lead small-group personal training sessions under the supervision of certified instructors. Assessments and developing personal training programs help the up-and-

coming trainers put their knowledge into practice. The low cost and first-rate facilities make it a win for participants.

Along with the traditional rows of treadmills, exercise bikes and elliptical machines, other high-tech components make the gym setting look like something out of Star Wars.

The tube-shaped Bod Pod plays a key role in physical assessments, using whole-body densitometry to determine body composition (fat and fat-free mass) and measures the percentage

of body fat, resting metabolic rate and total energy expenditure. The VibeCage, meanwhile, uses vibration technology for rehabilitation and flexibility.

Faciana notes that a complete assessment also includes heart rate, blood pressure, muscular fitness and flexibility testing.



PERSONAL TRAINING

Tri-C staff, faculty, students and the public may participate in the student trainer-led Personal Training packages during the academic year. Registration is based on availability. Upcoming sessions will be held Monday evenings at 6 p.m. and Thursdays at noon; dates to be determined.

The Fitness Testing and Training Center is located in the Student Services building (room 2511) on Tri-C's Eastern Campus at 4250 Richmond Road in Highland Hills.

Call 216-987-4822 or email christopher.faciana@tri-c.edu for more information.

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TRI-C HELPS VICTORIA MONTEIRO TURN HER NEW YEAR'S RESOLUTION INTO REALITY



Victoria Monteiro

Victoria Monteiro marked the onset of 2016 with a resolution to get healthy and in shape. New Year's Day came and went, though, and the promise to herself remained little more than a good intention. "I was slow getting myself moving," Monteiro said.

Then she clicked open an email while working in her office at Tri-C, where she is metrics and budget coordinator in the College's Integrated Communications Department.

The message changed the trajectory of her daily routine and threw her stalled resolution into overdrive.

That email shared news that staff could participate in an inaugural fitness training program led by Sport and Exercise Studies students at the College. The program offered the support of a personal trainer at state-of-the-art campus gyms plus a fitness regimen developed specifically for each participant — all for a nominal fee.

Monteiro signed up immediately. Results quickly followed. In the first eight weeks of the program, she lost 19 pounds and participated in her first 5K race.

Student trainer Brandon Francisco helped Monteiro incorporate running and exercise around a work schedule spent dealing with budget spreadsheets. She went from not working out at all to heading to the gym multiple days per week.

A routine was soon established. On Mondays, Monteiro worked with Francisco at the Eastern Campus gym. Tuesdays brought her to a yoga class at her downtown office building and Thursdays meant a return trip to Eastern Campus to work out on her own. On weekends, she went to her personal gym and took advantage of a membership she rarely used before.

The mother of two based most of her exercise sessions around a 45-minute routine created by Francisco that included walking on an indoor track, weight training and ample use of treadmills and stair-climbing machines.

Christie Pendleton, another student trainer, helped Monteiro incorporate interval training — walking and running different distances — and very specific resistance training into the mix.

"At first I was tired and sore," Monteiro said of the activities. "But I started to have more energy, more mental alertness and a better sleep pattern. I just take it one day at a time, but I have really seen positive results."

Her daughters have expressed pride in Monteiro's efforts and share the same desire to live healthier. Her older daughter, a freshman in college, is a runner who follows a vegan diet. Monteiro's younger daughter, a seventh-grader, has taken up running and spent more time in the kitchen cooking nutritious meals as she too transitions to a vegan diet.

Like any good story, though, there is a plot twist — and it's an expensive one. "I need to buy new pants and skirts," Monteiro said with a laugh. "I've put it off, but now I just have to do it. My old stuff is literally falling off of me now."