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For more information about RMACSM, please go to the website at www.RMACSM.org

Upcoming Educational Opportunities

ACSM 2013 Meetings

[Advanced Team Physician Course](#)

Dates: 06 – 09 Dec, 2012
New Orleans, Louisiana

[ACSM Team Physician Course](#)

Dates: 07 – 10 Feb, 2013
Miami, Florida

[ACSM's Health & Fitness Summit & Exposition](#)

Dates: 12 – 15 Mar, 2013
Las Vegas, Nevada

[The 2013 ACSM World Heart Games](#)

Dates: 17 – 18 May, 2013
Decatur, Georgia

[ACSM's 60th Annual Meeting and 4th World Congress on Exercise is Medicine](#)

Dates: 28 May – 01 Jun, 2013
Indianapolis, Indiana

RMACSM 2013 Meeting

This is what is planned to date:

- **Location:** Springhill Suites Marriott at Metro State University in Denver
- **Dates and Times:** Friday, April 5th registration starts at 11:00 AM and the conference concludes at 3:00 PM on Saturday, April 6th, 2013
- **Room Rate:** \$119/night
- **Theme:** Physical Activity and Chronic Disease Prevention
- 2012 Research grant recipients will present brief synopsis of their research
- Abstracts will be due on March 1, 2013
- Grant Proposals will be due on February 8th (number of grants to be awarded has not been determined)
- Saturday schedule will include two tracks—basic science and applied
- Last session on Saturday will bring group together for concluding presentation
- We are looking into t-shirts for early registrants and more in the way of door prizes and giveaways
- Inside this issue—more on the speakers and topics

Benefits of RMACSM Membership

The RMACSM Governing Board is encouraging new membership. The Rocky Mountain chapter of ACSM includes the states of Colorado and Wyoming. The following benefits of joining RMACSM have been identified:

- Opportunity to network with other clinicians, academics and fitness professionals
- Learn about career and educational opportunities in the Rocky Mountain region
- Student research grants (members only)
- Annual meeting with national speakers and opportunities to present research
- Registration discount at the regional meeting
- Poster session with financial awards at regional meeting
- Personal development through serving on the regional board or as a volunteer at the annual meeting
- Access to regional website and newsletter

Be a part of dynamic national and regional organizations that promote active lifestyles and who are committed to promoting safety and improved performance in all participants. Please visit RMACSM.org for information on joining.

RMACSM Board Position Openings

Responsibilities:

- Attendance during monthly teleconference meetings—currently held on Thursday afternoon from 4:00 PM—5:00 PM. *Designated Thursday is subject to change based on availability of members.*
- Annual Meeting duties as assigned—contacting speakers, judging posters, set-up and tear-down, contacting venues, contacting vendors, serving on committees as needed.

Benefits of Board Membership:

- Complementary attendance at RMACSM Annual Meeting
- Opportunity to collaborate and network with peers throughout the Rocky Mountain region

Several positions will be up for election this year (Front Range Rep, Metro Rep, Southwestern Rep, Student Rep and President-Elect). Please consider “throwing your hat in the ring” and running for one of these positions. If you have any questions, please contact Scott Drum, the current president at sdrum@nmu.edu.

Annual Meeting Keynote Speaker “Fitness, Exercise and Health” - Friday at 6:30 PM

Barbara Ainsworth, PhD, MPH, FACSM is a Professor in the Exercise and Wellness Program and Associate Director for Health Promotion Faculties in School of Nutrition and Health Promotion at Arizona State University. Her research relates to physical activity and public health with focus on the assessment of physical activity in populations and physical activity in women. Dr Ainsworth is best known as the lead author for the Compendium of Physical Activities, an exhaustive list of the energy cost of human physical activities. She is the Immediate-Past President of the American College of Sports Medicine (ACSM) and President-Elect of the National Academy of Kinesiology. Dr Ainsworth is a recipient of the ACSM Citation Award, the AAHPERD McKenzie Award, and has served on the President’s Council and the California Governor’s Council on Physical Fitness and Sport Scientific Committees.

Phil Watts, PhD, FACSM

Dr Watts will open the conference on Friday with his presentation, *Up the Walls—Climbing and Children*. Rock climbing has grown in popularity as a recreational and competitive activity over the past few decades. Although the body of physiological research on climbing has grown, available information relative to young people has been limited. This presentation will provide a brief review with a focus on children and youth.

Dr Watts is Professor and exercise physiologist at Northern Michigan University where he serves as the coordinator for the graduate program in Exercise Science. He is an avid climber and the author of *Rock Climbing* (Human Kinetics Publishers; out of print) which sold over 11,000 copies worldwide.

Additional Speaker Bios and Topics for the 2013 Annual Meeting

Vanessa Sherk, PhD

Dr Vanessa Sherk is a Postdoctoral Research Fellow at the university of Colorado Anschutz Medical Campus working with Dr Wendy Kohrt and IMAGE Research Group. She earned her Doctorate in Exercise Physiology from the University of Oklahoma. Her research interests are the balance of mechanical and metabolic influences of skeletal adaptations to exercise. Her program topic will be *Calcium Homeostasis and Exercise: Are We Sweating Our Bones Away?*

Adam Chicco, PhD

Adam Chicco, PhD is an Assistant Professor and the Director of the Integrative Cardiac Biology Lab at Colorado State University. His current research projects focus on elucidating the roles of polyunsaturated fatty acid metabolism and mitochondrial dysfunction in the development and progression of cardiometabolic disease, and how dietary and pharmaceutical interventions may modulate these processes. Dr Chicco's presentation will be *Bioenergetic Response to Chronic Hypoxia: Role of Muscle Mitochondria*.

Chris DeSouza, PhD

Dr DeSouza is a Professor, Department of Integrative Physiology, University of Colorado, Boulder, CO. His research interests include the effects of aging, cardiovascular and metabolic risk factors, and regular physical activity on nitric oxide bioavailability and vascular endothelial function and the Integrative Vascular Biology Lab. Dr DeSouza will be presenting *HIV-1 and Vascular Dys-*

Nancy Gyurcsik, PhD

Dr Gyurcsik is an Associate Professor in the College of Kinesiology at the University of Saskatchewan in Saskatoon, Saskatchewan, Canada. Her research program is focused on understanding factors that contribute to physical activity adherence at the recommended dose for health promotion and disease management among individuals with arthritis. Her primary research focuses are the study of the self-regulation of physical activity and investigation of disease-specific social cognitions, such as arthritis related pain acceptance and pain anxiety that impact on activity.

Dr Gyurcsik's presentation will be *Exercise IS Medicine for Individuals with Arthritis...So Why is Nonadherence an Issue?*

Lanae Joubert, PhD, RD, CSCS

As the final conference speaker on Saturday, Dr Lanae Joubert will present *The Role of Physical Activity Level and B-Vitamin Status on Blood Homocysteine Levels*.

Dr Joubert is a member of the Term Faculty at Northern Michigan University and is also a Nutrition Consultant and a Certified Strength and Conditioning Specialist. Her research interests include: eating behavior and physical activity in health and disease populations; bioenergetics related to sport—sports nutrition; and cardiovascular disease markers for risk and their impact by exercise and nutrition.

Jenn Leiferman, PhD

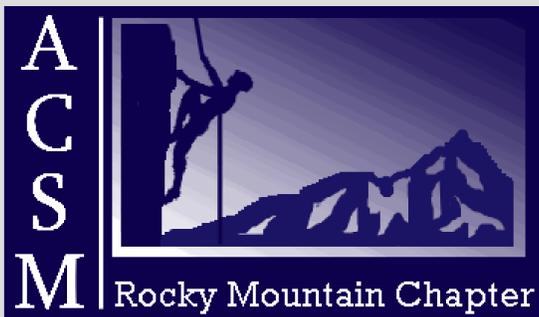
Dr Leiferman is an Associate Professor at the Colorado School of Public Health. Her research interests include maternal and child health; parental mental health, parenting practices and child outcome; and maternal physical activity and prenatal outcome. She will be presenting *Promoting Antenatal Physical Activity Counseling Among Healthcare Providers*.

Elaine Belansky, PhD and Nick Cutforth, PhD

Drs Elaine Belansky and Nick Cutforth will be presenting *Increasing Physical Activity in the School Setting* on Saturday afternoon.

Dr Belansky is an Assistant Professor at the Colorado School of Public Health and the Associate Director of the Rocky Mountain Prevention Research Center. She has published in the areas of school-based physical activity, nutrition, school wellness policies and adolescent health. She develops and studies methods for university and community partners to work together to address public health issues related to children and adolescents.

Dr Cutworth is Professor in the Research methods and Statistics Program in the Morgridge College of Education at the University of Denver and adjunct professor in the Colorado School of Public Health. His research focuses on physical activity interventions in low-income schools, community-based research, engaged scholarship and promotion and tenure, and ways in which universities can support junior faculty wanting to establish community-engaged careers. His current research is funded by the CDC and involves school based intervention studies related to physical activity and healthy eating among K-12 students in rural Colorado.



**Rocky Mountain Chapter
American College of Sports
Medicine**

**Rose Steen
Executive Director
Newsletter Editor**

Phone: 970-214-2986

E-mail: rjsteen2009@gmail.com

**Please contact me if you have ideas for
articles in future Newsletters.**

Upcoming Events

Location	Event	Date
Denver	Ugly Sweater Run	12/8/2012
Littleton	Santa Stampede	12/15/2012
Denver	A Christmas Carol Classic	12/22/2012
Denver or Fort Collins	28th Annual Resolution 5K	12/31/2012
Denver	Super Bowl 5 K	2/3/2013
Denver	Valentine's Day 5 K	2/10/2013
Broomfield	Frank Shorter's RACE4Kids' Health	4/14/2013
Fort Collins	Colorado Marathon	5/5/2013

This is just a small sample of events listed on active.com. For more information on any of the above or to register, go to active.com

A Couple of Recipes From smoothieweb.com



Homemade Peanut Butter Fudge Protein Bar Recipe

Ingredients:

- 4 scoops chocolate protein powder
- 2/3 cup flax seed meal
- 4 tbsp natural peanut butter
- 1/4 cup water
- stevia or natural sweetener (optional)
- 2 tbsp coca powder (optional)

Preparation:

Place all ingredients in a large mixing bowl and stir until you get a nice sticky ball of dough. Add a bit of water (1 tbsp) if you need to. After the consistency is like a blob of dough you can move to the next step.

Divide the doughy mixture into 4 equal

portions and place form into bar shapes and wrap in plastic wrap. You may wish to shape them by placing the plastic wrap in a small casserole dish and pushing the mixture into the shape of the dish.

Place the protein bars in the refrigerator or freezer. Wait until they are fully solid and enjoy. They will keep for about 2 weeks in the fridge.

Number of Servings: 4



Avocado Berry Smoothie

Some of the healthy nutrients provided by the avocado, as provided by WebMd.com:

Avocados are a good source of fiber,

potassium, and vitamins C,K, folate, and B6. Half an avocado has 160 calories, 15 grams of heart-healthy unsaturated fat, and only 2 grams saturated fat. One globe contains more than one-third daily value of vitamin C, and more than half the day's requirements of vitamin K.

Smoothie Ingredients

2 servings—310 calories/serving

- 1 cup orange juice
- 1/2 avocado
- 3/4 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1 kiwi, peeled
- 1 banana
- 1/2 cup ice

Mix all ingredients in a blender for 2 minutes.