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2014 RMACSM Annual Meeting

What's new for this year's conference?

- **The schedule!** Friday evening has been designated as social time.
 - **Nuggets Game**—RMACSM has a block of tickets for the Nuggets game vs the San Antonio Spurs. Tickets cost \$22.00, will be available on a first come, first served basis and include food—**prepare to pay for the tickets with cash or check**
 - **“Dine around with RMACSM”** - groups will get together to go to restaurants and/or sports bar in the area. Costs are on your own.
 - Poster judging will take place from 4:30—6:30 PM on Friday afternoon. Students must stand by their posters from 4:30—6:15 PM.
 - **“Get Up and Go Exercise Session”** (an opportunity to practice what we preach) - Saturday morning from 6:45—7:45 AM
 - The Student Bowl will take place on Saturday during lunch
 - Student Poster presentations will take place from 3:15—4:00 on Saturday afternoon
 - Complete Schedule is on page 2 of this newsletter
 - Each registered attendee will receive a drink ticket for the opening reception and poster judging.

The mission of the Rocky Mountain Chapter of ACSM (RMACSM) is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine. Our chapter consists of over 200 academic, medical, professional, and student members in the Colorado and Wyoming area.

Schedule of Events

Friday, March 28th

11:00 AM—1:00 PM	Registration
1:00 PM—1:15 PM	Welcome and Introduction of the Board Mary Dinger and Enette Larsen
1:15 PM—2:15	Keynote: “Why Grandma Needs to Train Like Arnold” by Dr Gary Hunter, PhD University of Alabama at Birmingham
2:15 PM—3:15 PM	“Environmental Impact of Dietary Choices: Implications for Sports Nutrition” by Nana Meyer, PhD, RD UCCS/OTC
3:15 PM—3:30 PM	Break
3:30 PM—4:30 PM	“Have Your Exercise Science Message Go Faster and Further with Social Media” by Stan Skrabut, EdD University of Wyoming
4:30 PM—6:30 PM	Opening Reception and Poster Judging (Students remain by their posters from 4:30—6:15 PM)
6:45	RMACSM Social Events—Nuggets Game or “Dine Around with RMACSM”

Saturday, March 29th

6:45 AM—7:45 AM	“Don’t Let a Limited Space Limit Your Workout—Exercise Effectively Anywhere” (optional) with Kevin Bretting, ACSM Certified Personal Trainer	
8:00 AM—8:30 AM	RMACSM Business Meeting	Board Members
8:30 AM—8:45 AM	Announcements and Introduction of New Board Members and Poster Winners	
8:45 AM—10:45 AM	“Current Trends and Research in Concussions: Why ‘I Just Got My Bell Rung’ Doesn’t Cut it Anymore” Panel Discussion with Kurt Dallow, MD; Joi Thomas, MS, ATC; Nate Hepner, MS, ATC	
10:45 AM—11:00 AM	Break	
11:00 AM—Noon	“Endocrinology: How Hormones Influence Appetite, Fat Burning and Muscle Gain” by Brenda Alexander, PhD	
Noon—1:00 PM	Box Lunches and Student Bowl	
	Track #1	Track #2
1:00 PM—2:00 PM	“Reaching Out to Clients with Eating Disorders” by Christina Scribner, MS, RD	Panel Discussion: 1) Promoting Physical Activity and Healthy Eating in School Age Children, and 2) Social Psychological Factors Associated with School-Based Physical Activity by Megan Stellino, PhD and others TBD
2:00 PM—3:00 PM	“Sprint Interval Training: Experiments in the Fast Lane” by Rebecca Scalzo, MS (PhD Candidate—CSU)	“Sex Differences in Models of Longevity: Implications for Exercise in Healthy Aging” by Josh Drake, MD (PhD Candidate—CSU)
3:00 PM—3:15 PM	Break	
3:15 PM—4:00 PM	Student Poster Presentations	
4:00 PM—4:30 PM	2013 Grant Winner Presentations	
4:30 PM	Closing Remarks and Farewell	

Student Opportunities at the Annual meeting

\$500.00 grants will once again be offered to winning applicants and abstract prizes ranging from \$100.00 to \$500.00 will be awarded. You will be notified when the RMACSM website has been updated to accept the abstract submissions. Grant applications should be sent to me (Rose Steen, RMACSM Executive Director at rjsteen2009@gmail.com). Following are the instructions for submitting a grant proposal:

2014 Rocky Mountain ACSM Student Research Grants

In an effort to support student research relevant to the mission of ACSM, the RMACSM board is pleased to announce that we will award four (4) \$500 grants to support student research projects. You must be a student member of RMACSM to apply. Grant recipients are expected to present their findings at the 2015 RMACSM annual meeting. Please follow the guidelines below and submit your proposal by February 28, 2014. Grant recipients will be announced at the 2014 annual meeting.

Proposal Guidelines:

Title Page and Abstract: Include the title of the study, date, and name, address and phone number of the principal and co-investigators. Abstract should include a clear purpose, methods, results and conclusion of the study (250 word maximum).

Background and introduction: Provide a brief literature review demonstrating justification for the research. The introduction should familiarize readers with the general problem being studied. This section should be written so that it can be easily understood by scientists outside the investigator's area of expertise.

Specific Aims/Objectives/Hypotheses: Clearly define the purpose of the study and any hypotheses developed in relation to the research.

Participant Selection: Specify sample size and any inclusion or exclusion criteria for participants, such as age, gender or diagnosis. A brief justification of the sample size should be provided. In addition, please indicate whether the project has been approved by your institutional IRB/IACUC panel or is pending approval.

Research Design: Include type of research design (i.e., true experimental, quasi-experimental, non-experimental). Identify independent and dependent variables, control groups, and number of repeated observations. Discuss any steps taken to control for internal or external validity.

Measures: Describe measurement procedures, instruments used, and data collection techniques. Include citations for previously used instruments.

Intervention Procedures: Provide a clear, detailed description of the intervention process (if applicable). This section should include all steps the participants must undergo, along with any necessary treatment/safety evaluation procedures.

(continued on the next page)

Grant Submission (cont)

Data Collection and Data Safety: Clearly define data collection procedures and discuss methods for participant recruitment with an explanation of efforts made to maintain the rights and privacy of human subjects.

Data Analysis: Discuss methods used for data entry, statistical analysis, treatment of missing data, and data interpretation. Include reasoning for the type of analysis used.

References: Include a complete list of references.

Appendices: Attach supporting information, tables, or figures that improve the understanding of the project.

Submission Procedures:

All submissions should be:

Maximum 5 pages of text (title page, abstract, references and appendices not included)

Single-spaced

Times New Roman, no less than 11-12pt font

1 inch margins on all sides

Please submit all proposals via email by midnight **February 28, 2014** to:

Rose Steen, RMACSM Executive Director,
rjsteen2009@gmail.com

Thanks to Our Vendors at the 2014 Annual Meeting

Once again, Tekscan will have a booth at the annual meeting and Wolters Kluwer Health | Lippincott Williams & Wilkins is providing a sponsorship in the amount of \$500.00. We thank the supporters of our educational efforts.

Upcoming ACSM Meetings

Advanced Team Physician Course

February 19-23, 2014, Las Vegas, NV

ACSM Health and Fitness Summit and Exposition

April 1-4, 2014, Atlanta, GA

March 31-April 3, 2014, Phoenix, AZ

March 28-April 1, 2014, Orlando, FL

ACSM Annual Meeting

May 28-31, 2014, Orlando, FL

ACSM Conference on Integrative Physiology of Exercise

September 17-20, 2014 - Miami Beach, Flor-

Want to Become More Involved in RMACSM? Become a Board Member

Elections will be held in March for open positions on the RMACSM Board. The following positions are open:

- President-Elect
- Front Range Rep
- Wyoming Rep
- Student Rep

If you are interested in any of the above positions, please contact Scott Drum at sdrum@nmu.edu. Scott will provide any information you may need and will review your bio before elections are held.

In brief, the duties of Board members mostly revolve around the Annual Meeting. The board meets monthly via teleconference and currently the meeting days and times are 1st Thursday of each month from Noon—1:00 PM. The President-Elect is normally responsible for contacting speakers for the annual meeting with input from the full board on topics and a theme for the meeting. Board members should plan to attend the annual meeting to provide help and also promote the meeting and membership in the organization to their colleagues. The annual meeting is held in late March or early April in Denver.

ACSM News

Access the New ACSM Fit Society Page® Newsletter Now Available Online

This electronic newsletter is written for the general public on a variety of popular health and fitness topics. This issue focuses on "Fit Families." Expert commentary and features on exercise, nutrition, sports, and health offer tips and techniques for maintaining a physically fit lifestyle. [Download your FREE copy to get the latest information from ACSM's leading authorities.](#) Be sure to share these newsletters with your patients, clients, family and friends!

Register Now: ACSM Health and Fitness Summit, April 2014 in Atlanta

The 2014 Summit is back at the Hilton Atlanta! You won't want to miss the networking opportunities, exhibits and workouts. A wide range of disciplines are covered from nutrition, personal training and exercise program design, to sports medicine and professional development. By attending this meeting you'll have the chance to not only listen to leaders in the Health and Fitness field talk about new advances and controversies, but you'll also get to participate in hands-on workouts. If you're interested in promoting health and fitness to people of all ages and capabilities, this meeting will expose you to a wide range of information and future job possibilities.

[Register now](#) for the 2014 ACSM Health and Fitness Summit, April 1-4 in Atlanta, Georgia.

\$20,000 Clinical Research Grant Available; Apply by Feb. 14

The American College of Sports Medicine and the American Medical Society for Sports Medicine will offer the ACSM Foundation-AMSSM Foundation Clinical Research Grant Award again in 2014, after a very successful first year of the grant program. Proposals are now being accepted and are due by February 14, 2014. The maximum total grant is \$20,000, awarded for a single research grant application for a time period of a two-year grant cycle period.

The purpose of the ACSMF-AMSSMF Clinical Research Grant Award is to foster original scientific investigations with a strong clinical focus among physician members of ACSM and AMSSM. The ACSMF-AMSSMF Clinical Research Grant Award Review Committee (CGRC) seeks research proposals that investigate research questions within the broad discipline of sports medicine. This includes proposals to study clinical practice, injury prevention and rehabilitation, basic science, epidemiology and education. Proposals must be led by a physician who is a member of both ACSM and AMSSM.

Application information is available on the AMSSM website under the Research tab on the drop-down selection [Research Grants](#). If you have questions, please contact AMSSM Research Committee Chair Suzanne Hecht, MD, at Suzanne.hecht@gmail.com or Jody Gold at office@amssm.org.

Call for Nominations: FASEB Excellence in Science Award

The Federation of American Societies for Experimental Biology, of which ACSM is a member society, is seeking nominations for its 2015 Excellence in Science Award that recognizes the significant accomplishments of women scientists. We look forward to another list of nominees that reads like a 'Who's Who' of international science, containing the names of outstanding women in science who have accomplished scientific work of lasting impact and have contributed substantially to training the next generation of scientists.

Nominators and their candidates must be members of a FASEB member society. Self-nominations will not be accepted. All nominations must be submitted on the FASEB Excellence in Science Award website. Access to the site will be available as of January 1, 2014 by clicking [here](#). Nominations must be submitted on the FASEB award website by March 1, 2014.

More ACSM News

ACSM Fitness Resolution: Every Body Walk!

Around the start of each new year, advice abounds to help people adopt healthier lifestyles. The American College of Sports Medicine offers science-based guidelines: adults should get 150 minutes per week of moderate-to-vigorous physical activity to maintain health; double that to lose weight. Kids need an hour almost every day. (For details, see [Physical Activity Guidelines for Americans](#).) Given that physical activity has been shown to help prevent and treat more than 40 chronic diseases, let's resolve to help everyone get a healthy dose.

This year's advice focuses on how to achieve those physical activity goals, involving individuals, families, communities, workplaces and other organizations, and carves out a role for Congress as well. ACSM is a lead partner in the burgeoning collaborative known as [Every Body Walk!](#), which touts walking and walkability for health and a slew of other reasons: economics, environmental benefits, student achievement and more. Walking (and rolling, for those who use wheelchairs) is available to nearly everyone, costs nothing, and integrates easily into everyday life. These points were made abundantly clear at the recent 2013 Walking Summit, where Dr. Bob Sallis, Past President of ACSM, reported the discovery of a "wonder drug" for many of today's most common medical problems: "The drug is called walking...its generic name is physical activity."

Resolved: Walk More!

While guidelines from ACSM and the CDC suggest a combination of regular aerobic exercise, strength training and flexibility activities, walking offers an easy and accessible way to start. Even those who are sedentary and unfit can begin by walking a bit more each day. Studies show that 10-minute bouts of exercise bring health benefits, and it becomes easier and more enjoyable as you fit it into your daily routine. Walking can provide solitude, connection with your surroundings, or quality time with others. (Tip: Dog owners walk more, in addition to enjoying the companionship.) Experts suggest parking a bit further away, taking the stairs, walking to a co-worker's desk instead of emailing across the room, and finding other strategies to work walking into your activities of daily life. Try it – it's contagious!

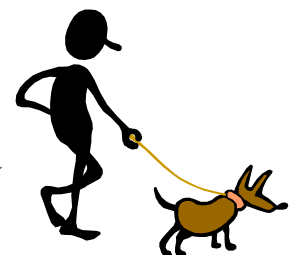
Resolutions for Everyone

Individuals and families can do much to increase their own walking, but the movement doesn't stop there. The Every Body Walk! collaborative involves non-profit organizations, employers, and government agencies. Companies hold walking meetings and encourage workplace wellness; churches stage congregational walks; educators support walking to school and class sessions on foot. Public officials hold the keys to fostering walkable communities through zoning laws, Complete Streets policies and safe neighborhoods that allow residents to be out and active.

Congress – despite other issues that divide the body – can unite over the Physical Activity Guidelines for Americans Act, which calls for regular review and updating of physical activity guidelines as is done with nutritional guidelines. Legislation encouraging trails, paths and walkable neighborhoods are icing on the cake.

Gifts that Last, but Cost Little

Sure, give your loved ones that treadmill, workout video, bicycle or gym membership, and encourage them to keep at it throughout the year; but remember to also do what you can to add more walking to daily life. You'll feel better, enjoy improved health and fitness, and share all the co-benefits with your family and community. The mantra for 2014: Every Body Walk!





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

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

Upcoming Events

Location	Event	Date
Denver	Runnin' of the Green Luck 7K	March 16, 2014
Ft Collins	Horsetooth Half Marathon	April 13, 2014
Boulder	Emerge 5K: Helping Our Youth Soar 5 K	May 3, 2014
Loveland	Run for Orphans 5 K	May 10, 2014
Ft Collins	Floyds 99 Barbershop Fathers' Day 5 K	June 15, 2014
Estes Park	Coda Coffee Estes Park Marathon	June 22, 2014
Boulder	2014 Ironman Boulder	Aug 3, 2014
Loveland	Valley 5000 Road Race 5K	Aug 15, 2014

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

Resolution 2014: Add More Vegetables to Diet

By Rose Steen

One of the things I struggle with in planning and preparing meals is assuring there are plenty of vegetables in our diet. Here are some ways that vegetables can be incorporated into favorite recipes for added nutritional value.

- Add grated or pureed carrots to a Greek yogurt and fruit smoothie.
- Add sliced tomato, avocado, roasted pepper strips, spinach or arugula to a grilled cheese sandwich.
- Add pureed carrots to ground beef before making hamburger patties, meat loaf or meat balls.
- Put a can of pureed pumpkin in your next batch of marinara sauce.
- Add additional vegetables to spaghetti sauce—such as grated zucchini or carrots, green peppers.
- Do a combination of sweet potatoes and white potatoes for mashed potatoes with an extra dose of Vitamin A.
- Cook cauliflower and process in a food processor with cream cheese, butter, salt and pepper for a mashed potato substitute. Cauliflower is high in Vitamin C, low in calories (1 cup of chopped cauliflower has 27 calories)
- Grill slices of cauliflower—slice into 3/4 inch slices, brush with combination of olive oil, lemon juice, minced basil, grill until done—about 10 minutes total. Sprinkle with grated parmesan just before removing from the grill.
- Add bell peppers to anything—they are loaded with Vitamin C and very low in calories—18 calories in 1 cup of strips.
- Make a frittata—the combinations are limitless.

Frittata Recipe

Brown chopped bacon in heavy skillet. Remove bacon from pan, drain and set aside. (if you prefer a vegetarian version, skip this step and brown vegetables in small amount of butter until softened and lightly browned)
Vegetables (use any or all of these): spinach, onion, broccoli, cauliflower, peppers, grated or diced potatoes.
Cheese—1/2 to 1 cup grated (your choice)
6 eggs—mixed well with 3 TBSP milk and salt and pepper
When vegetables are cooked, lower heat to medium low and pour the egg mixture over the vegetables. Cover and let cook until eggs are set (about 15 minutes), sprinkle cheese on top, let melt and serve.