

ORAL HISTORY 01-84-02-01

Fitness Fest discussion by an unidentified speaker

Fairbanks, Alaska

Steve Lay, interviewer

Series: University Focus series

An unidentified person talks about the second annual Fitness Fest. Health and fitness has been approached in a negative way. He is targeting people that are healthy and want to become more active. He discusses causes of death in relation to lifestyles. Fifty percent of deaths can be attributed to lifestyle. They are doing things like looking at weight, nutrition, exercise patterns, etc. On one day of the fest agencies from the community will be invited to campus. Another day will have assessments and there will be a day of workshops. He talked about the prevalence of depression in the winter so they will be having the program in the winter. They will have a month long assessment after the fest. People who want to change eating habits or other things can come in for an assessment after a month. They will try to give people as much information as they can. They will set up a fitness course in Wood Center. They will give them things to monitor themselves. They are also planning to have a weight workshop for weightlifting. They'll have nutrition assessments, skinfold tests, aerobic workshops, and the Harvard step test. Last year they had a busy turnout and couldn't get some people in. He talked about the skinfold test to look at fat percentage. It gives a good estimate of body fat. He talked about the fitness course, flexibility testing, stress, and diets. One full day will be devoted to just assessments. They will have diabetic testing. There will be various assessments like that. Smoking cessation booths will also be present. The associations donating time will be from agencies in the community like the Heart Association, American Cancer Society, The Dental Society, the American Red Cross and other agencies.

He said the long term advantage of participation is lifestyle changes being critical to life expectancy. It used to be thought that health care was physician responsibility but it is now thought more and more that it is the individual's responsibility. He talked about the benefits of participation in the program. Last year people could evaluate life patterns and predict their life expectancy. This year they are trying to improve the fest. They are trying to move assessment activities into Wood Center. The program is for faculty, staff and students.