

Erin Calderone and Jon Gold, Glendale Community College
Just Move It: How Exercise Can Change the Physiology and Fitness of Your Heart

Abstract:

A recent report from the Centers of Disease Control and Prevention (CDC) warns that the average American's heart is between 5.4-7.8 years "OLDER" than their chronological age. And although you can't rewind the clock on your birthday, you CAN make your heart younger. Healthy behaviors like proper nutrition, physical activity, and distaste toward smoking can unlock the fountain of youth for your heart's ticker. Specifically, exercise and improving your fitness can make drastic changes to the heart's structure and function, making a bigger, stronger, more efficient pump that can keep beating for decades to come. In this lecture we'll cover the science of what goes on in your heart when you exercise and show you real-world examples of how students in GCC PE classes actually change their hearts' efficiency over a 16-week semester.

Bios:

Erin Calderone is an Instructor of Kinesiology, Health and Physical Education at Glendale Community College. Her primary passion is encouraging people from all walks of life to adopt an active lifestyle and achieve fitness and health through physical activity. She earned her BS and MS degrees in Kinesiology from California State University Northridge, and is a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association. Before joining GCC in 2013, Erin was a personal trainer for 7 years and has contributed to popular fitness magazines such as Muscle and Fitness and Oxygen.

Jon Gold is the Division Chair of the Kinesiology Department at Glendale Community College and has served in that role for nine years; as well as, Fitness Director of GCC's Lifestyle Fitness Center for 18 years. Jon is also currently a track coach at Upland High School. He holds a Master's of Science degree in Physical Education from Azusa Pacific University. During his undergraduate years he attended UCLA where he studied Sociology and was a member of the track team from 1983-1984. Before UCLA, Jon began his higher education path at Mt. San Antonio College, one of the community colleges in California.