

**3 WINS Fitness: Free, Sustainable, Replicable and Scalable. CSUN Kinesiology students leading Los Angeles to better health.**

## Not Exercising May Be Worse for Your Health Than Smoking

### In this issue:

- Click on the [hyperlinks](#) more information/videos
- WHY YOU MUST EXERCISE! NOW!
- Meet Jenny Rosales, the heart and soul of our 3 WINS Fitness site at David M. Gonzales Recreation Center and Guardian Angel Catholic Church.
- Summit II SAVE THE DATE: Dec. 5!
- What drives our CSUN Kinesiology students to do 3 WINS Fitness?

**New findings** detail how researchers at the Cleveland Clinic studied 122,007 patients from 1991 to 2014. Researchers found a clear connection between a longer, healthier life and high levels of exercise. The report calls for health care professionals to encourage patients to achieve and maintain a robust fitness routine. "Cardiorespiratory fitness is inversely associated with long-term mortality with no observed upper limit of benefit," the study says. "Extremely high aerobic fitness was associated with the greatest survival and was associated with benefit in older patients and those with hypertension."

**WOW! We just talked about the importance of VO2 max last issue and this article about the value of exercise came out on Oct. 19, 2018! 3 WINS Fitness knows why it's asking you to do the exercise and we are taking you to your goals day by day . . . progressively! We have 4 fitness levels and we encourage our participants to gradually increase their frequency and intensity to progress to the next level as the study says NOT exercising is like having a disease and the CURE is exercise. THE EVIDENCE IS IN! You have to exercise and **3 WINS Fitness** is here to help you. Don't wait. START NOW! With increased effort, we all get better!**



### Who is Jenny Rosales?

I was told, you must meet **Nurse Jenny** if you want to have 3 WINS in Pacoima! What a ball of energy! She told me ... "I will get you 100 participants" and after 1 year, we are on our way with our latest count at 71 and growing every (click on her name or picture to see video) cont. page 3

David M. Gonzales Recreation Center, Pacoima



**Summit II: Join participants from ALL our sites at El Cariso Park, Sylmar, CA for a morning of moving!**

**Summit II**

**MARK YOUR CALENDAR: Dec. 5, 8am-11am**

**Exercise 8:15-9:30 am**

**All fitness levels welcome**

**More details coming**

email [steven.loy@csun.edu](mailto:steven.loy@csun.edu) to receive Summit notifications and be on the E-Newsletter mailing list

**One of our 3 WINS** is our Kinesiology Students. With a program born in 2011, the numbers of students who have instructed and improved the health of our communities is in the hundreds. Below is our Fall 2018 team. Enlarge your picture and see them lifting a shared oar from each of our sites.

Why an oar? This semester, we adopted a philosophy and work ethic from *The Boys in the Boat*, a book written by Daniel James Brown about nine Americans and their epic quest for gold at the 1936 Berlin Olympics. Our 3 WINS goal is to master the “swing” a skill sought by those 8 boys rowing; to have all of us work in the perfect unison necessary to make us champions ... champions for the health of our community through 3 WINS Fitness delivered exercise. We seek to blend our education, knowledge, experience and skills to make a difference in the communities we serve. You must read the book to find if the boys were successful.

Our students are many and together, we believe we can turn the tide on physical inactivity, the 4th leading cause of death in the world. We believe we have developed the swing and are sharing our message with 800+ kinesiology departments across the country.

We invite YOU to Summit II where you can see “3 WINS SWING” in action. You will see participants from our 6 parks and churches demonstrating what they do regularly and **understand** why 3 WINS must spread across Los Angeles and America. And you can join us in your workout gear and our 3 WINS Chant (click on I Believe).

*I*  
*I Believe.*  
*I Believe that We!*  
*I Believe that We Will Win!*  
*I Believe that We Will WIN!*  
*I Believe that We Will WIN!*



**3**<sup>WINS</sup>  
*fitness* **L.A.'S LARGEST FREE DIABETES PREVENTION & EXERCISE PROGRAM**



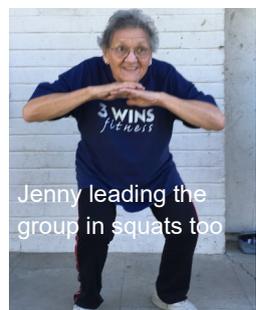
## Jenny Rosales cont.

day. I found out she is known by many names! “Jenny”, “Tia”, “Mama Rose” or simply “the Nurse Serving the Barrios.” Jenny attended Los Angeles Valley College in Van Nuys and became an LVN and RN while working as a medical assistant for two doctors in Pacoima. Later Jenny earned her Bachelor of Science Degree in Health Care Administration from the University of La Verne.

She worked at Pacoima Memorial Hospital from 1974 until it closed in 1984. She followed that up with 18 years working for Olive View Medical Center, in Sylmar and before retiring from Olive View Hospital in 2003, began preparing herself for her new career as a Volunteer Parish Nurse at Guardian Angel Church, receiving her Parish Nurse Certification in 2002 from Azusa Pacific University.

As a Volunteer Parish Nurse, Jenny serves more than 20 non-denominational churches in her network. During her health fairs, patients are screened for: cancer, heart conditions, mental health, vision, HIV, as well as prostate and mammograms. She also facilitates weekly classes for prevention of high cholesterol, hypertension, and diabetes. Referrals for various ailments are also conducted as well as support groups implemented.

I think almost every one of our participants calls her their friend. I can't begin to imagine her working any more enthusiastically than when we see her “working” the crowd at 3 WINS calling out the moves. In 2006, two years after retiring, she received the **Mother Joseph Award** (click on the link to read of her remarkable achievements and service) from Sisters of Providence. When I met her she was using a cane to assist her movement ... no more ... make sure you check out the **video** and watch Nurse Jenny move. Jenny is not retired.



Jenny leading the group in squats too



*We believe that 3 WINS Fitness is a model for Kinesiology Departments across the United States to help our country become healthier through exercise and movement and we are dedicated to empower individuals to improve their quality of life by building healthier minds, bodies, and communities. Theodore Roosevelt's words resonate with us though we firmly believe that failure is not an option.*



Theodore Roosevelt

Pre-diabetic? Find out!  
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