



McComas Hall



Health & Fitness Center

WELLNESS

Volume 4 - Number 3
April 2000

N E W S

ALWAYS AVAILABLE

Free Personal Action Planning Consultation

for: healthy eating habits, stress management, strategies to quit smoking, starting a personal exercise program.....contact Schiffert Health Center's Health Education Dept. at 231-3070 or e-mail wellness@vt.edu.

Free Smoking Cessation Counseling & Quit Kits

Learn strategies and pick up resources to help you Live Smoke Free. For a free smoking cessation counseling session call 231-6444 or e-mail healthed@vt.edu. For a free Quit Kit stop by Wellness Resource Center, 141 McComas Hall.

Free Relaxation Training Class

258 McComas Hall, every Thursday 1:00-2:00pm

Body Image Group for Women

Wednesdays at 10:00 a.m. -- If you are interested, call 231-6557 to schedule a pre-group interview.

Men and Women Sharing (TBA)

For more information contact the Cook Counseling Center at 231-6557.

HNFE Nutrition Counseling

Free unlimited sessions- Contact HNFE Dept. at 231-4672 or email: nutrihelp@vt.edu.

Personal Training (\$50 and up)

If you would like more information on fitness packages or would like to sign up, visit 142 McComas Hall or contact Rec Sports at 231-6856.

UPCOMING EVENTS

Five Alive Week -- April 3-7

AIDS Walk -- April 16th at 2:00 p.m

Anonymous HIV testing -- 1st & 3rd Thursdays

For more info call the Wellness Resource Center 231-3070.

Soccer Tournament -- April 8-9 & 15-16
Registration ends April 4.

Hokie Open 2000 -- May 11
Golf Tournament

For more info call Rec Sports 231-6856.

MOTIVATION

Ever had a case of the winter blues that make you want to stay indoors? Now it's time to re-motivate yourself. Sometimes, you need to mix up the routine and try something different to rejuvenate your motivation.

🌀 *Jolt your self into shape:*

Make a mixed tape of up beat music to jam to, or purchase premade workout tapes from Power Music (www.powermusic.com) or Muscle Mixes Music (1-800-526-4937)

🌀 *Visualize:*

Use pictures of positive role-models to give you the push to stay consistent.

🌀 *Set daily goals:*

Before you go to the gym, decide what it is that you wish to accomplish with the workout session.

🌀 *Recruit a partner:*

Company can encourage you to make the extra effort.

🌀 *Stay realistic:*

Make sure to set your sights for something that is attainable.

🌀 *Try something different:*

Every two weeks, try something new. A different exercise, new fitness class, or going at a different time.

🌀 *Ask an expert:*

Hire a personal trainer for one session or more to help you along the way. You can get a personal trainer on campus.

🌀 *Reward yourself:*

New workout attire may be fun!

-Sharyn Harden, Personal Trainer and
Aerobics Instructor



HOKIE AQUA/WALK: EXERCISE INCENTIVE PROGRAM

This club is an incentive-based aqua/walking program designed to encourage you, the Virginia Tech student, to walk or do an aqua exercise on a regular basis. This beginner program meets every Wednesday at 5:15 p.m. in McComas Hall (room 143, Health Education Classroom) and it is FREE! Meetings include:

- ☞ Educational Handouts
- ☞ Fitness Assessment & Goal Setting
- ☞ Recognition of Members' Accomplishments
- ☞ Distribution of Incentives
- ☞ Socialization
- ☞ Walking or an Aqua Exercise segment
- ☞ Relaxation & Stretching

Here's What Some Members' Have To Say...

"This club definitely encourages me to walk instead of bus transportation. I'm healthy and have more energy to do everything. Moreover, I received many incentives from this club, too."

*Chez Ard-paru
Electrical Engineering, Graduate Student*

"The Hokie Aqua/Walk Club is an opportunity that a lot of students don't know about and could be one of the well-hidden secrets of VT. Every week, we are excited about participating and encourage everyone to partake in the fun. I really



enjoy the relaxation session at the end of the meeting. It is definitely a great break from the stress of class!"

Julie Johnson
Chemical Engineering, senior

*If interested come by the **Wellness Resource Center** located in McComas Hall or email wellness@vt.edu *

- Kim Boger,
Office of Health Education
Intern

Meal Planning

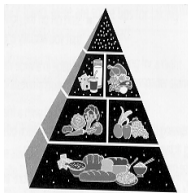
Sometimes it is hard to plan a workout into a busy schedule, let alone eat a meal before hand. When working out it is essential for your body to have fuel to safely complete the activity. Food serves as fuel for the human body and it is important for electrolyte balance, building muscle, and building bone.

Some foods that are best to eat before a workout are:

- ⌘ Roasted Turkey
- ⌘ Lean Roasted Meat
- ⌘ Baked Fish
- ⌘ Skim Milk
- ⌘ Lean Baked Ham
- ⌘ Yogurt

Some foods that are best to eat following a workout are:

- ⌘ Squash
- ⌘ Cucumbers
- ⌘ Pears
- ⌘ Plums
- ⌘ Nectarines
- ⌘ Broccoli



Be sure to eat well balanced meals using the food pyramid, and on those intense workout days increase intake to meet the energy needs. When you do not consume enough food your blood sugar will drop, therefore decreasing your energy and the comfort of your workout.

-Meghan Garrett,
Student Dietetic Association
Member

Burn Excess Energy, Outside of the Gym

Don't have time to make it to the gym? The following are just a few examples

of making up for a lost day at the gym:
⇒ How many people **drive around looking for the closest parking spot?** It's ok, I think we all do! Well next time you are at the store, park further away. By walking a longer distance you will use more energy.

⇒ Instead of **searching for the lost remote control**, get up and change the channel.

⇒ Ok, **taking the elevator to the 2nd floor?** From now on, push your self to walk up those stairs. If you are feeling really motivated, you could even run up the stairs.

⇒ Instead of taking the bus to a class that is across campus, **walk to class**.

⇒ **Bike to class** and enjoy the nice spring weather.

⇒ Instead of driving through a car wash, **wash the car yourself**.

These activities are simply daily events. So next time you can't make it to the gym, don't freak out. Instead, you can make everyday activities an exercise.

-Jennifer Jones,
VT Health Promotion Team Member

Adding One Minute to Your Workout

Ever find yourself counting down the minutes until the end of your workout? If so, it is time to refocus on the goal you want to achieve then adjust your workout plan.

⌚ If your goal is to add more **power** to your repertoire, try adding intervals of a hard, all out sprint during your cardio. You can progress by slowly increasing the interval time lengths, and you will see the results as you can do longer intervals.

⌚ If the goal is **endurance** try cross training instead of spending all your time on one activity. This keeps you from getting burnt out, bored, and unmotivated. Change up your workout with different activities.

⌚ If your goal is to add more **definition**, try circuit training. Circuit training is the alternating weight lifting exercises with cardiovascular in-

tervals.

⌚ If you want that **killer midsection** by summer time, try doing a full minute of AB exercises, while paying attention to strict form. A minute goes a long way with abs, it is challenging! As you can see, adding one full minute to your workout is not as hard as it sounds.

📖 For more information come by McComas 142 or call the Recreational Sports office (231-9858).

-Sharyn Harden,
Personal Trainer and Aerobics Instructor

Abdominal Training

When?

- ❖ Ab workouts should be every other day
- ❖ Abs may be worked everyday if you do different exercises
- ❖ Overload the muscles with 3 to 5 sets of 15 to 20 reps
- ❖ Give yourself time to recover if soreness occurs

How?

- ❖ Concentrate on the abdominals
- ❖ Keep your abdominals contracted
- ❖ Be sure that your abs are not pushing out when you contract
- ❖ Slow/Controlled movements
- ❖ Don't hold your breath
- ❖ Start basic, then add advanced movements
- ❖ Don't use your momentum



What Order?

- 1) Lower Abdominal Region:
 - ❖ Reverse curls
 - ❖ Pelvic tilts
 - ❖ Knee tucks
 - ❖ Single leg lifts
 - ❖ Concentrate on small movements
 - ❖ Bring your hips towards your ribs
- 2) Obliques:
 - ❖ Cross-overs
 - ❖ Standing oblique twists
 - ❖ Concentrate on slow, controlled movements
- 3) Upper Abdominals:
 - ❖ Crunches
 - ❖ Gravity fighters

- ❖ Stabilization
- ❖ Again be sure to control your movements
- ❖ Bring your ribs towards your hips

What If...

You feel a strain in your lower back?

- ❖ Hold your body in a neutral position
- ❖ Concentrate on exhaling during contractions
- ❖ Return to your natural arch as you inhale

Your neck is stiff or sore?

- ❖ Relax your head in your hands and pretend there is an apple under your chin
- ❖ Do not pull on your head with your hands
- ❖ Place your tongue on the roof of your mouth to reduce the strain on your neck

📖 For further suggestions and information visit these web sites or hire a personal trainer on campus:

www.betterboz.com/abdominal.html
www.thrive.net/shape/experts/karen/karen.05-05-97.html
www.health-first.org/YourHealthFirst/Articles/AbsinShape.htm

*-Kristin Hughes,
Special Programs Assistant
Recreational Sports*

Reference: The Tech Training Tips (available in McComas)

Let's Talk About Sex.....Or Not?

It seems like it is everywhere you turn nowadays. It's on the television, in music, magazines, or on the Internet. What am I babbling about? Sex. You may not believe it but not everyone is having sex. In fact, out of every ten-college students, four are choosing to abstain. How 'bout them apples? Now you might be asking yourself why, right? Why abstain? What benefits are in it for me? Well, abstinence is a viable, risk free option available at no cost to everyone and can be fun, too. There are lots of benefits, but here are just a few:

- ☞ No risks of STDs & Pregnancy
- ☞ No expense
- ☞ Security that you're NOT being

pursued for sexual reasons

- ☞ Allows time to get to know your partner and develop trust and closeness.
 - ☞ more depth in relationships - security that they are spending time with you for you, not just your body
- ☞ Less stress and less worries
 - ☞ regarding emotional betrayal, "sexexpectations", financial and family obligations that you did not plan on, pregnancy, birth control, STD's, permanent infertility, etc.
- ☞ Helps you focus on other things and people in your life

Even if you have had sex before, you can choose abstinence at any time in your life. Abstinence is the only 100% effective method of contraception.

Sex is, by far, not the only way to show someone you love him/her and too often we confuse love and sex. There are 101 ways to make love without doin' it!! You can:

- ☞ Talk to each other about your feelings and dreams
- ☞ Tell each other you love them & respect them
- ☞ Kiss
- ☞ Hug & Snuggle
- ☞ Hold hands & touch each other in a loving way
- ☞ Go out together or stay in and have dinner by candlelight
- ☞ Be best friends & laugh at something funny together
- ☞ Plan a road trip or picnic together
- ☞ Buy each other gifts or write a love note



If you choose to be abstinent don't let ANYONE pressure you. It is your body, your life, and your choice. Remember that alcohol and drugs make it harder to abstain. If you would like to talk to someone about the choice to abstain: Contact the Office of Health Education at the Schiffert Health Center at 231-3070 and **remember, not everybody's doing it!**

*-Monica Sandridge,
VT Wellness Peer Educator*

The Truth About Ecstasy

Watch out!!

Ecstasy, a "club drug" gaining popularity on college campuses, can cause serious health problems!! Chronic use can result in long-term damage, which include:

- ☞ Memory impairment
- ☞ Abnormal behavior



Originally, Ecstasy was developed as an appetite suppressant in the early 1900's. It is usually taken orally in the form of a tablet or capsule. The effects can last from approximately 3 to 6 hours, but reports have documented instances where effects have lasted **weeks** after being taken. Ecstasy, like most other drugs, is also dangerous in high doses. Some side effects of using Ecstasy in high doses include:

- ☞ Increased Body Temperature
- ☞ Depression
- ☞ Sleep Problems
- ☞ Anxiety
- ☞ Paranoia
- ☞ Stroke/Heart Attack



Watch Out: "Club Drugs" can be odorless, colorless and can be slipped into drinks easily!

Slang or Street Names:

- ☞ X
- ☞ XTC
- ☞ Clarity
- ☞ Lover's Speed
- ☞ Ecstasy

Be watchful and protect yourself!

- ☞ Don't leave a drink unattended
- ☞ Don't accept drinks from strangers

A person who administers the drug to their victim often tries to look like the "good guy"; he will often volunteer to take the victim home. Be wary of this behavior. Single, young, females who go to parties and bars and take alcohol from strangers are at the highest risk.


*-James Mastros,
VT Wellness Peer Educator*


Resource: The Peer Educator

Are You A Social Smoker?

How many of you are "social smokers?" Think about it! You know, those who only smoke on weekends, when drinking alcohol or occasionally with friends. You may think that since you're only smoking on the weekends you're not *really* harming your body, but you are. Your "committed smoker" friends will probably tell you that they started smoking socially and now they can't seem to quit, even though they may really want to.

 **60% of Tech students are NON-smokers**


 17% describe themselves as "weekend smokers."

 Only 23% are considered "daily smokers."

Either way, it's a great idea to **quit now**, while it is much easier.



For those of you who do smoke (or if you know someone who does and you want to help), there are **resources available** here at Virginia Tech to help you quit. You can schedule a **FREE**, no-pressure smoking cessation appointment with a Schiffert Health Center consultant. At this session, you can discuss your concerns about quitting and the barriers that you may need to overcome as well as the different methods available to help you quit.

 To make an appointment contact the Schiffert Schiffert Health Center at 231-6444.

**Think about it...
You're harming your body.**

*-Christina Salvatore,
Office of Health Education
Intern*

References: American Cancer Society, Virginia Tech Core Survey 1999.

Thank You

Student Newsletter Writers!!!

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