



McComas Hall



Health & Fitness Center

WELLNESS

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N E W S

ALWAYS AVAILABLE

Free Personal Wellness Consultation & Self-Help ACTION Guide

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.

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.

Tip of the Month

Alcohol Facts.

Nationally, college student drinking is down for the first time in recent years.

A Harvard study indicated:

- Y **One in five students, 19%, reported themselves as abstainers, up from 15% in 1993.**
- Y **At Virginia Tech, most students (54%) consume four or fewer drinks when they party**
- Y **72% report that alcohol does not affect their academic performance.**

*Steven Clarke
Coordinator*

Alcohol Abuse Prevention Programs

What Do You Know About The Skin You're In?

Take this true/false quiz and find out:

- 1) Skin Cancer is the most common form of cancer in the United States.
- 2) The development of a new mole or a change in an existing one may be a sign of skin cancer.
- 3) People with dark skin can't get skin cancer.
- 4) You have an increased risk of malignant melanoma if a parent, sibling, or child has had it.
- 5) Malignant Melanoma cannot be cured.
- 6) Melanoma can occur anywhere on your body.
- 7) Redheads and blondes are more likely to get melanoma.

ANSWERS:

- 1) **True:** In 1996 there were 1 million new cases.
- 2) **True:** A new mole or changes in the size, color, shape and texture may be a sign and should be reported.
- 3) **False:** Anyone can get skin cancer. Having darker skin means you have more melanin which is a buffer which absorbs UV rays and lowers, but doesn't eliminate, the risk of developing skin cancer.
- 4) **True:** Your risk is increased if an immediate family member has had melanoma.
- 5) **False:** If melanoma is treated in the early stages it can be cured.
- 6) **True:** Melanoma can develop anywhere, even in places not exposed to the sun.
- 7) **True:** A redhead or a blond has a 2 to 4 fold greater risk of developing skin cancer.

What do you do to protect yourself?

Stay out of the sun between 10am and 4pm, when the sun's rays are the strongest and then



SLIP.....SLAP.....SLOP....

* **SLIP on a shirt:**

Wear protective, tightly woven clothing. Dark colors give more protection.

* **SLAP on a hat and sunglasses:** Wear a 4-inch-wide broad-brimmed hat and sunglasses with UV protective lenses.

* **SLOP on SPF 15+ sunscreen:**

Use a broad-spectrum sunscreen that protects against UVA and UVB rays and has a SPF of 15+, even on cloudy days. Reapply sunscreen every two hours when outdoors, especially if you're swimming or sweating.

*Jackie Lance,
Office of Health Education
Intern*

Resource: <http://homearts.com/depts/health/winsunb2.htm>

SMART SWIMMING

Swimming is a fun activity that benefits the whole body at the same time! Just remember to keep it safe.



Safety Issues to Think About

- Never swim alone; swim with a partner
- Before jumping in, know how deep the water is
- Alcohol and swimming make a dangerous combination
- Never swim right after a meal
- Be considerate of other swimmers
- Do not horseplay around water
- If you are unsure whether an area is safe, do not swim there

Also check out www.drkoop.com/conditions/encyclopedia/articles/023000a/023000014.html

SHC OFFICE OF HEALTH EDUCATION

Wellness CONNECTION

A HEALTHY LIFESTYLE PROGRAM

STRESS BUSTER #1

Time Management -- It works! Try planning your exam week study schedule in advance - Need help? Contact the Cook Counseling Center at 231-6557.



Reasons Why You Maintain a Low Heart Rate

- ♥ Temperature: Water cools the body which reduces the effort required.
- ♥ Gravity: Reduced gravity allows the blood to flow to and from the heart more easily.
- ♥ Compression: Water compresses the body causing a lower venous load to the heart.
- ♥ Partial Pressure: Water pressure reduces the workload because oxygen enters the blood with less resistance.
- ♥ Dive Reflex: When the face is submerged, a nerve in the nasal cavity lowers the heart rate and blood pressure.

Health Benefits of Swimming

- ☞ Full-body workout; exercises almost every muscle in the body
- ☞ Regulates breathing
- ☞ Stimulates circulation
- ☞ Low-impact exercise; puts no stress on joints
- ☞ Able to burn up to 350-420 calories per hour
- ☞ Builds strength, coordination, stamina, and confidence
- ☞ Ideal environment for physical therapy

☞ Also check out www.drkoop.com/wellness/fitness/facts/swimming.asp
Or www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=77

☞ For more information contact Allison Zuchowski at 231-6856.

*Sarah Davis,
Student Dietetic Association*

Reference: "Aquatic fitness Professional Manual". Aquatic Exercise Association. Publisher, Proof Reader/Editors, 1998 : 85.

STRESS BUSTER #2

Don't forget to eat! Try your best to stick to your regular diet. Breakfast is really important because it has been shown to improve strength and endurance in the late morning, along with a better attitude toward & ability to concentrate on school and work. During exam week pizza often seems most appealing, try adding as many vegetables (or fruits) as you can! ☺

WHEN YOU CAMP DOES YOUR FOOD GET DAMP?

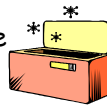
TIPS ON HOW TO PACK FOR CAMPING or PICNIC TRIPS:

While enjoying the great outdoors, there are some food safety principles that should remain constant:

- ☞ Try and pack mostly non-perishable foods (foods with a long shelflife)

☞ Pack cold foods in an insulated cooler with ice packs

☞ If the cold food does not "feel" cold, don't take any chances by eating it. Meat and Poultry products may contain bacteria that cause food borne illness. They must be cooked to destroy the bacteria and held at temperatures that are either too cold or too hot for these bacteria to grow.



☞ If you are cooking use a hot camp fire or portable stove

☞ Cook foods before leaving home, cool them and transport them cold

☞ Pack meats in separate containers to prevent the spread of bacteria from one meat to another

☞ Be careful when handling meats, make sure to bring along sanitizing solution to keep hands bacteria free

Keep Cold Foods Cold and Hot Foods Hot

Heather Rountree

HNFE: Dietetics, Wellness Peer Educator

<http://www.fsis.usda.gov/OA/pubs/hcb.htm>

10 Habits of Highly Healthy People:

- 1) **Bust a Move:** With the increasing warm weather, challenge yourself to become more active outside.
- 2) **Practice Safer Sex:** Help prevent yourself against STD's & other related infections. Try the **ABC's** of safer sex: **A**bstinence- this is **100% effective** if consistent and **4 out of 10** college students choose to abstain. **B**ehavior- choose safe and healthy behaviors such as get tested, avoid mixing alcohol & sex, open & honest communication, mutual monogamy. **C**ondoms - male and female condoms are highly effective if used consistently and correctly.
- 3) **High-Five (your produce):** Bananas; Broccoli; Beans Oh My! Try to get 5 fruits and vegetables a day.
- 4) **Build Your Backbone:** Calcium, It's all about the Milk Baby!
- 5) **Slather on Sunscreen:** A tan is cool until you look like the neighbor from "Something About Mary!"
- 6) **Vitamins:** Got to have them: Remember "The Flintstones?" The best way to make sure you are getting your optimal amounts of vitamins and minerals is to eat by the food guide pyramid.

7) Schedule Enough Snooze Time:

Try to see if 20-Minute Interval Power Naps work for you.

8) **Yuk It Up:** I recommend any Adam Sandler/ Mike Myers movie

9) **Drink Up:** H2O for your Mind, Body, and Soul; 8, 8oz. Glasses a day for optimal health

10) Find Your Spiritual Side:

Yoga, Meditation, Prayer...Explore!!

Want to learn more about how you can make these apart of your lifestyle?

☞ Just visit the SHC's Wellness Resource Center at 141 McComas Hall

*Lisa Houy & Kim Boger
Wellness Peer Educators*

Reference: Janson, Meredith. Health Magazine.

THE BASICS ABOUT YOGA

Yoga classes are a mind and body experience. They incorporate posture, poses, challenging postures, and partner poses.

Overall benefits of yoga

- ☺ Increase flexibility
- ☺ Promote relaxation through breathing techniques
- ☺ Increase mental focus
- ☺ Develop mindfulness/ Body Awareness
- ☺ Create and recognize the connection between body and mind

Health Benefits

- ☺ Decrease blood pressure
- ☺ Injury rehabilitation
- ☺ Decrease stress
- ☺ Increase self esteem



These are just a few of the many benefits that are acquired through practicing yoga on a regular basis. If you have not yet had the yoga experience come try a yoga class at McComas Hall, Department of Recreational Sports!

*Courtney Murdoch
Yoga Instructor*

PREVENT DEHYDRATION DURING THE SUMMER MONTHS:

- ☞ Drink plenty of H2O before activities
- ☞ Continue to drink through your activity, 6-8 ounces every 15-20 minutes
- ☞ Water should be cool but not ice cold

- ◆ Wear clothes that breath easily, such as cottons
- ◆ Replenish electrolytes with Gatorade or H2O

WARNING SIGNS:

- ◆ THIRST
- ◆ DRY LIPS
- ◆ COLD HANDS AND FEET
- ◆ RAPID WEAK PULSE
- ◆ SKIN DOESN'T BOUNCE BACK QUICKLY WHEN LIGHTLY PINCHED AND RELEASED

WHAT TO AVOID:

- ◆ BEVERAGES THAT CONTAIN CAFFIENE OR ALCOHOL

*ALSO, BE AWARE THAT SOME FRUIT JUICES & NON-DIET SOFT DRINKS CAN ATTRIBUTE TO DEHYDRATION

PLAY IT SAFE BY CONSUMING PLENTY OF WATER!
(8, 8oz. Glasses a day)

Kim Boger
Peer Educator

Reference: <http://www.nwpcmd.com/dehydration.htm> wellness

STRESS BUSTER #3

Be sure to get your regular nights sleep (8 hours is the best!). You are your most productive when your body is well rested.

Lower Back Pain

Common causes

- ◆ Overuse of muscles that are unaccustomed to exercise
- ◆ Tension
- ◆ Stress
- ◆ Prolonged sitting
- ◆ Poor posture
- ◆ Improper abdominal training
- ◆ Muscular imbalance of abdominals and lower back
- ◆ Improper lifting techniques

Signs and Symptoms

- ◆ Constant muscle soreness or back pain
- ◆ Trouble completing a normal workout/daily activities
- ◆ Feeling tired and lethargic
- ◆ Bad mood

Methods to Improve Problem

- ◆ Rest and Doctor prescribed medications
- ◆ Rest flat on your back
- ◆ Sleep on a firm mattress
- ◆ Proper stretching before and after exercising
- ◆ Stretching your hamstrings
- ◆ Warm up before and cool down after exercising

- ◆ Correctly performing abdominal exercises will support the spine by putting less pressure on the lower vertebrae
- ◆ Abdominal exercises will also help stabilize the pelvis and pelvic muscle
- ◆ Improve strength in lower back to prevent muscular imbalances
- ◆ Avoid high heeled shoes because they cause your center of gravity to be pulled forward, thereby straining the lower back
- ◆ Physical therapy may be necessary if the problem persists

Elizabeth Miller
Student Dietetic Association

Reference: <http://www.houstonbackinstitute.org> & <http://www.yahoo.com/health>

The Facts About Diets:

What You Should Know about the High Protein and High Carbohydrate Diets

Who hasn't heard of "diets"? What does the term "diet" mean anyway? Well, according to Webster's New World Dictionary, the word's first definition is simply - what a person or animal usually eats or drinks. But,

the second definition is probably what most people are referring to when using this term - a special or limited selection of food and drink, chosen or prescribed as to bring about weight loss. And there are lots and lots of different diet programs being advertised on T.V. & Info. Commercials, magazine articles, books, etc. Most of which praise and promote each diet with an individual's short-term success story. But, we must take a closer look at some of the risks that accompany these "diets"! Below are the risks of two different well publicized diet programs:

High Protein/Low Carbohydrate Diet (a.k.a. Adkin's Diet)

Risks of this diet include:

- ◆ Increased cholesterol levels
- ◆ Elevated blood pressure
- ◆ Increase risk of various cancers
- ◆ Decreased athletic performance
- ◆ Kidney stones
- ◆ Fainting

High Carbohydrate/Low Fat Diet (a.k.a. Dean Ornish's Diet)

Risks of this diet include:

- ◆ Difficulty in maintaining a low fat diet

- ◆ Difficulty in "feeling full"
- ◆ A low fat diet may become bland
- ◆ Decrease in Vitamins and Minerals
- ◆ Limits variety from diet

Dr. Sharon Nickols-Richardson,
Nutrition professor in the VT department of

Human Nutrition Foods and Exercise suggests that...

"The problems with these diets are that they are based on personal testimonies and there is not enough long term research to prove the effectiveness of their claims."

When evaluating diets also watch out for these warning signs of unhealthy diets:

- ◆ seems extreme to you
- ◆ doesn't focus on permanent lifestyle changes
- ◆ doesn't include an exercise component
- ◆ says you can eat as much as you want
- ◆ restricts whole groups of foods
- ◆ requires you to take supplements or pills, or to eat or drink special stores.

The best way to assure yourself that you are getting all the nutrients that your body needs for good health (Recommended Dietary Allowances) is to have a diet that encompasses all food groups. Following the food guide pyramid allows wholesome foods with variety so a healthy diet is easier to maintain. Where to go for help or information on nutrition:



- ◆ Schiffert Health Center
Office of Health Education - McComas Hall
~ <http://healthed2.shs.vt.edu>
~ Action Planning Guide & Personal Consultations
~ Wellness Resource Room - Education & Information

- ◆ HNFE - Nutrition Counseling
~ <http://www.chre.ct.edu/F-S/cpapillo/nutrihelp/>

Heather Rountree,
HNFE: Dietetic Senior

STRESS BUSTER #4:

Exercise, Singing, Screaming, Deep Breathing, laughing... Practice healthy ways to relieve yourself of stress build-up

Stretching:
An Effective Way to Enhance Your Workout

When?

- ✔ You should stretch after a 5-10 minutes low intensity warmup
- ✔ After workouts as a cool down to increase flexibility
- ✔ You get a better stretch when your muscles are warm
- ✔ Anytime you need to relax

How Long?

- ✔ Spend an adequate amount of time stretching after exercising
- ✔ Take your time and be sure to breathe
- ✔ Only stretch enough so you feel the stretch
- ✔ Pain when stretching may cause injury to your muscles
- ✔ Overstretching (pushing too far) can cause injury to your muscles

What Parts?

- ✔ You should stretch the areas that you utilized during your workout

- ✔ Concentrate on those muscles that are active during your workout
- ✔ Any areas that are tight after you exercise (back, neck, and shoulders)
- ✔ Stretching the lower back and hamstrings will prevent lower backpain

Any Order?

- ✔ The order does not matter, as long as all areas are properly stretched

How does stretching change your workout?

- ✔ It will lengthen your muscles, providing a greater range of motion in your joints
- ✔ Flexibility provides you with greater ease while exercising, along with every day activity
- ✔ Improves posture
- ✔ Prevents muscle soreness and cramping
- ✔ Helps relax and cool down your body

*Andrea Demetriou
Student Dietetic Association*

Thank You

Newsletter Writers!!!

Kim Boger
Steve Clarke
Sarah Davis
Andrea Demetriou
Lisa Houy
Jackie Lance
Elizabeth Miller
Courtney Murdoch
Heather Rountree

Student Newsletter Coordinators

Kristin Hughes
Kim Boger

Wellness Newsletter Advisors

Ali Arner
Beth Thompson

Layout by:
Lori Sheppard

Health and Fitness Center

McComas Hall
Virginia Tech
Blacksburg, VA 24060-0140