



McComas Hall



Recreational
Sports

Health & Fitness Center

WELLNESS

Volume 5 - Number 2
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N E W S

ALWAYS AVAILABLE

Personal Wellness Consultation & Self-Help ACTION Guide

Obtain strategies for healthier eating habits, stress management, and/or starting a personal exercise program...for a free personal consult contact Schiffert Health Center's Office of Health Education at 231-3070 or e-mail <wellness.resource.center@vt.edu>.

Recreational Sports

For more information on fitness class packages, personal training, cholesterol screening and/or intramural activities including sports, aquatics, and more visit 142 McComas Hall or contact Recreational Sports at 231-6856.

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. For a free Quit Kit stop by Wellness Resource Center, 141 McComas Hall.

Dietary Assistance

Are you gaining weight and can't stop? Are you tired all the time? Are your eating habits erratic and unbalanced? Do you have food allergies? Do you have special health concerns such as diabetes or high blood pressure? If you answered yes to any of these questions, call 231-5313 for a free appointment with the Schiffert Health Center Dietitian.

Wellness Resource Gallery

Do you have questions about your fitness level? Do you want to find information about how to quit smoking, reduce blood pressure or deal with high stress levels? Are you looking for ways to incorporate better nutrition into your lifestyle? Visit the *Wellness Gallery*, a self-help room including health assessments, personal action plan guides, helpful handouts, pamphlets, videos, CDs, tapes and more! Check it out alone or with a friend. Where? In the Lobby of the Cook Counseling Center on the second floor of McComas Hall.

HNFE Nutrition Counseling

Do you have concerns with any of the following issues? Improving your food choices at the store or dining hall; cooking in your apartment for the first time; weight management; nutrition and exercise; nutrition and women's issues; nutrition for disease prevention. Free unlimited sessions available- Contact HNFE Dept. at 231-4672 or e-mail: <nutrihelp@vt.edu>.

ALCOHOL-FREE SPRING BREAK

Spring break is almost here - it's time to relax, take a break from classes and just have fun. That doesn't mean that you have to drink. There are plenty of ways to have a great alcohol-free break in Blacksburg or wherever you go!

- ☼ Take time to enjoy the outdoors. Go fishing, hiking, white-water rafting, camping, or just for a nature walk. For more information about campus outdoor adventures, visit <http://www.uusa.vt.edu/leisure/vohome.htm>
- ☼ Go see a movie. To see what is playing at the NRV 11 visit "<http://www.bev.net/entertainment/nrv11.html>"
- ☼ Spend time with your family and friends at home; catch up with an old friend you haven't seen in a while over coffee or visit a new restaurant you've wanted to try
- ☼ Relax through Self-meditation - for tips on how to relax through meditation visit "<http://www.iglobal.net/per/leopardqueen/meditation.html>"
- ☼ Grab some friends and learn a new recreational sport or just enjoy your favorites "<http://www.recsports.vt.edu>"
- ☼ For a rewarding experience, volunteer at your local YMCA, nursing home or hospital
- ☼ If you want to travel, but don't want to drink, there are still options. For information about alternative spring break vacations e-mail <ccm@vt.edu>

As you can see there are plenty of substance-free activities to enjoy over spring break and throughout the year. Just remember, you don't need to drink to have fun!!! Have a safe spring break.

Erin Palinski
Health Promotion Team Member

SAFE SPRING BREAK TIP #1

Keep everyone in the picture!
Always wear your seat belt, and make sure people you ride with do the same.

For more information contact: The Bacchus & Gamma Peer Education Network, (303) 871-0901, <http://www.bacchusgamma.org>

SPRING BREAK SURVIVOR CHALLENGE

Survivor Challenge will be an all day adventure (rain or shine) Saturday March 17



- ☞ Five rigorous events
- ☞ One which will be completed as a team, four which will remain a mystery until just five minutes prior to the start of the event!
- ☞ The team must decide who will complete the task - proceed with caution!
- ☞ Four mystery events in all, each teammate can be used only once - Do you want to use his or her strengths now or later?

Registration

- ☞ Open to all VT students, faculty and staff
- ☞ \$40.00 per team
- ☞ Must form a team consisting of two males and two females (no exceptions)
- ☞ Please come prepared to get dirty, sweaty, and wet
- ☞ Each person is advised to bring a "survival pack" - including workout attire, change of clothes, bathing suit, towel and a snack
- ☞ The first 40 teams to register by March 14 will be selected to participate in Survivor Challenge!

Grand Prize

- ☞ The surviving team will be awarded an all day white water rafting trip provided by Drift-a-bit!



A registration form can be obtained from the Recreational Sports web page at <http://www.recsports.vt.edu> or from the Recreational Sports office at 142 McComas Hall.

Please contact Jackie at <jlebeau@vt.edu> with any additional questions or concerns.

WILL YOU SURVIVE?

SHC OFFICE OF HEALTH EDUCATION

We **ness** CONNECTION

A HEALTHY LIFESTYLE PROGRAM



NUTRITION'S PART IN PHYSICAL PERFORMANCE

Individuals concerned with their nutritional status and effects on physical performance should be aware of several important concepts.

Diet composition is important to performance

☉ Consume a diet that consists of 55-60% carbohydrates, 15-20% protein, and <30% fat

☉ Carbohydrates are in fruits, starchy vegetables, grains, and cereals

☉ Get protein from meats, poultry, fish, beans, eggs, milk and nuts

☉ Lean meats help limit total fat in the diet

☉ Use fats sparingly: most required fat can be obtained by consuming other foods (meat, milk, and grains)

☉ Use the food guide pyramid to help maintain variety

Vitamins and minerals

☉ Supplements are not necessary to achieve adequate intake

☉ A balanced diet, with a variety of foods from each group, provides adequate vitamins and minerals

☉ Low-calorie diets may have low vitamin and mineral intake

Water

☉ Losses with exercise need to be replaced in order to prevent dehydration

☉ Dehydration can cause cramps, heat exhaustion or stroke, and / or decrease endurance and muscle strength

☉ **Simple tips**

- ☉ 1 pound weight loss = 16 ounces of water
- ☉ Consume water during exercise
- ☉ Drink fluids prior to an activity to prevent weight change from water

Carbohydrates for energy

☉ Eat high carbohydrate foods immediately after exercise

☉ This replenishes the body's stores that were depleted from muscles

Increasing ones wellness can decrease the risk for such chronic diseases as cancer, arteriosclerosis, high blood pressure, and diabetes as noted

by the American Cancer Society, the American Heart Association and the American Dietetic Association. Physically active individuals can use simple concepts of diet composition and variety, water balance, and carbohydrate replacement to assist them in their physical fitness program and ultimately lead to increased wellness.



William L. Thran
Virginia Tech Dietetic Intern

For more information, refer to the Campus Nutrition Resources & Services on the newsletter's front page.

HOW TO SPOT A FAD DIET

Does your diet sound a little sketchy?
Before you dive right into that new diet, ask yourself the following 8 questions to ensure your diet is a healthy choice.

❓ Does your diet claim a weight loss of more than 1-2 pounds per week?

❓ Does your diet promote a magical or miracle food?

❓ Does your diet restrict or eliminate certain foods?

❓ Does your diet offer a rigid, inflexible menu?

❓ Does your diet imply that weight can be lost and maintained **without** exercise?

❓ Does your diet recommend certain foods in large quantities?

❓ Does your diet rely heavily on **undocumented** case histories or testimonials but has **NO** scientific proof?

❓ Does your diet sound just too good to be true?

Your diet is probably a safe bet when the following 5 items are incorporated:

! It agrees with what most trusted health professionals say is healthy

! It can be followed long term

! It includes a variety of foods at each meal

! It incorporates exercise and other aspects of healthy living

! If weight loss is slow and gradual

Jackie Lebeau

Fitness Instructor, Recreational Sports

Resources: AFAA Magazine; ACE Certified News
For more information, refer to the Campus Nutrition Resources and Services on the newsletter's front page.

SAFE SPRING BREAK TIP #2

Avoid red-eye! Get enough sleep, drink enough water, and avoid the pain and suffering that is caused by the misuse of alcohol.

For more information contact: The Baschus & Gamma Peer Education Network, (303) 871-0901, *<http://www.baschusgamma.org>*

TATTOOS AND BODY PIERCINGS

It is spring break time and we know that many people like to be wild and crazy. In these adventures sometimes college students like to explore the world of tattoos and body piercing. We are not promoting or suggesting piercing or tattooing your body, but if you or a friend decide to pursue body art, here are some helpful hints from the Ancient Art tattoo and piercing artists here in Blacksburg:



When you walk into a Tattoo studio:

- ✓ First, ask to look at the artists' portfolios to see their professionalism and expertise
- ✓ Check the studio out for a clean, friendly, and professional atmosphere
- ✓ The establishment must have an autoclave, which is a sterilizing system
- ✓ There must be a sharps container for used needles
- ✓ Everything that is being used for the piercing or tattoo must be unwrapped in front of the customer

How to take proper care of your tattoo or piercing:

PIERCINGS:

- ☞ Allow 8 weeks for healing
- ☞ Don't touch with dirty hands
- ☞ NEVER use alcohol or peroxide to clean your new piercing
- ☞ USE antibacterial ointments

TATTOOS:

- ☞ Wash thoroughly with soap and cold water daily and blot dry
- ☞ Allow it to scab and apply lotion to moisten
- ☞ DO NOT sunbathe or swim with a new tattoo
- ☞ If the tattoo starts to itch, it is a sign of healing, DO NOT scratch

Robbin Cappa
Wellness Peer Educator

HEAT HEALTH

If you find yourself exercising in a warm climate this spring break, there are a couple of important facts to keep in mind.

- ! Prolonged exposure to extreme heat can result in heat illness
- ! Each year many physically active people suffer illness and even death from some heat related cause.

In order for your body to cool itself, it must dissipate heat through the evaporation of sweat. Climates with high humidity make it hard for sweat to evaporate and extra caution must be taken.

Some ways to prevent heat illness:

- ! Avoid exercise during the hottest part of the day (10am to 2pm)
- ! Monitor your heart rate to determine exercise intensity
- ! Incorporate significant rest periods in your workout and rest in cool, shaded areas with some air movement
- ! Avoid hot brick walls or hot benches
- ! PROPER HYDRATION IS KEY!
- ! Clothing should be loose fitting, lightweight, and should allow for the evaporation of sweat.

To ensure proper hydration keep these simple tips in mind:

- ☉ By the time you're thirsty, you're already dehydrated
- ☉ Drink before, after, and during physical activity
- ☉ Avoid soft drinks, juice, sports



drinks with >8% carbohydrate, caffeine, alcohol, and carbonated beverages

Trouble signs of heat illness include but are not limited to:

- ☒ Fatigue
- ☒ Unsteadiness
- ☒ Headache
- ☒ Vomiting
- ☒ Nausea
- ☒ Diarrhea
- ☒ Mental Slowness
- ☒ Cramps
- ☒ Visual Disturbance
- ☒ Weak, rapid pulse
- ☒ Weakness
- ☒ Rash
- ☒ Collapse

If you experience one or more of these symptoms, seek the advice of a medical professional ASAP.

The body takes time to adapt to new conditions whether it is temperature, altitude, time zone, etc. Increase your workouts gradually and don't push yourself too hard. Remember that spring break is a vacation and should be treated as such!

Serah Mott

*Fitness Instructor/Personal Trainer,
Recreational Sports*

Resources: Principles of Athletic Training, Arnheim and Pentice; Personal Training Manual, the American Council on Exercise; The Journal of Athletic Training

SAFE SPRING BREAK TIP #3

Keep things in focus. Spring break is about fun, friendship and a good time for all. Respect other people's rights, and your own, to choose not to drink or be sexually active.

For more information contact: The Bacchus & Gamma Peer Education Network, (303) 871-0901, <http://www.bacchusgamma.org>

FAMILY FUN not FAMILY FEUD

How to get along amicably with your parents during spring break:

After being away from home for so long, it can be hard to get along with your family, even if it is only for a week. So for those of us who are not going to the Bahamas, Cancun, etc., and are, instead, returning home for the break, here are some tips on how to enjoy the time you have with your family.

- ☒ Have dinner together
- ☒ Go to a movie
- ☒ Go to a play
- ☒ Go to a sporting event
- ☒ Take a day trip/mini-vacation together
- ☒ Help around the house to reduce parent's stress levels

If you can sense that tension levels are rising, here are some ways to combat any stress you may have.

✓ Practice Reflective Listening—try to see it from their perspective, put yourself in their shoes.

✓ Be assertive, without being aggressive, in getting your point across. Let your family know what you want in a non-demanding way.

✓ Try the "Spoon Full of Sugar Technique"—if you are having an argument, state positive reasons about the relationship first, then the reasons why you are upset. (I.e. "I care about you or our relationship, that is why I am saying this...")

✓ Focus on soft emotions, rather than hard emotions—ex. "I was upset when you..." vs. "I hate it when you..."

*Liz Allen & Stacie Seaborn
Wellness Peer Educators*

For more information on these topics, visit the Cook Counseling Center, 2nd floor McComas Hall.

SAFE SPRING BREAK TIP #4

Develop your friendships, relationships & pictures. If a friend is in danger, either because they are passed out from potential alcohol poisoning, or because they are driving after drinking, do what you can to help them. Get help. Confront them. Place value in your friendship.

For more information contact: The Bacchus & Gamma Peer Education Network, (303) 871-0901, <http://www.bacchusgamma.org>

SPRING IS IN THE AIR

That's right, spring is in the air, the weather is nice, it's time to get out into the great outdoors! But what is there to do outside on campus or nearby Blacksburg? Here are some suggestions:

Department of Recreational Sports: Spring Break "Survivor" Challenge Being held on March 17th, an all day rigorous adventure For more information, check out <http://www.recsports.vt.edu/fitness.htm>

Venture Out:

This on campus adventure program offers outdoor trips, equipment rental, and an outdoor resource center. The Venture Out Office is located on the Virginia Tech campus in the back corner of the Recreation Center (room 117B) on the first floor of Squires Student Center. Check out their website: <http://www.uusa.vt.edu/leisure/vohome.htm>

Their trips include:

- ☒ Whitewater Rafting
- ☒ Flatwater and Whitewater Canoeing
- ☒ Horseback Riding
- ☒ Kayaking
- ☒ Rock Climbing
- ☒ Hiking and Climbing
- ☒ Caving
- ☒ Mountain Biking
- ☒ Backpacking Trips



Check out <http://www.vt.edu/2000/campuslife/studorgs.jhtml> for these clubs on campus:

- ✓ Canoe and Kayak Club
- ✓ The Climbing Club
- ✓ Mountaineering Club
- ✓ Paintball Club of Virginia Tech
- ✓ Roller Hockey Club at Virginia Tech
- ✓ Scuba Club at Virginia Tech
- ✓ Tennis Club
- ✓ Triathlon Club
- ✓ Ultimate Club
- ✓ VPI Cave Club

*Erica Christensen
Intern, Recreational Sports*

SAFE SPRING BREAK TIP #5

Frame this thought. You don't have to be drunk to be impaired. If you are driving - there is only one choice - no alcohol at all. If you are riding with someone who has been drinking - find another way to get home...safely.

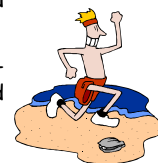
For more information contact: The Bacchus & Gamma Peer Education Network, (303) 871-0901, <http://www.bacchusgamma.org>

FITNESS FUN IN THE SUN

Trying new things and organizing activities at the beach is a great way to meet new people. Try some of these suggestions or create your own. Consider it guaranteed that you will create more lasting memories than if you had just stayed glued to your beach towel...

To add a little physical activity to your day at the beach, try these fun beach workout activities:

- ☒ Run/Walk in the sand
- ☒ Beach Volleyball
- ☒ Obstacle Course (walking lunges, running around cones, etc.)
- ☒ Frisbee
- ☒ Catch
- ☒ Building sandcastles
- ☒ Collecting Seashells or pretty rocks
- ☒ Belly dancing lessons at a nighttime luau



Or... if you would rather get in the water you could try:

- ☒ Snorkeling
- ☒ Body Surfing
- ☒ Surfing/Boogie Boarding
- ☒ Water-skiing/Tubing
- ☒ Sea Kayaking
- ☒ Jet ski
- ☒ Paddle Boats
- ☒ Swimming

*Serah Mott
Fitness Instructor/Personal Trainer, Recreational Sports*

COLD, REFRESHING BEVERAGE

Treat yourself to a healthy yogurt shake!

- ❄ A low-fat treat
- ❄ Nutritional benefits of yogurt
- ❄ Packed with fruit



Double Fruit Shake

- ❄ 1 container (32 ounces) fat free vanilla yogurt (about 3 cups)
- ❄ 2 packages (10 ounces each) frozen, sweetened strawberries or raspberries, partially thawed
- ❄ 2 medium bananas, (2 cups)



Combine Ingredients

- ❄ Place all ingredients in blender container
- ❄ Cover and blend about 30 seconds or until smooth
- ❄ Makes 8 servings

Nutritional Information

- ❄ 1 Serving: 160 Calories (0 calories from fat)
- ❄ 0 g fat (0 g saturated)
- ❄ 5 mg cholesterol
- ❄ 85 mg sodium
- ❄ 35 g carbohydrate (2 g dietary fiber)
- ❄ 7 g protein



*Stacie Seaborn
Wellness Peer Educator*

Resource: http://www.generalmills.com/Yoplait/ytr/ytr_sh.asp

Thank You

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