



McComas Hall



Health & Fitness Center

WELLNESS

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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>.

LITTLE KNOWN HEALTH RESOURCES

In this day and age, it is very important to keep up to date on fitness, nutrition, and disease information, especially when it concerns your own body! Virginia Tech currently offers to its students two very helpful programs that students may access: the Fitness Assessment Center and Wellness Resource Center.

The **Fitness Assessment Center** is part of the Rec Sports Personal Training program. This session is included in all personal training packages or can be purchased as a single session for a small fee of \$20.00. The fitness assessment is designed as a one-on-one informational session with a personal trainer. Here you will determine your current fitness level relative to your age and gender.

Aspects tested during the session include:

- ✓ cardiovascular fitness
- ✓ flexibility
- ✓ resting heart rate and blood pressure
- ✓ muscular endurance
- ✓ muscular strength
- ✓ cholesterol screening

More information about the Rec Sports personal training program can be found at www.recsports.vt.edu

The **Wellness Resource Center**, sponsored by Schiffert Health Center, is another helpful resource for Virginia Tech students. Located in room 141 McComas Hall, this room contains health resources (brochures/pamphlets, journals/magazines, posters, computer resources, etc.) on health topics including but not limited to sexually transmitted diseases, smoking, eating disorders, exercise, nutrition, and cancer prevention. Referrals to other campus health resources and personal health workshops are also available here. Please call 231-3070 for more information.

Jackie Lebeau
VT Aerobics Instructor and Personal Trainer

PROTECT THE SKIN YOU'RE IN!

As the sun begins to make its peak this summer, people run to beautiful beaches and pool sides not even knowing the risks they are taking. Some hazards of too much sun exposure are:

- ☒ wrinkles

- ☒ freckles
- ☒ skin texture changes
- ☒ dilated blood vessels
- ☒ skin cancers

A great way to protect your skin is by applying sunscreen. Sunscreens work by absorbing, reflecting or scattering the sun's rays on the skin. They are available in many forms, including ointments, creams, gels, lotions and wax sticks. When applying sunscreen, you should:

- ☒ apply at least 20 minutes before exposure to sun
- ☒ use a sunscreen with at least a 15 SPF, so your skin will be protected for 15 times as long
- ☒ reapply often, about every two hours or after swimming

When is your skin most prone to sunburn?

- ☒ between 10 am and 4 pm, when the sun's rays are the strongest
- ☒ on a hot day, because the heat increases the effects of UV rays

Some ways to treat sunburn are:

- ☒ apply lotions with Aloe, to soothe the burning sensation
- ☒ remove yourself from the sun
- ☒ give your body time to heal the skin that has been damaged

Sources: allHealth.com, American Academy of Dermatology; Schiffert Health Center

Tara Allen
Health Promotion Team Member



Friends Helping Friends QUIT Smoking- TIP #1

Caring Confrontation: Nagging, coercive, & critical approaches are counterproductive. If you want to express concern be sympathetic in your approach. Recognize that quitting can be difficult but well worth the effort. Let them know that you will continue to care for them whether they quit or not but when they decide to quit you will be there for support.

What you should know about Water Exercise!

Water aerobics, water walking, and deep water jogging are only a few of the numerous aquatic exercise programs available. Even though aquatic exercise has been around for a very long time, it is still often misunderstood. Some think that a good workout cannot be achieved in the water and because they think that your heart rate cannot be raised high enough. These beliefs about aquatic exercise are simply not true. According to A.K.W.A., everyone from vigorous exercisers to special populations can benefit from exercising in the water! Read on to see how you too can benefit from aquatic exercise.

Benefits for healthy exercisers:

Fat burning: Studies show that you can burn between 400-700 calories per hour in the pool depending on the intensity you apply.

Aerobic conditioning: Those who participate in aquatic-based workouts experience the same benefits of those who exercise on land.

Strength gains: Water offers a natural resistance of 12 times the resistance of air so those who exercise in the water are constantly building muscular strength.

Injury prevention: Aquatic exercise is a low to no-impact form of exercise and therefore is easier on the joints than other forms of exercise such as running or step aerobics.

Injury recovery: Physicians often prescribe water exercise for those following an injury because of the reduced stress the aquatic environment places on the body.

Benefits for special populations:

■ People with **Arthritis** have noticed increased mobility and reduced joint pain and inflammation through regular water exercise.

■ **Diabetics** use aquatic exercise to manage the disease and to assist with insulin level management.

■ **Pregnant** women often exercise in the water to maintain a healthy weight and to relieve symptoms such as backache and other mild discomforts.

Psychological benefits:

■ **Stress reduction:** Regular exercise has just as much benefit on the mind as it does in the body! Those who exercise regularly have higher energy levels and experience less depression than those who do not exercise. Aquatic exercise can be an excellent way to relieve daily stress and to recharge yourself.

■ **Social aspects:** Exercising with people who possess similar interests is a great way to get motivated and find a support system to help you reach your own goals.

Resource: All information taken from "the AKWA letter", December 1999/January 2000 issue.

Jackie Lebeau,
VT Aerobics Instructor and Personal Trainer



BBQ

For many of us, summertime means picnics and BBQs with plates of traditional picnic foods - especially those foods high in fat and cholesterol. But a BBQ doesn't have to be hamburgers, hotdogs, and mayonnaise-laden potato salad. There are alternatives that can make a BBQ both delicious AND healthy! Try these suggestions to give a healthy twist to your next event:



Make fresh fruit and vegetable salads, enjoy the variety summer has to offer.

♥ Try hamburgers, hotdogs, sausages and other products made with soy-protein.

♥ Use light mayonnaise and dressings, soy mayonnaise, plain low-fat yogurt, or half the amount (the recipe calls for) of mayonnaise in coleslaw, potato and macaroni salad.

♥ Fresh produce such as bell peppers, corn on the cob, eggplant, Portobello mushrooms, onions and firm tomatoes can be grilled in large pieces directly on the grill. Just brush lightly with olive oil, a low fat sauce, marinade or spice rub. Fruit such as pineapple and peaches also taste delicious on the grill.

♥ Use herbs, spices, and light vinegerettes to add flavor, instead of using butter and salt.

Sources: www.betternutrition.com

Robbin Cappa,
Wellness Peer Educator

SHOES FOR THE SUMMER

It's finally almost summer, which means lots of warm weather, swimming, and other outdoor activities. Unfortunately, it is also time



for sprained ankles, bee stings, and cut up feet. Many of us see the sun and not only throw off our winter coats but also our shoes. Here are some tips on keeping your feet in good shape over the summer.

☑ Never go barefoot outside. You run the risk of stepping on glass, sharp stones, and bees!

☑ Only wear sandals for leisure activities, never for any type of physical activity, and make sure they fit well enough

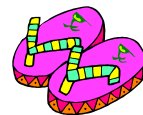
Friends Helping Friends QUIT Smoking- TIP #2

Smoker's Choice: A smoker's decision to quit will only be successful if it comes from inner-strength and a conviction that attempts to quit will be successful. You cannot make another person quit or seek help but you can make your comments & interactions convey confidence that your friend will succeed.

to stay on your feet.

☑ Always have proper footwear that provides enough ankle support and traction.

☑ Always have proper footwear for other activities such as sports, running, and hiking.



Don't forget to buy shoes that fit your activities, here are some tips on buying the right shoe for you.

☑ Take your time trying on shoes, don't pick a shoe just because of the way it looks.

☑ Take along your favorite socks and orthotics, if you use them, to ensure a good fit.

☑ Try on shoes later in the day after you have been on your feet for a while. Feet tend to swell during the day.

☑ Finally, pick a store with knowledgeable staff that can help you choose the correct shoes for the activity you plan to wear them for.



Julie Funderburk

VT Personal Trainer/ Aerobics Instructor

WHAT'S THAT RASH?

Summer is almost here, and for many of us, that means bug bites, bee stings, and unidentifiable rashes. The following is a list of common symptoms and cures:

Heat Rash:

☞ Caused by overheating, usually when a person is wearing too much clothing

☞ Sweat glands are blocked, causing red pimply-like bumps to form

☞ Treat heat rash by cooling the skin and rash areas with a wet washcloth

☞ Keep the rash uncovered as much as possible

☞ Apply calamine lotion or hydrocortisone cream if needed



Poison Ivy:

☞ Caused by touching Poison Ivy or Poison Oak, as well as touching clothes, or pets that may have the sap on them can all transfer Poison Ivy onto you.

☞ Symptoms include severe itching, redness, swelling, and in severe cases, oozing sores may develop

☞ Treat Poison Ivy by washing skin with antibacterial soap and water, and apply rubbing alcohol with cotton balls to the affected areas. Wash any clothing or pets you feel may be contaminated with Poison Ivy oil.



Bee Stings:

☞ If you get stung by a bee, gently remove the stinger from your skin by scraping away or tweezing it out of your skin

☞ Do not squeeze it; that may inject more venom

☞ Apply an antiseptic anti-inflammatory cream to help relieve itching and to prevent infection

☞ To take the sting away, crush an aspirin



and combine with crushed meat tenderizer, mix with a few drops of water to make a paste. Apply on sting bite area. If a rash or allergic reaction occurs, consult a medical practitioner immediately

For more information, visit the Schiffert Health Center or see www.intelihealth.com

Elizabeth Allen
Office of Health Education Intern

Benefits of Physical Activity

Lately, it seems like everyone is looking for immediate results or a quick fix. If you don't see change quickly, it's not working, right? **WRONG!** There are many benefits of physical activity that you can't see but that will help you out a few years down the road or throughout life. Physical activity is related to a lower risk of developing health problems such as the following:

- Anxiety
- Atherosclerosis (clogging of the arteries)
- Back pain
- Cancer
- Chronic lung disease
- Coronary heart disease
- Depression
- Diabetes
- Hypertension
- Obesity
- Osteoporosis
- Stroke

An active lifestyle also helps to improve:

- Quality of life
- Independent living in the elderly

Try to get 30 minutes of moderate physical activity everyday (moderate intensity = 60-70% of maximum heart rate). Remember, these can be split up throughout the day into 10-minute segments. Take a brisk walk around the drill field to get to class and you could get 10 minutes done already! And while you're out there improving your life, grab a friend to join you! For more information visit the Wellness Resource Gallery

Julie Funderburk
VT Personal Trainer/ Aerobics Instructor

SMOKING QUIT TIPS

Are you or a friend trying to stop smoking? Here are some tips that can help:

1. Believe in yourself and believe that you can quit.
2. When you decide to quit, form a support group of people you can call when you feel the urge to smoke. Ask for encouragement and for friends who smoke to not smoke around you.
3. Throw away all cigarettes, ashtrays, and other smoking paraphernalia.
4. Write down why you want to quit and the benefits that quitting will have on your life. Put it on paper and read it daily; use it as motivation. Make a pocket-sized card with the top three reasons you are quitting and keep it with you at all times. Look at it when you have the urge to smoke.
5. Write out the pros and cons of quitting.

Friends Helping Friends QUIT smoking- TIP #3

Week 1 and 2: When your friend sets a QUIT date, be extra supportive & sympathetic during the first few weeks. Don't be surprised if your friend is irritable, depressed, fatigued, and/or has headaches & sleeping problems. These are all symptoms of nicotine withdrawal. Try to help your friend stay positive. The symptoms are only temporary & are just signs of the body adjusting to new & healthier chemical equilibrium. The health benefits are worth the short period of discomfort!

- The pros should outweigh the cons.
6. Set a quit date and stick to it.
 7. Begin an exercise program to help relieve stress and take your mind off of cigarettes.
 8. Drink a lot of water. It helps to flush the nicotine and other chemicals out of your body as well as reduce cravings.
 9. Learn what triggers your desire to smoke and work at avoiding or managing these temptations.
 10. Talk with a health professional about quitting. Support and guidance from a health professional is a proven way to better your chances to successfully quit.
 11. Look into products that can help you to quit such as nicotine patches, Zyban, and gums.
 12. During the first few days when quitting is toughest, go to places where smoking is prohibited. Avoid bars or other smoky places until you are confident you can resist a cigarette while there.
 13. Reward yourself by putting the money you would spend on cigarettes into a jar and use the money to buy yourself a present.
 14. **If you slip up, DON'T GIVE UP. Analyze why you slipped and reevaluate why you want to quit.**

Smoking is a powerful psychological and physiological addiction. While some people have little difficulty kicking the habit, the majority of smokers who quit must cope with at least short-term struggles. Decide to never give up, commit to trying again and again. Like any habit change, it helps if you can picture yourself consistently performing the new habit. Try it! Start identifying yourself as a non-smoker and then be one.



For more information, refer to websites such as www.quitssmoking.com and www.tobaccofree.org. Visit the office of Health Education or call 231-3070 to make an appointment with a health educator to help you quit smoking. Good Luck!

Erin Palinski
Health Promotion Team Member

CYCLE REEBOK

Studio cycling is becoming more and more popular with clubs and gyms all over the country. Here's the latest research done by Reebok University on the benefits of studio cycling:

- ☑ One study found that the average caloric expenditure, during a Reebok studio cycle class, was 532 kcal/hr for women and 810 kcal/hr for men.
- ☑ Another study found similar results of an average of 562 kcal/hr.
- ☑ On the average, the subjects exercised at 87% of the maximal heart rate, corresponding to 74% of VO2max.
- ☑ Studies on interval training (not specific to Cycle Reebok) have shown improvements in long-duration and short-duration performance with as little as one training session for 6 weeks.

Recreational Sports offers Cycle Reebok classes almost everyday. If you are interested, more information can be found in 142 McComas Hall. Also check out Cycle Reebok's website at www.cyclereebok.com



Julie Funderburk
VT Personal Trainer/ Aerobics Instructor

VT'S TOP 5 WAYS TO GET A HOKIE TO QUIT SMOKING

6 of 10 Hokies Don't Smoke!
Here's the top 5 suggestions from VA Tech students when asked:

"I think the best way to get a Hokie to quit smoking is to....."

- 5 Put the anti-nail biting stuff on the end of your friend's cigarettes so that each time they put a cig in their mouth it tastes awful.
- 4 Sing the Hokie Pokey & dance around the people on campus that you see smoking
- 3 You lit up again? Time for a swim in the Duck Pond
- 2 Drop them off in the middle of the desert with their choice of a canteen or cigarettes, then make them walk to civilization.
- 1 Threaten to leave them up at West VA University in nothing but Hokie Paraphernalia if they don't quit smoking.

Friends Helping Friends QUIT Smoking- TIP #4

BUFFERS: Exercise, stress elimination, relaxation techniques, gum, crunchy veggies, water, All of these can buffer the mental and physical stress of withdrawal. If your friend is receptive try to get them involved in these activities to help them get through cravings or just feel good about making positive steps to improve their health.



SOUND SLEEPING



Do you fall asleep as soon as your head hits the pillow and still wake up feeling tired? Do you toss and turn for hours until you finally fall asleep? If your answer is yes to one of these questions, you could be suffering from poor sleeping habits. With the fast paced college lifestyle, it's easy for students to neglect sleep or sacrifice it for school or social reasons. In order to have a better nights' sleep, resulting in more productive days and a healthier lifestyle, try following these sleeping tips:

- Keep regular, consistent sleeping habits (Go to bed and wake up at the same time)
- Exercise regularly
- Cut down on stimulants such as coffee and caffeine
- Make sleep a priority
- Keep your bedroom dark when you are sleeping
- Eliminate stress in your life
- Avoid daytime naps.
- Don't take sleeping pills- (with out consulting your doctor)
- Only sleep in your bed- don't watch TV, talk on the phone, or do homework while in your bed
- Sleep on a comfortable, supportive mattress and foundation
- Listen to your body!! Go to sleep if you're tired
- Practice relaxation techniques if you have trouble falling asleep
- If you can't get your brain to stop thinking about things you have to do, get up & do a "brain dump" = make some notes so that you don't feel like you must remember all of your thoughts, then try to get some sleep



Try to establish these habits this summer while you have more time to focus on sleep. Notice their positive effects on your physical and mental well-being. Strive to continue your healthy sleep patterns when you return to school. For more sleeping tips visit www.bettersleep.org

*Jennifer Jones
Health Promotion Team Member*

Thank You

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