



McComas Hall



Health & Fitness Center

WELLNESS

Volume 7 - Number 3
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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 information on group fitness class packages, personal training, cholesterol screening and/or exercise testing visit 142 McComas Hall or visit Recreational Sports at www.recsports.vt.edu.

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.

Group Fitness Instructional Course

Would you like to become a group fitness instructor? Here is your chance to learn all the skills in a semester long course. Pick up an application at 142 McComas Hall or online at www.recsports.vt.edu.

Course information:

When? Fall Semester 2002
Tuesday and Thursday 12:30-2pm
Where? McComas Hall Aerobics Studio A
Class Price? \$175

This includes: ACE Group Fitness Instructor manual, 2-semester Full fitness class pass, First Aid and CPR certification. Fees are not due until the first week of class.

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.

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 www.chre.vt.edu/HNFE and click on counseling.

WORDS OF WISDOM, LET'S GET INSPIRED

With the beautiful spring weather coming soon and other distractions that can arise during the spring semester, it is important to remain dedicated to finishing the year well with a well-balanced healthy focus. Use these inspirational quotes as motivation to strive to do your best.

Inspirational quotes are located throughout this newsletter.

Quotes compiled by:
Jessica Fleishman

Health Promotion Team Member

INSPIRIATIONAL QUOTE #1

"Impossible is a word to be found in the dictionary of fools."

-Napoleon Bonaparte

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BENEFITS OF GROUP WEIGHT TRAINING

The newest fitness fad to hit the gyms this year is group weight training (GWT). Also known as body pump, powerflex, and strictly strength, instructors bring the usual weight room equipment into an aerobics class setting.



Three-pound bars with adjustable weights are used to work all the major muscle groups. Along with motivating music and instructors, proper lifting form is taught in a fun setting, which can later be taken back to the weight room. Some great benefits include:

- Y Increase in muscular strength and endurance
- Y All ages, gender, and fitness levels can participate
- Y One hour that can fit easily in a busy schedule and no more crowded weight room lines
- Y No hard choreography or dance to learn
- Y Easy to monitor progress by easy adjustable weights
- Y Increase ability to burn fat
- Y Increase immune system function
- Y Great start for beginners who would like to start resistance training

Megan Healy,
Fitness Instructor

Reference: www.acefitness.org

CUTTING THE CAFFEINE

If you drink too much coffee or soda, sleep poorly, and are chronically nervous, jittery, and irritable, then you should slowly cut back on your caffeine intake. Don't try to abstain cold turkey, because you're likely to suffer a withdrawal headache. Try reducing your caffeine intake by drinking more of the following caffeine-free beverages:



- ◆ Decaffeinated tea
- ◆ Herbal tea
- ◆ Hot water with lemon
- ◆ Ovaltine and other hot milk-based drinks
- ◆ Mulled cider
- ◆ Cranberry, grape, or apple juice

◆ Decaffeinated coffee

Without a doubt, the best caffeine-free alternative to a coffee break is an exercise break. A quick walk and some fresh air may be far more effective than another cup of brew. The next time you start to feel drowsy, try waking yourself up with exercise rather than caffeine.

Cobie Hollar
Wellness Peer Educator

Reference: Should you take a look at your caffeine habit?. Barbara Brehm, Fitness management magazine, Copyright 2002.

Sports Nutrition Guidebook, Nancy Clark, copyright 1997

INSPIRIATIONAL QUOTE #2

"Most people don't plan to fail, they fail to plan."

-John L. Beckley

**FACT OR FICTION?
SPOT REDUCING**

Spot Reducing is 100% fiction!

Spot reducing is the myth that performing repeated exercises in one particular part of the body will reduce the fat in that specific area (ie. doing crunches to reduce those love handles.) This doesn't mean that all of your hard work is pointless and will never pay off... Follow these recommendations and hope is just around the corner!



! The key component is losing fat. Cardiovascular/aerobic activity will help reduce overall fat in your body.

! Plan a nutritional, low-fat diet. Lowering fat intake will inevitably reduce the overall amount of fat we have to worry about storing.

! Heredity plays a huge role. Some of us are predisposed for those trouble areas where fat is distributed. The hardest part is accepting that we can't change that, unless of course you go with the route of surgery.

! Don't be afraid to add strength training. This helps to reshape your body in general.

! Continue those crunches and leg lifts! These exercises are extremely beneficial when aiming to strengthen and tone specific muscles of the body.

Jenny Fetherolf
Fitness Instructor

References: Spot Reduction by Gregory Florez, First Fitness www.bodytrends.com The truth about spot reducing by Terry King

www.ivillage.co.uk/dietandfitness/getfit/strentone/qas/

**BUILD A HEALTHY PLATE
IN THE DINING CENTERS!**

● Use the 1/3, 2/3 plate model to balance your meal: fill 1/3 of a standard size plate with meat or meat substitute, fill the remaining 2/3 with grains, fruits, and vegetables.



● Since many of the eateries in the dining centers have enormous plates, it is easy to overeat. A standard size plate is about the size of a Frisbee (9"). Get this size plate from the salad bar or from one of the eateries to transfer food from the larger plate.

● If you're getting your meal to-go: use one of the small sections of a square to-go box as your 1/3 selection and fill the remaining sections with fruits, grains, and vegetables. This is also good because if you don't finish your meal you can take the rest home. (Don't forget to refrigerate as soon as possible!)

● For combination foods, count the meat/meat substitute as the 1/3 and fill the rest of the plate up with 2/3 items. Example: Spaghetti w/meat sauce, small salad, and apple. The 1/3 would be the meat sauce, 2/3 would be the pasta, salad and apple.

● Visit different eateries to get a good variety (i.e.: In Owens, get a 6" sub from Hobos & Heroes and make your own salad from the bar.)

● Remember to add calcium rich foods to all of your meals! Try these quick tips: sprinkle cheese on salads, soups, & pasta, drink milk as your beverage or chocolate milk as dessert, have some cottage cheese with your fruit or make a yogurt a snack.



● To plan your meals ahead of time, go to www.rdp.vt.edu/menu/. If you have more questions about eating in the dining centers visit the "You're Eating Smarter" (YES) website at <http://www.rdp.vt.edu/yes/>.

Vickie Bowman
Virginia Tech, Dietetic Intern

INSPIRIATIONAL QUOTE #3

"It's a funny thing about life; if you refuse to accept anything but the best, you very often get it."

-Somerset Maugham

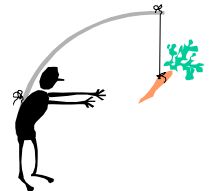
INSPIRIATIONAL QUOTE #4

"About the only thing that comes without effort is old age."

-Unknown

**GET MOTIVATED TO BE
SUCCESSFUL!**

At one point or another we have all decided to make a change in our lives and set goals toward these changes. You might decide that you want to lose weight, stop smoking, or start exercising. At the beginning you are very motivated toward this goal and then slowly, when you don't even notice it, you start to slip. You start to find excuses to light up one more time, or skip exercising, or eating past the point of feeling full. Before you know it your careful plans are all for nothing and you have to start all over again. Does this sound like you...well here are some steps to getting motivated and reaching your goals.



◇ Look for success stories - if someone else has done it you can too.

◇ Find out what you are great at - You may not be good at everything, but you can be great at one thing. Keep testing new ideas and avenues until you have found your passion.

◇ Reach for the stars - When you reach for the stars, remember to reach for the closest ones first. Small successes each day can build your confidence and motivation.

◇ Focus on the positive things in your life, rather than consistently focusing on the bad thing.

◇ Give yourself rewards when you reach a goal.

◇ Take part in self-talk - tell yourself positive things everyday for a month. Practice self-talk for at least once a month before judging how it has affected your attitude.

Tara Allen
Health Promotion Team Member

References: Opt for Optimism, Stress Management Tools, <http://www.motivation-and-self-motivation.com/>

THE BENEFITS OF SOY BRING LOTS OF JOY

The latest health claim approved by the Food and Drug Administration says that "Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease." Soy is not only a healthy, cholesterol free, low fat, plant protein source, but also high in phytochemicals containing isoflavones and plant estrogens which give it antioxidant characteristics. Soy may even inhibit cancer cell growth and inhibit bone loss, reducing the risk of osteoporosis.

So where can you find soy?

- ☑ Soy beans
- ☑ Tempeh - a tender cake of fermented soy beans sometimes mixed with grains
- ☑ Textured soy protein - extracted and dried soy bean proteins, high in fiber
- ☑ Soy nuts - roasted soy beans
- ☑ Tofu - soy bean curd made from curdling and pressing hot soy milk
- ☑ Soy flour - flour made from soy beans
- ☑ Soy milk - milk made by soaking and pressing soy beans, high in protein but low in calcium and vitamins A,D, and B-12 unless fortified. If fortified, it is a great source of calcium!
- ☑ Soy Sprouts - growing shoots of soy beans
- ☑ Miso - a pasted of fermented soy beans and grains, very salty
- ☑ Natto - has texture of cheese and is made of fermented soy beans and grains
- ☑ Soy grits - coarsely ground soy beans

While soy is low fat, soy products can be high in fat so be sure to select products that have little or no fat in order to maximize the benefits. If nothing above appeals to you keep your eyes open for Kellogg's new soy-based cereal. However you choose to eat it, soy has some great benefits and should be included in every healthy diet.



Visit the health food section of the grocery store or your local health food store such as Annie Kay's or EATS to find soy products.

Charlotte Button
Wellness Peer Educator

References: <http://nutrition.about.com>

Berkoff, Nancy R.D., Ed.D, CCE. (1998) Vegetarian Journal's Foodservice Update. 6:3

Soy Smoothie Recipe #1 Apple Pie a la Mode Smoothie

- 2 cups vanilla soymilk
 - 1 cup unsweetened applesauce
 - 1 cup vanilla soy ice cream
 - 1/2 cup frozen apple juice concentration, undiluted
 - 1, 1/2 tsp apple pie spice
- Puree all ingredients in a blender until thoroughly combined. Serve immediately or refrigerate. Shake well before serving.
Yield: 4 cups, Per serving: 257 calories, 8 g fat, 0 mg cholesterol, 175 mg sodium, 42 g carbohydrate, 4 g protein (soy protein), 1 g dietary fiber.

Soy Smoothie Recipe #2 Strawberry Margarita Smoothie

- 3 cups vanilla soymilk
- 1 can (10 oz) frozen margarita mix
- 2 heaping cups frozen whole strawberries (unsweetened)

Mix all ingredients in a blender until thoroughly smooth. Serve immediately or refrigerate. Shake well before serving.

Yield: 5 servings. Per serving: 251 calories, 4 g fat, 0 mg cholesterol, 92 mg sodium, 53 g carbohydrate, 5 g protein (4 g soy protein), 2 g dietary fiber.

SMOOTHIE TIP: For more soy protein punch, add a box of silken soft tofu in blender to smoothie recipes.

Reference: www.soyfoods.com/index.html

WAYS TO PREVENT A HEADACHE

Migraine headaches affect 28 million Americans each year. Though women tend to experience such headaches more often, migraines can impact anyone. In many cases, migraines are characterized by a throbbing pain on one side of the head and are accompanied by nausea and sound and light sensitivity-sometimes sufferers cannot even get out of bed. Learn what can trigger a migraine and how you can treat it to keep headaches under control.



☉ **Keep a food diary to determine what foods may cause your headaches** - foods such as chocolate, sourdough, pickled foods, pizza, sausage, bologna, bananas, and nuts can trigger migraines and less serious headaches.

☉ **Limit caffeine intake-excessive amounts of caffeine can cause headaches.**

☉ **Maintain a regular sleep schedule** - too much or too little sleep may contribute to headaches, in addition to illness and your environment.

☉ **Practice relaxation and stress relief techniques-taking time to relax and breathe deeply may help ward off stress related migraines.** Biofeedback therapy is one way to reduce anxiety.

☉ **Exercise-walking is an over-all symptom reducer and may reduce the frequency of headaches.** It also helps to relieve stress.

☉ **Follow dosage instructions on medicine-be sure to monitor usage of pain medication such as aspirin, acetaminophen, ibuprofen, or naproxen sodium.** Too much of these painkillers can damage the liver and cause "rebound headaches".

☉ **Consult a physician--if migraines become very frequent and debilitating, seek**

advice from a practitioner to be properly diagnosed. A prescription medication may be an appropriate treatment.

Stacie Seaborn
Wellness Peer Educator

Reference: www.womenshealth.about.com

INSPIRATIONAL QUOTE #5

"Adversity causes some men to break; others to break records."

-W.A.Ward

WHY DO WE SWEAT?

Not a big fan of slippery sweat that makes clothes smell after a workout? It ends up that sweating is more beneficial than most people know. Mammals, including humans, sweat as a cool-off process, to excrete water and electrolytes (like salts), and protect the skin from environmental dangers.

◆ There are two types of sweat glands in the human body, apocrine and merocrine glands.



◆ Apocrine glands are located in the armpits and the groin and secrete into hair follicles. This sweat can make people smell bad after a workout. These sweat glands are controlled by the nervous system and hormones in the blood, which is why they are often activated when a person is nervous or stressed out.

◆ There are over 2 million merocrine glands spread all over the human body, with highest concentration of these glands is in the palms of the hands and soles of the feet. These glands are activated when the body needs to be cooled off, and is mostly water with some sodium chloride. Sweating prevents the body from overheating, keeps salt levels in balance, and can help dilute harmful chemicals and provide a hostile environment for microorganisms.

Katie West
Personal Trainer

Reference: Fundamentals of Anatomy and Physiology, fifth edition, by Frederick H Martin published by Prentice Hall in Upper Saddle River, New Jersey. pp 156-157

INSPIRATIONAL QUOTE #6

"Hard work won't guarantee you a thing, but without it you don't stand a chance."

-Patrick Riley

THE IMPORTANCE OF A BALANCED WORKOUT

Many times stereotypes will keep female gym-goers on the cardio machines and in the aerobics classes and males in the weight room. Unfortunately, neither of these workouts can be considered complete for improving and maintaining overall fitness levels. Both cardiovascular work and resistance training as well as flexibility training are essential for the following reasons:

- ❖ Aerobic workouts help to strengthen the heart muscle and the entire blood-pumping system and burn calories, which is essential to reach and maintain a healthy weight. These workouts will also increase cardiovascular endurance, which means being able to dance, run, walk, or jog longer without exhausting.
- ❖ Resistance training or weight training workouts help to achieve muscle tone, increase ability to do everyday activities that require strength (like lifting textbooks or moving furniture), and increase muscular endurance (like climbing stairs).
- ❖ Flexibility programs such as yoga or Pilates are often overlooked, but they are important to overall fitness. Stretching reduces the risk of injury during aerobic and weight training workout as well as increasing balance, reducing soreness, and allowing a greater range of motion in all activities.



Katie West
Personal Trainer

Reference: A Guide to Personal Fitness Training published by Aerobics and Fitness Association of America in Sherman Oaks, California by Mary Yoke, M.A., and Laura Gladwin, M.S. pp 49-60.

SHC OFFICE OF HEALTH EDUCATION

**Wellness
CONNECTION**

A HEALTHY LIFESTYLE PROGRAM

VIRGINIA TECH
FITNESS



Thank You

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