



McComas Hall



Health & Fitness Center

WELLNESS

Volume 6 - Number 2
January 2002

N E W S

ALWAYS AVAILABLE

Join Now For A Great Way To Start Exercising!

To sign up for the Hokie Aqua/Walk Club email <wellness@vt.edu> or call 231-3070. Meetings are Wednesdays from 5:15 PM - 6:30 PM in McComas Hall. The Hokie Aqua/Walk Club is a free walking and water exercise incentive program. This program is for the beginner exerciser who wants to start a regular exercise program. Meetings will include an organized exercise segment (either water exercise or walking), educational discussions, recognition of members accomplishments, and distribution of free incentives. You will be given a chance to meet other beginner exercisers.

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.

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>.

TIPS TO START THE SEMESTER THE RIGHT WAY

With all the distractions that can arise during the spring semester, it is important to remain dedicated to your work and learn to keep a balance in your life. So what's a student to do? Follow the



"Start The Semester the Right Way Tips" located throughout this newsletter.

"The best way to predict your future is to create it."

*Tara Allen
Health Promotion Team Member*

References: www.covey.com & www.tsbj.com

START THE SEMESTER THE RIGHT WAY- TIP #1

Get good grades:

- ↓ Set a goal for what grade you will obtain.
- ↓ Develop and maintain a positive attitude toward your work.

ARTICLES IN THIS ISSUE:

TIPS TO START THE SEMESTER THE RIGHT WAY

INCREASING ENDURANCE ON 30 MINUTES A DAY

MASSAGE TECHNIQUES

BACK TO THE BASICS

COUNTDOWN TO THE WORKOUT: WHAT TO EAT AND WHEN

MUSCLE MANIA!

ITCHING TO TELL YOUR PARTNER ABOUT AN STD

SAFER SEX SUGGESTIONS FOLLOW-UP

GRADUATION...THEN WHAT?

INCREASING ENDURANCE ON 30 MINUTES A DAY

- ⌚ Endurance refers to continuous training over a length of time.
- ⌚ Remember that exercise is cumulative.
- ⌚ Three 15-minute exercise sessions burn the same number of calories as one 45-minute walk.

Are you pressed for time and only have 30 minutes for a cardiovascular workout?

① **Begin by warming up** for 5 minutes (slower pace than you will be exercising). Do a minute at your "base rate" and make sure you are in your target heart rate zone (220-age = approximate maximum heart rate or MHR; your "zone" is .65 to .85 times that MHR. For example, for the average 20-year-old, 75% of the MHR is 150 beats per minute; a good training range is 140-160 beats per minute.)

② **Increase the intensity** of your level by 2 and continue for 1 minute, before returning to base level, and repeat 10 times for 20 total minutes. This should feel like a demanding workout.

③ **Cool down** for the last 5 minutes and stretch!

***When you are able to resume your longer workouts at a higher level, then that means increased endurance!

***Interval training is a more intense form of exercise; start with 1 day a week.

Reference: www.24hourfitness.com

*Carolyn Nagel
Virginia Tech Fitness GA
ACE, AFFA Certified*



MASSAGE TECHNIQUES

You don't have to pay a lot for an effective massage. In fact, you can perform self-massage for free in just 5-10 minutes. Try one or all of the following exercises for your next study break! While practicing these massage techniques, sit in a comfortable position and focus on deep breathing and relaxing.

Benefits of Massage: the use of touch and manipulation to soothe

- ⌚ improves circulation
- ⌚ promotes relaxation
- ⌚ reduces stress and anxiety
- ⌚ increases energy
- ⌚ reduces mental and physical fatigue
- ⌚ enhances body's healing abilities



- reduces or relieves muscle soreness, tension, and pain

Relaxing the Face:

- One area of the body most likely to suffer from tension is the face.
- Emotional tension becomes trapped in the facial muscles as we try not to expose our feelings to other people when we are under stress.
- A daily self-message of the head and face will help you to look and feel more relaxed.

Five face self-massage techniques:

1 Loosen the muscles covering the skull using a motion similar to that used when washing your hair. Rotate the fingertips of both hands on one area at a time so that you can feel the scalp move. Massage thoroughly over the front, sides, and back of the head.

2 Rubbing the temples can help to soothe an over-active mind. Using the first two fingers of both hands, gently smooth the temples in an anti-clockwise motion until you feel relief.

3 To loosen up the jaw, cheeks and mouth, press the flats of your fingers on both hands on to the fleshy area of the cheeks and rotate one side after the other in large, clockwise motions.

4 Tension builds up in the jaw whenever anger or fear is repressed. To loosen the jaw, use the first two fingers of both hands to work each side of the face, circulating and freeing the jaw joint.

5 A relaxing ear massage is a pleasant way to complete the self-massage on the head and face. Support the back of the ear lobes with your thumbs, then use your index fingers to massage in tiny rotations. Reverse the position of your thumb and finger to stroke around the top rims of your ears.



For more information on self-massage and relaxation techniques, visit the Wellness Resource Center (glass room on the right as you enter the fitness side of McComas Hall), call 231-3070, or email wellness.resource.center@vt.edu to find out how you can register for a "Relaxation Techniques" workshop.

Laurie Shuster
Health Educator, Schiffert Health Center

START THE SEMESTER THE RIGHT WAY- TIP #2

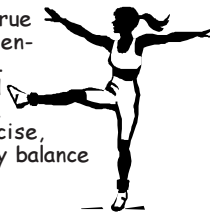
Stay on top of your work:

- Make sure to read all assignments before class.
- Don't procrastinate.

BACK TO THE BASICS

People often focus on muscular strength or cardiovascular endurance when planning an exercise program. However, without balance and control these things can lead to damage. Before giving a child a sharp pair of scissors you show them how to properly position their hand and how to control their

movement. The same is true for teaching a young teenager how to drive a car. You teach control and precision before speed. Therefore during exercise, you must teach your body balance and control first.



Some benefits of balance training are:

- Improving muscle balance:** training your body symmetrically reduces chances of injury.
- Increasing body awareness:** "feeling" the proper body positioning makes for safer, more effective workouts
- Learning proper movement pattern:** learning proper sequence of muscular contraction for more efficient movements. For example, contracting abdominal and oblique muscles before arm and leg movements.
- Improving posture:** learning to center the body weight reduces some of the wear and tear on the body during exercise
- Teaches core control:** the core muscles are the muscles that act at the trunk like the rectus abdominis (abs), external and internal oblique (sides), transverse abdominis (waist), erector spinae (low back).

Some exercises classes that focus on balance and control are:

- Yoga
- Pilates
- Core Training

What can you do in your own home without any equipment?

- Single-leg stance movements performed slowly while focusing on the core control.
- Stand on unstable ground (like a couple of pillows) with one leg and focus on stabilizing your ankle.

References:
Reebok.com

Ali Arner
Fitness Coordinator,
Department of Recreational Sports

COUNTDOWN TO THE WORKOUT: WHAT TO EAT AND WHEN

FOOD!

- Three Hours Before the Workout:**
 - Protein and carbohydrates (light meal)
 - Turkey sandwich, piece of fruit and milk
- One Hour or Less Before:**
 - A high carbohydrate snack
 - Small bagel, piece of fruit, cereal and milk, crackers, or sports bar
- Right After the Workout:**
 - Replenish carbohydrates
 - 50 grams of carbohydrates = 200 calories
 - Apple and cup of juice, bowl of pasta, fig bars, crackers, or sports drink
- A Few Hours Later:**
 - Protein and carbohydrates.
 - Lean meat, mixed vegetables, pinto beans and milk

FLUIDS!

- 1 HOUR BEFORE:**
 - DRINK 8- 16 ounces of water. (1-2 CUPS)
- 15 MIN BEFORE:**
 - DRINK 8 ounces.
- DURING:**
 - DRINK sips every 15 minutes
 - For a workout longer than 1 hour, use Gatorade or other electrolyte replacement. Add a little fruit juice to water bottle!
- AFTER:**
 - DRINK two cups of fluid for every pound of body weight lost during the workout.

Take HOME MESSAGE:

Food is the fuel for your muscles! What you eat — or don't eat — before and after exercise can affect your performance and keep you from getting what you should from a workout.

References: www.drkoop.com & www.24hourfitness.com

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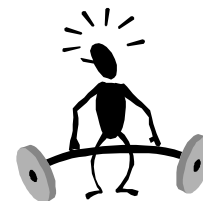
START THE SEMESTER THE RIGHT WAY- TIP #3

Balance your workload:

- Prioritize your schedule.
- Make daily "To-do" lists; number the tasks in order of importance.

MUSCLE MANIA!

HOW CAN I INCREASE MY MUSCLE MASS?



- Concentrate on free weight exercises that work the large muscle groups. To build mass, stick with compound free weight exercises like squats, deadlifts, bench presses, barbell rows, pull-ups and bar dips.
- Use heavy weights and low reps, rest three minutes between each set.
- Do only 2-3 exercises per body part.
- Keep your workouts under one hour. Short and intense!
- Split up your workout! Here is one idea:
 - Day 1: Chest, shoulders and triceps
 - Day 2: Rest
 - Day 3: Back, and Bicep
 - Day 4: Rest
 - Day 5: Legs and abs
 - Day 6: Rest
 - Day 7: Rest
- Increase your water intake. (multiply your bodyweight by .66 to get the required number of ounces per day).
- Start eating six small meals per day (1 every 3 hours).

* **Aim to get 12-15% of your daily calories from protein.** Protein helps support growth and repair body tissues. Your best choices are high quality proteins such as baked chicken (white meat, no skin), roast turkey, baked fish, tuna, dried beans, lentils, and legumes.

* **Reduce your simple carbohydrate intake.** Foods such as soft drinks and candy provide few nutrients and excess calories.

* **Make sure you are taking in enough calories to exceed what you are burning.**

Resources:
www.acefitness.com
www.24hourfitness.com
www.bodybuilding.com

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ITCHING TO TELL YOUR PARTNER ABOUT AN STD

The dynamics of every intimate relationship are different. If you are in a sexual relationship or are thinking about being in one, the issues surrounding contraception, safer sex, and sexually transmitted diseases need to be discussed. Talking and planning before you have intercourse will make the relationship even better.



Here's a scenario: You've been in a monogamous relationship; there is no need to worry. You visited the Schiffert Health Center for an STD screening last week. Everything went great; it was quick and easy. You call for your results, figuring everything will be normal. However, the nurse told you that your culture tested positive for an STD. She must be wrong (you think to yourself), but in fact she is right.

So, you have an STD...Now what to do? How do you tell your partner? Where do you even begin? No one ever said that telling a partner that you have an STD is easy; it takes a lot of courage and practice. You may have feelings of rejection, embarrassment, anger, and sadness, among others. However, you had to get this from somewhere, and it wasn't from that toilet seat at the gym bathroom. In fact, since you didn't have any symptoms you're not sure where / when you got it. You need to tell your partner so he/she can protect themselves and/or be treated. Using some of the tips below should make talking about "the big S" a little easier.

☛ **First, read up on your sexually transmitted disease.** The more you know, the less you will fear, and the easier it will be to talk about with your partner. You'll also be able to answer any questions or dispel any myths about the disease. Maybe even bring some information with you for the conversation.

☛ **Next, you want to pick a time when you are both in reasonably good moods and relaxed.** You also want to choose a private place with few distractions. You may even want to bring it up during a time just after STD information was discussed (in class/by friends). Then, it wouldn't be so "random."

☛ **Also, it is crucial that you talk to your partner BEFORE having sex or becoming sexually intimate.** Waiting until afterwards will make it even more difficult to bring up the subject, and your partner may feel lied to, cheated on, or betrayed.

☛ **Start out on a positive note, like "I am really happy with this relationship..."** this will put him/her in a positive mindset and make them more agreeable. Contrast this with, "I have genital warts." Hear the difference? Mention that you care about him/her and his/her health.

☛ **Your tone will influence your partner's acceptance of, and reaction to, the issue.** If you are calm, cool, and collected, they will be too. If you act like it's the end of the world, then he/she will too.

☛ **Allow a conversation to take place.** Don't do all of the talking. Let your partner ask questions and express his/her feelings.

☛ **Reassure your partner that you want to make things work, and that you are concerned.** Also, encourage him/her to get tested as well, for his/her own health.

☛ **Once you have told your partner the situation, be aware that you cannot control your partner's reaction.** Regardless, allow your partner to express his/her feelings.

Chances are, it will not be as bad as you think. Having an STD is not the end of the world. Treatments (and in some cases, cures) are available for most STDs. Many people have normal relationships after being diagnosed with an STD. Communication and protection are the keys!



Resources:

• **Hotlines**
National STD hotline: 1-800-227-8922
Center for Disease Control (CDC):
AIDS hotline: 1-800-342-2437

• **Health and Counseling**
Shiffert Health Center: 231-6444
Cook Counseling Center: 231-6557
Planned Parenthood in Blacksburg:
Medical Services: 951-5184
Educational Services: 961-7009

• **Websites**
American Social Health Association:
<http://www.ashastd.org/>
Center for Disease Control:
<http://www.cdc.gov/nchstp/dstd/dstdp.html>
Family Health International
<http://www.fhi.org/>

References:
1. "How to Talk to your partner about HIV and STDS," Rick Sowadsky, MSPH
<http://www.safersex.org/sssex/talksmart/index.html>
2. "How to tell partner about herpes"
<http://www.alice.columbia.edu/goaskalice/1143.html>

Leighanne Richman
Secretary, Wellness Peer Education

START THE SEMESTER THE RIGHT WAY- TIP #4

Fit in fitness:

- ↳ Decide when you will workout, what days and times.
- ↳ Build it into your life.
- ↳ Act as if it is a class and you must go.

SAFER SEX SUGGESTIONS FOLLOW-UP

The October 2001 issue of "Wellness News" included an article titled "Safer Sex Suggestions," which contained information about what a sexually active person potentially could be exposing themselves to; pregnancy and specific STDs. Following the listing of pregnancy and each STD, resources were listed for what the Schiffert Health Center offers for the issue; such as vaccinations, treatments, or prevention measures. Under pregnancy, we included the Emergency Contraceptive Pills and would now like to take the time to expand and clarify the use of this product.

Emergency Contraceptive Pills

(Plan B or "The morning after pill")

WHEN IS EMERGENCY CONTRACEPTION PRESCRIBED?

ONLY IN EMERGENCY SITUATIONS. Emergency Contraception should not be relied upon on a repeated basis. Patients should be counseled about contraceptive choices for continuous / consistent use.

WHEN IS IT EFFECTIVE?

Most effective within the first 24 hours of method failure or unprotected intercourse, but effective up to 72 hours after.

HOW DOES IT WORK?

Plan B contains a high-dose of progestin. The mechanism is unknown, but is thought that it prevents ovulation. It may also interfere with fertilization of the egg and/or implantation of the fertilized egg in the uterus.

WHAT ARE THE SIDE EFFECTS?

Nausea is most common. Serous side effects have not been reported.

Once again, Plan B is prescribed in emergency situations only. If you choose to be sexually active, select a form of contraception that you feel comfortable and confident using consistently and correctly every time you engage in sexual behavior to help prevent pregnancy. Additionally, always use a condom to protect yourself and your partner from STDs. For more information about contraception, visit the Schiffert Health Center's Online Contraception class: <http://healthcenter.shs.vt.edu/contraclass.html>

Resources:
American College Health Association
Schiffert Health Center - Online Contraception class:
<http://healthcenter.shs.vt.edu/contraclass.html>

Laurie Shuster
Health Educator, Schiffert Health Center

START THE SEMESTER THE RIGHT WAY- TIP #5

Use a planner:

- ↳ Don't use it JUST for the first week; dedicate to using it throughout the year.
- ↳ Schedule in classes first, then other commitments such as sports and clubs.
- ↳ Schedule in time when you will study and stick to it.

GRADUATION... THEN WHAT?

Graduation from college can be an exciting, but nerve-racking time for everyone. What do I want to do? How do I find a job? Should I go to Graduate school? These are just some of the many questions that often run through students' heads. Here are a few tips to keep in mind:

Finding a job that is right for you:

- Start your job search early (at least first semester of your senior year)
- Attend career/job fairs
- Post your resume on-line
- Participate in the Virginia Tech on-campus interview program sponsored by Career Services



How to prepare for Graduate/Medical School:

- Begin researching programs early. Most schools take applications a year prior to the entrance date.
- Be sure you have all of the pre-requisite courses required for your program
- Contact the schools to arrange visits and receive application materials
- Most Graduate level programs require some entrance exam such as the GRE, GMAT, or MCAT. Be sure to allow yourself enough time to prepare and take the exam. The Educational Testing Service Network at www.ets.org offers more information.

Who can help:

- Career Services Office in the top floor of Henderson Hall
www.career.vt.edu
- Your academic advisor
- Alumni from your major
- Professors

Anne Magee
Health Promotion Team Member

Thank You

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