



# McComas Hall



# Health & Fitness Center

# WELLNESS

Volume 7 - Number 1  
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# N E W S

## ALWAYS AVAILABLE

### Schiffert Health Center Health Education Health Counseling

Obtain strategies for healthier eating habits, 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 stop by 141 McComas Hall. The Wellness Resource Center is located in McComas Hall and is open from 8:00 AM until 5:00 PM Monday through Friday and contains a variety of health information and health-smart freebies.

### Recreational Sports

For more information on fitness class packages, personal training, and/or intramural activities including sports, aquatics, and more visit 142 McComas Hall, <http://www.recsports.vt.edu>, 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 231-3070. For a free Quit Kit stop by Wellness Resource Center, 141 McComas Hall.

### Wellness Gallery

Do you have questions about your fitness level? Are you looking for ways to incorporate better nutrition into your life-style? Do you want to find information about how to quit smoking, reduce blood pressure or deal with high stress levels? Visit the *Wellness Gallery*, a self-help room including health assessments, personal action plan guides, helpful handouts, pamphlets, videos, 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.

### 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.

To learn more e-mail: <nutrihelp@vt.edu> or visit [www.chre.vt.edu/HNFE](http://www.chre.vt.edu/HNFE) and click on counseling.

## LOVE THE BODY YOU HAVE

*Are you unhappy with the way you look?*

*Are you frequently comparing your body to those of super models?*

If your answer is yes to one of those questions, you could have a negative body image of yourself. With television, movies, and magazines constantly bombarding people with the images of the "ideal beauty", it is easy for young people to develop negative perceptions about their bodies. A negative body image can ultimately lead to serious health issues such as depression and/or an eating disorder. Don't let your negative attitude about your body get you down, think positive, and Love The Body you have!!



In order to develop a positive body image try using the "Love the Body You Have" tips located throughout this newsletter.

For more tips on developing positive body image:

- visit [www.bodypositive.com](http://www.bodypositive.com)
- Individual and group counseling is available at the Cook Counseling Center - 231-6557

Resources: Eating Disorders Awareness and Prevention, Inc. (EDAP), [www.edreferral.com](http://www.edreferral.com). "Body Image", The Gale Encyclopedia of Childhood and Adolescence. Kagan, J. Ed. Detroit, Michigan, Gale Research, 1998. "Eating Disorders", Levchuck, C., Kosek, J., and Drohan, M. Healthy Living. Farmington Hills, Michigan: UXL, 2000.

Ana Friganovic  
Health Promotion Team Member

## LOVE THE BODY YOU HAVE - TIP #1



Appreciate the unique abilities that your body has

## LOVE THE BODY YOU HAVE - TIP #2



Keep a list of things that you like about yourself- not related to what you look like

## HAVE YOU FELT YOUR BREASTS LATELY?

Did you know that...

- 70% of breast cancers are NOT INHERITED.
- If you eat more fruits and veggies, you'll decrease your risk of breast cancer
- Smoking and drinking increases your risk
- Many breast cancers do not have apparent symptoms. Get a yearly breast exam from a doctor and do breast-self exams (BSE) monthly.

Do I really have to touch myself?  
YES!!!!

The more BSE you do, the better you'll know your breasts. BSE will help you detect a lump or change in your breast early. Early detection is very important in treating breast cancer!

- The best time to do BSE is after your period when the breasts are no longer tender and are less lumpy
- Try to do BSE every month around the same time

Follow seven steps recommended by the American Cancer Society:

1. Lie down and place your right arm behind your head
2. Use the fatty pads of your three middle fingers on your left hand to feel for lumps or thickening in your right breast
3. Press firmly enough to get deep into the breast tissue
4. Move around the breast making small circular motions. You can choose the circle, the up-and-down, or the wedge pattern to ensure that you cover the entire breast. Do it the same way every time. Be sure to do the entire neck and armpit regions, too.
5. Now examine the opposite breast
6. Repeat the examination of both breasts while standing, with one arm behind you head. The upright position makes it easier to check the upper and outer part of the breast (toward your armpit)
7. Report any changes to your doctor.



For complete details about BSE, visit:

next page

- <http://imagineis.com/breasthealth/performbse.asp>
- <http://www.healthcenter.vt.edu/gyn.htm>
- The Women's Clinic Schiffert Health Center - 231-6569
- The Health Education Office, Schiffert Health Center - 231-3070

By: Josie Hyams  
Health Promotion Team Member

For more information and instruction on doing BSE properly, talk to your doctor.

## LOVE THE BODY YOU HAVE - TIP #3

Remind yourself that true beauty is a state of mind, not a state of your body

## RUNNING INJURIES

From hip to toe...

When it comes to running it is important to balance it with plenty of stretching, cross training, and rest. Running can take a toll on our bodies, but the benefits are phenomenal. Therefore, the best way to stay injury free is to stay flexible for greater range of motion, weight train to balance out all muscles of the body, and, if injured, use ice, never heat, to reduce swelling and inflammation.



Watch out for the following common injuries:

- ✓ To prevent a common HIP injury called *Iliotibial Band Syndrome*, which is inflammation and pain on outer side of knee, be sure to stretch and strengthen inner and outer thigh muscles with use of an abductor/adductor machine with cables or bands. You can also use heat to loosen before running and ice after.
- ✓ To prevent *Shin Splints*, which is pain on the front of lower leg below the knee and above the ankle, do not over train on banked surfaces. Stretch by doing toe taps, wear well-cushioned shoes, run on grass or dirt, and get plenty of rest and ice after injury has occurred.
- ✓ To prevent *Runner's Knee*, usually pain behind the kneecap, use medially supportive shoes, avoid downhill runs or running on uneven surfaces, and be sure to ice if injured.
- ✓ To prevent *Plantar Faciitis* of the FEET, diagnosed as painful inflammation of the arches, it is important to stretch and strengthen the foot muscles (you can do this by rolling your foot over a golf ball). You should use shock absorbing shoes and use ice and aspirin if injury occurs.
- ✓ To prevent *Heel Spurs* of the FEET, which are deposits of calcium from repeated stress, be sure to stretch and strengthen the foot muscles. If injury occurs use ice, aspirin, and get plenty of rest. Rare cases require some surgery.

- Sharyn Harden

References: <http://heelspurs.com/index.html>  
Pierre Rouzier, "The Sports Medicine Patient Advisor", 1999.

## PLAY BALL

Testicular cancer is most commonly found in men between the ages of 15 and 35. While rare, it claims the lives of 350 men each year in the United States alone. The best prevention against testicular cancer is early detection. Male college students are at high risk; monthly testicular self-examination is the key to early detection.

When to perform a self-examination?

Testicular self-examination (TSE) is best performed after a warm shower. This is when the testicles are the most relaxed and easiest to examine.

What to look for:

- nodules
- lumps
- swelling
- tenderness
- hardness

How to perform TSE?

1. After a shower, stand in front of a mirror to check for any swelling.
2. Then, examine each testicle by rolling each one gently between the thumb and fingers of both hands. You shouldn't feel any pain, and be sure to feel the entire surface from top to bottom.
3. Call your doctor if you discover/develop anything unusual: lumps on the testicles or in the scrotum; pain, swelling, or hardness of either testicle. You can never be too sure! For more information, stop by the Office of Health Education in McComas Hall or visit <http://www.cancer.org>.
4. For additional information and instruction on doing TSE properly, talk to your doctor.

Kimberly Houghton  
Health Promotion Team

## LOVE THE BODY YOU HAVE - TIP #4

See yourself as you want others to see you

## ARE YOU A COMPULSIVE EXERCISER?

If you're a compulsive exerciser, you not only exercise beyond what is considered normal, you exercise at the expense of family, school, work, relationships, and health. Compulsive exercisers not only feel terrible if they don't work out, but they often feel miserable while working out. Some will continue to exercise despite these feelings but others become addicted to the sense of power and self-respect they feel from exercising.



What amount of exercise is considered "compulsive?" That depends on your personal goals (lose weight, overall fitness, etc.), athletic goals (compete in a marathon, etc.) and the level of activity. Compulsive exercise is usually a symptom of another issue and should be addressed by a medical professional.

If you are afraid that you or someone you care about may be a compulsive exerciser ask yourself the questions below:

- ? Do you feel overly fatigued or sore following a workout?
- ? Do you feel tired after a good night sleep?
- ? Are you frequently injured or do you experience a re-injury?
- ? Have you experienced depression or any mood swings?
- ? Do you feel you have hit a workout plateau?

If you answer YES to more than two questions, reassess your workout. Taking care of yourself should be your number one goal!!! To get help or speak to someone, please visit the Fitness Department of Recreational Sports at McComas or the Thomas E. Cook Counseling Center in McComas Hall.

Ashley Liu

Reference: [www.shape.com](http://www.shape.com)

## LOVE THE BODY YOU HAVE - TIP #5

Surround yourself with positive people who like you the way you are naturally

## LIFE IN THE DORM: STAYING HEALTHY

With over 9,000 students living on the Tech campus, there are many germs floating around the dorms. What can you do to prevent getting the cold, flu, or even mono this year?

Take preventative measures to keep away sickness!!

- ✓ Maintain a healthy lifestyle: follow a balanced diet, get enough sleep, manage stress, stay hydrated
- ✓ Wash your hands frequently
- ✓ Keep your distance, if possible, from sick people
- ✓ Avoid kissing someone who is sick
- ✓ Do not share cups/eating utensils
- ✓ GET IMMUNIZED!

How? The Immunization Clinic

What? Flu vaccine (\$20), Meningitis (\$75), Hepatitis B & Tetanus prices to be announced

Payable with cash, credit or check.  
Hokie passport will NOT be accepted.

Where? Commonwealth Ballroom - Squires

When?

Tuesday, November 5th, 11:00 AM - 8:00 PM

Tuesday, December 10th, 12 noon - 6:00 PM

## Recognize These Symptoms

### Cold

sore throat  
coughing  
watery eyes  
fatigue  
runny/stuffy nose  
stuffy ears

### Flu

fever/chills  
coughing  
headache  
muscle pain  
fatigue  
weakness

### Mono

sore throat  
fever  
headache  
nausea  
vomiting  
loss of appetite  
yellowing skin  
swollen glands  
feeling tired



### If you get sick:

- Visit the walk-in Cold Care Clinic (no appointment necessary) at the entrance of Schiffert Health Center
- Make an appointment with a practitioner at Schiffert Health Center, 231-6444

Jessica Fleischman  
Health Promotion Team

Reference: SHC Publication - "The Flu"; Pamphlet - "Know the facts about flu," Roche Laboratories, Inc.

## LOVE THE BODY YOU HAVE - TIP #6



Wear clothes that make you feel good inside and that are comfortable

## DID I REALLY BURN 500 CALORIES ON THE TREADMILL?

### A Not-So-Straightforward Answer

The number of calories the machine indicates that you have burned is not exact, indicating a RANGE of calories you've actually burned. More often than not, the machines will overestimate by as much as 30 percent, though an overestimation of 10 percent to 15 percent is more likely.



### Factors of Error in Calorie Calculation:

1. Type and Brand of Equipment - weight-bearing machines tend to be more accurate.
2. Body Composition - those with more body fat and less muscle mass per pound will burn considerably fewer calories than those with more muscle and less fat. Most cardio machines do not take this into account.
3. Speed - Calculations of non-weight-bearing machines are even less precise because they frequently do not account for your speed.

## WORKOUT FOR ACCURACY:

- \* Choose weight-bearing equipment (treadmill, elliptical trainer) over non-weight-bearing equipment (stationary bike).
- \* Use a variety of different cardio machines.
- \* Stand tall; don't let the handles support your body weight for you.

For more information, visit the Fitness Department of Recreational Sports at McComas!

Carolyn Nagel  
Fitness Instructor and Personal Trainer,  
AFAA, ACE

Reference: Miriam E. Nelson, Ph.D, "Strong Women Stay Slim," 1999.

## LOVE THE BODY YOU HAVE - TIP #7



Become a critical viewer of social and media messages aimed at making one feel bad about one's body

## WEIGHTS OR CARDIO FIRST?

The bottom line is that there is no established "best" order for your workout. Just pick a method that works for you -- and keeps you breaking a sweat and feeling strong on a regular basis.

### Why Aerobics First?



Generally, aerobic exercise is suggested first because it serves as a good warm-up and because intense strength training may fatigue the muscles so much that the aerobic portion of the workout would be less enjoyable.

### Why Weights First?

Some argue that doing an intense aerobic workout prior to strength training could tire you out so much that you don't achieve the proper intensity when lifting. Therefore, if your priority for the workout is an intense strength-training workout, then you may want to do this before running or pre-exhausting yourself doing cardio training.



### Always Warm-Up

If you weight-train first, hop on the bike or treadmill for 5 to 10 minutes to warm-up your muscles for the work ahead.

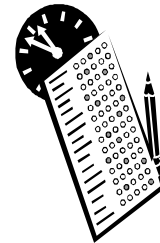
If you do your cardio work first, start slow, claiming the first few minutes of whatever activity you choose as a warm-up before you launch into the meat of the workout.

Carolyn Nagel  
Fitness Instructor and Personal Trainer,  
AFAA, ACE

Reference: "Which Workout When?" www.webmd.com

## ANXIOUS ABOUT TEST ANXIETY?

Almost all students get a little nervous when it comes to taking tests. However, if being nervous affects your performance, you may have test anxiety. Test anxiety becomes a problem when you perform poorly on tests even when you know the material well. Here is some information that may help you figure out whether or not your test taking performance is being affected by test anxiety:



### What are the causes?

- Lack of preparation for the test - procrastinating, poor study habits, not understanding the material
- Worrying about the test - how you did on the last test, how other students are doing, how the outcome of the test will affect your class grade

### What are the physical signs?

- Increased heart rate
- Sweaty palms
- Stomach Ache
- Dry mouth

### How can test anxiety be reduced?

- Think positively
- Take a few deep breaths and think of something pleasurable
- Practice time management and relaxation techniques
- Be realistic about the outcome of the test - failing one test won't ruin your life
- Improve study skills

If you are concerned about how test anxiety may be affecting you, the Thomas E. Cook Counseling Center offers study skill and test taking skills workshops, as well as individual counselors to work on test anxiety.

Thomas E. Cook Counseling Center  
240 McComas Hall  
231-6557

Casey Stehlin and Allison Weber  
Health Promotion Team

Resources:  
<http://ub-counseling.buffalo.edu/stresstestanxiety.shtml>  
Thomas E. Cook Counseling Center publication, "Coping with Test Anxiety"

## LOVE THE BODY YOU HAVE - TIP #8



Do something nice for yourself that lets your body know how much you appreciate it.



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