

INSIDE THIS ISSUE:

Consumer Smarts:	2
Gotta Have It!	
Give Sleep a Chance	3
Animal Skin,	3-4
Polyurethane, Female, CONDOMS OH MY!	
Drowsy Driving	4-5
UPCOMING FITNESS EVENTS	6

McComas Hall Health & Fitness Center

WELLNESS NEWS

ALWAYS AVAILABLE

WELLNESS NEWS AVAILABLE ONLINE!

Receive your next issue of "Wellness News" electronically! Visit our website at www.healthcenter.vt.edu/Resources/shc-wellness-newsletter-archive.htm to sign up for your next free issue today! You will also find back issues of the "Wellness News." Catch up on what you've been missing!

DEPARTMENT OF RECREATIONAL SPORTS

The Department of Recreational Sports offers a wide variety of fitness classes each week, designed to meet the diverse fitness needs of the university community. The Personal Training Program provides instruction, guidance, and support based on a tailored exercise program. This program reflects the client's goals, fitness levels, and experience. Fitness Assessments are a way of measuring an individual's current exercise levels in order to evaluate progress after training. For more information see, www.recsports.vt.edu

SCHIFFERT HEALTH CENTER

HEALTH COUNSELING & SCREENING

Obtain strategies for healthier eating habits, and/or starting a personal exercise program. For **free** cholesterol screening or for a **free** personal consult, contact Schiffert Health Center's Health Education Office 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.

SMOKING CESSATION RESOURCES

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, or deal with high stress levels? Visit the *Wellness Gallery*; a self-help lounge including health assessments, personal action plan guides, helpful handouts, pamphlets, and more! Check it out alone or with a friend. Where? 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.

CELLULITE: RESPONSIBLE FOR COTTAGE CHEESE THIGHS EVERYWHERE!

For most any woman, looking into a mirror and noticing a dimpled appearance around the thighs is a nightmare come true. The culprit responsible for your once taut thighs now looking like a bowl of cottage cheese is cellulite. Cellulite is the term used to describe the fat deposits that are directly under the skin and an enemy to most women. A common belief is that cellulite can be gotten rid of. I hate to dash your dreams, but cellulite is a rather permanent addition to your body. The pills, creams, wraps and surgeries that are pitched on infomercials and in pop-up ads are all a hoax. I know you are all wondering what exactly is cellulite and why can it not be banished from your body. Let us explore this dimply world of unwanted body-lumps!

What is it?

Cellulite refers to the deposits of body fat, especially on the buttocks, legs and thighs common to women and some men of all sizes and ages, located right below the surface of the skin. Cellulite does not discriminate against anyone. Even if you do not have a weight problem and exercise on a fairly regular basis, you too, can have cellulite. John Morgan, MD, a dermatologist in Columbia, S.C., estimates that about 85% of women have some cellulite. Cellulite occurs predominantly in women and can begin developing around the age of fourteen. Some factors that are attributed to the development of cellulite are:

Age - with aging, the weakening of the collagen fibers (the elastic element in your skin that makes it smooth when you are young and gives way to wrinkles when you're old) allows for the fat to push through easily and give your body that lovely lumpy appearance.

Genetics - if your mom had it, you probably will too.

Hormonal changes - estrogen drives the fluid buildup in fatty tissue increasing the dimply appearance.

Gender - being female...doesn't sound like we have a lot of control over it, does it?

Why Women?

Women are more predisposed to cellulite because of the way the cell network fibers run across the skin. In men, the fibers run diagonally against the skin, pressing down on the fat which helps to keep it smooth. For women, the fibers run straight up and down which create tall, thin rectangular boxes with nothing pushing them downwards. These little rectangular boxes are exactly what the fat pushes up through to create the dimply appearance of the skin.

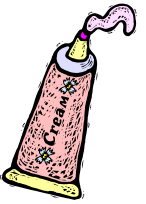
Miracle Cures?

Some women will spend literally thousands of dollars on creams, pills, wraps, surgery and other supposed "miracle cures" to try and get rid of their cellulite. **ATTENTION:** Save your money! These supposed ways of getting rid of cellulite do NOT work! Let's review some of the popular money wasters on the market today: **Pills** such as Cellasene, contain a mixture of herbs that claim to improve capillary circulation, inhibit collagen breakdown, and support healthy connective tissue, do not produce any noticeable improvement in the reduction of cellulite according to British studies.

Cellulite creams that claim to work by promoting blood flow to the affected areas have no scientific or medical backing whatsoever and are pure hype.

Endermologie, a procedure in which a dermatologist or plastic surgeon uses a vacuum-like device to deeply massage areas with noticeable cellulite, has qualified endorsement from the Food and Drug Administration for *temporarily* reducing the appearance of cellulite.

Liposuction, the removal of fat from the body using suction through small tubes in tiny incisions in the skin, will not get rid of cellulite. As mentioned earlier, cellulite is fat deposits located directly underneath the skin; liposuction works by removing "deep" fat no where near the skin surface. If you try to have your plastic surgeon remove the fat directly beneath the skin, it can lead to permanent dimples and



CELLULITE: RESPONSIBLE FOR COTTAGE CHEESE THIGHS EVERYWHERE!

depressions. Liposuction is simply NOT an effective treatment for cellulite.

Massage and Paraffin-wax cellulite treatment regimens are costly and don't produce results.

What you can do...

If you are part of the 85% of women who have cellulite or a man with the rare occurrence of cellulite, I am sorry but there is not a magic pill, cream or procedure to make it go away. Cellulite is predetermined by genetics and there is little that you can do about it. There is talk that the future will bring gene therapy to help those with a family history of cellulite. As for now, diet and exercise remain your best bet in the battle of the bumpy bulge. Start a routine and

give it at least 6 months of hard work to see any improvement. Resistance training in your routine is a must; stronger muscles underneath your fat deposits can help to smooth out the area overall. If after all this you still have some cellulite, just accept the fact that you have done all that you can and embrace your body. Slight imperfections like this are what make us unique... even if we have to compare our thighs to the likes of oranges and cottage cheese!

Written by: Jennifer Wellman, Wellness Peer Educator
References:

www.nlm.nih.gov/medlineplus/ency/

CONSUMER SMARTS: GOTTA HAVE IT!

imagepages/9161.htm

www.cellulite.eu.com/who-gets-it.htm

Recently, the use of multivitamins has exploded as a health trend among society. These multivitamins seem to offer our basic nutritional needs in one easy-to-take tablet.

However, are they really necessary for everyone? Furthermore, are they really what they claim to be? Unlike drugs, multivitamins do not have to be approved by the government before they can be distributed for sale to the public. A company known as

ConsumerLab.com has emerged recently, revealing the truth about multivitamins. After thorough testing, ConsumerLab.com revealed that many multivitamins on the market either did not contain the amount of nutrients that it claimed, contained nutrients that wouldn't disintegrate (thus would not be properly absorbed by the body), or contained toxins. Some supplements contained more than the tolerable upper-intake level for certain nutrients. Meaning, the supplement contained more of a certain type of vitamin than is safe to consume in a day. However, not all of the supplements failed the testing. A few, such as Centrum Advanced Formula High Potency Multivitamin/Multimineral and One-A-Day Women's Multivitamin/Multimineral, contained nutrients as claimed on the bottle. The ConsumerLab.com website posts those supplements that have been approved for safe consumption by the public.

For those who do find benefits in multivitamins, proper research is necessary to ensure the quality and validity of the chosen supplement.

The American Dietetic Association continually stresses the importance of obtaining vitamins and nutrients from food sources rather than supplements. They also warn about the danger of abusing these supplements. Studies have shown that many individuals who take these multivitamins receive plenty of nutrients from the diet and do not need additional supplementation. Naturally, additional levels of these nutrients can result in toxic levels within the body.

There are some individuals who do benefit from supplement use. Basically, those people who may suffer from poor nutrition or lack of access to all nutrient substances may find benefits in a multivitamin. For example, pregnant women, elderly, vegetarians, and low-income individuals may reap the benefits of supplementation. Recent studies have shown that multivitamins containing vitamin B, C, and E administered to pregnant women infected with HIV helped to decrease the symptoms of the disease. The supplement caused increases in immune cells and decreased the levels of HIV within the blood. In these instances, an individual should consult with a professional about the appropriate brand and type of supplement to take.

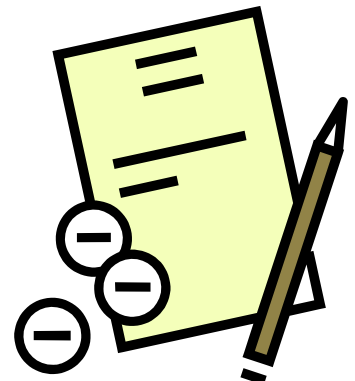
Supplements, therefore, are not the magic pill society has created them to be. In fact, most individuals have no need to consume them. For those who do find benefits in multivitamins, proper research is necessary to ensure the quality and validity of the chosen supplement.

Written by: Nora Carroll

"Multivitamins during pregnancy and after birth delay AIDS symptoms in women." Medical Letter on the CDC & FDA. July 25, 2004. p41.

Rock, Andrea. "A dose of reality: you think you've taken your daily vitamins, but what's really gone down?" *O, The Oprah Magazine*. June 2004, v5 i6, p135(3).

Merkel, Joyce M.. Crockett, Susan J. Mullis, Rebecca. "Vitamin and mineral supplement use by



GIVE SLEEP A CHANCE

My advice to everyone this month is to prioritize sleep. With the rush of exams and social events, I think we all push sleep aside this time of year (along with many others) as the thing that we can go without. In actuality, sleep is one of those pesky health things we need the most and is just as important as good nutrition and fitness.

Meeting your personal sleep needs...

- ◆ helps balance essential hormones
- ◆ keeps your immune system strong
- ◆ is necessary for adequate cognitive and physical performance
- ◆ helps maintain a positive mental equilibrium

How much sleep do you need?

Sleep needs are individual, so just because your friend can be happy, alert, and healthy with 7 hours of sleep a night doesn't mean you can be. While the average recommendation is to get 8 hours of sleep, one size does not fit all. To find out how much sleep you need, try the following over your next break.

1. Go to bed around the same time every night
2. Sleep until you feel rested each morning
3. After the first few days of playing sleep catch up, you should begin to wake up feeling rested around the same time each morning
4. Take note of the number of hours you are consistently sleeping to produce that nice, rested feeling. That is the personal sleep requirement your body wants you to meet every night, not just when you are on break!

Sleep is a lot more complicated and necessary than most people give it credit for. If you have questions or are worried about your sleep hygiene, stop by the office of health education to learn more!

Written by: Laurie Schmidt, Health Educator

Resource:
National Sleep Foundation - <http://www.sleepfoundation.org/>



ANIMAL SKIN, POLYURETHANE, FEMALE, CONDOMS OH MY!

CONDOM! Quick! What exactly are you picturing? I would be willing to bet money that a picture of a Trojan latex condom package comes to mind. Trojan latex condoms are by far one of the most recognized types of condoms on the market today; however they are not the only option available to those in search of barrier methods of contraception. Did you know that there is a female condom available? I will tell you all about it and dispel any myths you might have stumbled across. Did you know that there are condoms made from animal skin and polyurethane? I know, I know, who would want a contraceptive measure made out of animal skin? That is exactly one of our points! These facts and many others to follow are not only for your reading enjoyment, but also for your own personal health and safety.



Animal skin condoms are just that: condoms made from animal skin...or so you think. The term "animal skin" is somewhat of a misnomer, as they are typically made of lamb's intestines, not their skin. The problem with these condoms is that while they may protect against pregnancy, the porous holes of the animal membrane do not prevent the spread of HIV/AIDS, the human papilloma virus (HPV), or the virus that causes Hepatitis B. While this measure of birth control may have been suitable in the past, we do NOT recommend this condom today. If you or your partner suffers from a latex allergy, try using the polyurethane condom instead.

Polyurethane condoms are not as well known as latex condoms due to their higher cost. While these may cost a few extra pennies, these condoms provide similar protection as a regular latex condom. Compared to latex condoms, polyurethane condoms are made from a type of plastic that:

- ◆ is thinner
- ◆ is stronger
- ◆ odorless and tasteless
- ◆ may enhance sensitivity
- ◆ offers a less constricting fit
- ◆ is more resistant to deterioration
- ◆ can be used with water OR oil based lubricants
- ◆ transmits heat better which can help increase pleasure

If you or your partner suffers from a latex allergy, try using the polyurethane condom instead.

With all of these benefits why aren't they advertised more? While polyurethane condoms are *believed* to be as effective as latex condoms, they are still undergoing rigorous testing by the US Food and Drug Administration (FDA).

Now a topic that probably scares most of you out there: the female condom. For those of you that do not know, a polyurethane condom made for females has been approved by the FDA. With an 82-95% effectiveness rate, the female polyurethane condom is a non-hormonal form of birth control that prevents infection and gives women more control when it comes to contraception. A female condom is a loose-fitting, thin plastic tube worn inside the vagina. There are two soft rings; the inner ring is inserted into the vagina to help keep it in place, while the outer ring stays on the outside of the vagina to prevent it from being pushed all the way in. A bonus to this condom is that the outer

ANIMAL SKIN, POLYURETHANE, FEMALE, CONDOMS OH MY! CONT.

ring partly covers the labia, thereby minimalizing skin-to-skin contact. Some of the other benefits are as follows:

- ◆ made of heat-transmitting polyurethane
- ◆ can be inserted up to 8 hours before intercourse
- ◆ can use water or oil based lubrication
- ◆ does have to be removed immediately after sex
- ◆ has been used for anal sex

Yes, you did just read that they have been used for anal sex. It should be noted that the female condom is not approved or recommended for anal sex by the FDA, but there are reports from all over the world that it is used for anal sex. If the inner ring is removed, the female condom can be placed over an erect penis and inserted into the receptive partner. Several studies have been done and published on this controversial use of the female condom and others are on-going.

Currently, there is only one brand of female condom on the market: FC Female Condom (formerly Reality Female Condom) is available at most drugstores and pharmacies. If you cannot find them in your local pharmacy, they are also available on the web at www.femalehealth.com. This website is the FC homepage and answers any questions you may have as well as displays images on how to correctly insert and dispose of the female condom. One of the only downfalls to the female condom is the cost. Rite Aid sells them in boxes of 5 for \$11.99. Again, female condoms may take some getting used to, so be sure to try them more than once before coming to any decisions. Perhaps after a few uses, you may not even be able to tell the difference! A few precautions for those interested in trying this barrier method of birth control:

- ◆ Use sufficient amounts of lubrication – this will help cut down on any noise and friction.
- ◆ Do **NOT** use with the male latex condom at the same time
- ◆ The male partner has to have good aim when he goes to enter the receptive partner – he must insert himself through the outer ring, not to the side!
- ◆ When finished with intercourse, be sure to

twist the condom around before pulling it out – prior to standing up – this will prevent spillage.

- ◆ Dispose of used female condom in the trashcan – use only once and do NOT flush it down the toilet!

If you have any other questions after reviewing the website, contact the Office of Health Education at 231-3070 or your personal health care provider.

As a quick “wrap up...” Get it? Wrap up? While there are, literally, hundreds of different colors, shapes, sizes, flavors and scents of condoms on the market, there are only 4 *types* of condoms: latex, animal skin, polyurethane, and female. All in all, latex condoms are by far the most widely known and used. They are also very effective and cost efficient. However, for those with latex allergies or would just like to try something new, polyurethane is the way to go! Again, we do NOT recommend using animal skin condoms, as they are ineffective in preventing the spread of various sexually transmitted diseases. Polyurethane condoms are stronger and thinner than latex, however, they are pricier and harder to find. With female condoms, practice makes perfect! At first glance, the female condom may be a bit intimidating, so try inserting the female condom a couple of times before you actually go to use it to get the feel of how it is supposed to fit. Also, keep in mind to try the female condom a couple of times before making any final decisions. With a little bit of practice, the female condom can be an appealing option to the woman who is looking to take control of preventing risk of pregnancy and infection. Just because there is a female condom does NOT mean that guys are off the hook when it comes to contraception. Guys and gals, you should both know the ins and outs of the various means of contraception in order to effectively protect yourselves. That’s a wrap!

Guys & Gals should both know about contraception.

Written by: Jennifer Wellman, Wellness Peer Educator
Reviewed by: Patty Chitwood, MD
 Steven Wilson, PA-C

References:

<http://www.babycenter.com/refcap/baby/postpartumsex/3562.html>
<http://www.smartersex.org/contraception/condoms.asp>
<http://www.goaskalice.columbia.edu/1835.html>
www.womenshealth.about.com/cs/azhealthtopics/ht/How_Use_Female_.htm
www.femalehealth.com

DROWSY DRIVING

The end of semester rush is about to get into full swing. Extra long hours of studying, late nights, less exercise and poor nutritional choices are all characteristics of the last week or two before finals. With all of these factors, most students find themselves getting sick and having less energy than normal. To top it off, exhausted or not, most students want to get out of Blacksburg as fast as possible after their last exam. Please be sure to read the following reasons as to why you should get a good night’s sleep before getting behind the wheel. The following facts and pointers can save your life and the lives of other drivers on the road this holiday season.

Before you pack your bags and jet out of Blacksburg, get a good night’s sleep!

DROWSY DRIVING CONT.

The Facts

In the state of Virginia, December of 2003 had the highest number of automobile crashes than any other month that year. December is statistically one of the top months for injuries and fatalities in automobile crashes. While some of the numbers may be due to the higher number of drivers on the road because of holiday traveling, it can also be attributed to drowsy drivers. The combination of more drowsy drivers on the road plus the rush to get home for the holidays is why December is one of the most dangerous months for automobile traveling. With this in mind, be sure to look for any signs of fatigue within yourself before driving home for the holidays.

If you think that you can tell when you are falling asleep, you are mistaken!

Sleep is not a voluntary action.

The National Sleep Foundation (NSF) reports that half of the nation's adults (51%) admit to driving while drowsy. Nearly 1 in 5 drivers actually dozed off at the wheel in 2002! The Executive Director of NSF, Richard Gelula stated "Driving while drowsy is no different than driving under the influence of alcohol or drugs."

According to a poll conducted by NSF in 2002, young adults, especially men, aged 18-29, are much more likely to drive while drowsy compared to other age groups. These sleep related crashes are most common in young people because we tend to stay up late, sleep too little and drive at night.

How can you avoid having a sleep related crash?

If you think that you can tell when you are falling asleep, you are mistaken! Sleep is not a voluntary action. If you are seriously sleep deprived, you are at risk for having "micro-sleeps" or brief naps that last around four to five seconds. At 55 miles an hour, that's more than 100 yards, and plenty of time to cause a massive accident! Even if you think that you are a safe driver that gets enough sleep, and you are pounding cup after cup of coffee or Red Bull, PULL OVER IF YOU NOTICE ANY OF THESE SLEEP DEPRIVED SYMPTOMS!

- ◆ Your eyes close or go out of focus by themselves
- ◆ You have trouble keeping your head up
- ◆ You have wandering/disconnected thoughts
- ◆ You cannot stop yawning
- ◆ You do not remember driving the last few miles
- ◆ You drift between lanes, tailgate, or miss traffic signs
- ◆ You keep jerking the car back into the lane
- ◆ You have drifted off the road and narrowly missed crashing

The Pointers

Pull off the road and take a nap immediately! A short 15-45 minute nap can rejuvenate you enough to continue driving. Most people believe that caffeine can overcome

the effects of drowsiness. The effects of caffeine take at least 30 minutes to enter your system; even then, the stimulant only helps you to feel more alert for a short time and is NOT a substitute for sleep.

In order to prevent a sleep related collision, I have a few tips for you to follow before driving home for the holidays. The following list contains wonderful preventative measures:

- ◆ Get plenty of sleep the night before!
- ◆ Drive during times of day when you are normally awake!
- ◆ Avoid driving between midnight and 6AM, especially between 4AM-6AM!
- ◆ Take a passenger with you! Have them stay awake and talk with you. This extra stimulation can help keep you alert. (NOTE: Cell phones are NOT a substitute for this!!)
- ◆ Try to avoid high-speed, long, boring, rural highways.
- ◆ Schedule a driving break every 2 hours or every 100 miles. Stop sooner if you notice signs of sleepiness!

If need be, stay one extra night before driving home. As mentioned before, young people are at the highest risk for a sleep-related crash. The most at risk driver is a 20 year old male. Little tricks like opening the window or blasting the radio are not a substitute for sleep either. They will not help to keep you awake; the only thing that will help curtail the risk for a sleep-related crash is to pull over to a *safe area away from traffic* and take a brief 15-45 minute nap.



I know that this is another article pleading for you to have a safe and memorable holiday this year, however, the simple act of sleeping is often overlooked in times of busy schedules. With all the of the other hub-a-loo that comes with the end of a semester, please be sure to get 8 hours of sleep on the last night that you are in town. Non-drowsy driving is one of the keys to making it home safe to be with family and friends for the holidays. Good luck with finals, happy packing, and safe driving!

Written by: Jennifer Wellman, Wellness Peer Educator

References:

- http://www.dmv.state.va.us/webdoc/pdf/vadrivingtrends_03.pdf
- http://www.dmv.state.va.us/webdoc/pdf/vacrashes_03.pdf
- http://www.nhtsa.dot.gov/STSI/State_Info.cfm?Year=2003&State=VA&Accessible=0
- http://www.drowsydriving.org/drive_alert/default.cfm
- <http://www.sleepfoundation.org/activities/daaafacts.cfm#atrisk>
- <http://www.sleepfoundation.org/activities/daaafacts.cfm#counter>

Upcoming Fitness Events

Event	Location	Date	Time	Description
Free Week of Fitness Classes		January 17, 2005 – January 23, 2005		During the first week of the academic classes of the Spring semester, a "Free Week" schedule is offered so that you can decide whether or not you wish to purchase a pass.
TiVon Salon and Spa Mind/Body		Throughout Spring Semester January 24, 2005 - April 8, 2005		Mind/Body classes are currently the most popular fitness trend. By attending yoga, pilates, yogilates, and stretch/relaxation classes throughout the spring semester, points are collected to win a chance at a day at the spa. Check the schedule for class descriptions and times. This incentive program is free to those students who have purchased either a Mind/Body or Full Fitness pass. To sign up for this program, email fitness@vt.edu with your name and your email address
Jumpstart Beginner Exercise		Throughout Spring Semester		Starting an exercise program can be overwhelming and sticking with it can be challenging. There are so many questions you may have. What exercises should you do? How often? How long? With proper planning and instruction, you can start exercising and with support & tracking you can reach your goals. This free Beginner Exercise Club will offer you: -instruction -email coaching -group support -a chance to try a variety of exercise classes and incentive prizes while you strive for your goal!!
Fitness Around the World <i>sponsored by TiVon Salon and Spa and Subway</i>	McComas Hall Gym	Friday February 11, 2005	5:30 pm - 7 pm	Experience a LATINO AFRICANO CARIBBEANO KUKUWA DANCE workout that brings many different cultures together in just one fitness class! No partners are required and the class is FREE! Just bring yourself and your friends. Prizes Information: First 100 participants receive a FREE 6" Subway certificate and a FREE T-Shirt. Grand prizes include (2) \$50 gift certificates courtesy of TiVon Salon and Spa.
Partner Yoga <i>sponsored by TiVon Salon and Spa and Subway</i>	McComas Hall Gym	Monday Feb. 14, 2005	12:00 pm (noon) - 1:15 pm	To celebrate Valentine's Day, join us for an afternoon of partner yoga with the partner of your choice (friend, significant other, etc.), which will be open to everyone with no cost. Prizes Information: First 100 participants receive a FREE 6" Subway certificate and a FREE T-Shirt. Grand prizes include (2) \$50 gift certificates courtesy of TiVon Salon and Spa.
Strong Man Competition <i>sponsored by GNC, MET-Rx & Coca-Cola</i>	South Recreational Fields	Saturday April 2, 2005	TBA	Come to compete or just to watch the 1st Annual VT Strong Man Competition during the spring semester.
Rugged Wearhouse 5k Dash for the Cure	Virginia Tech Campus	Saturday April 16, 2005	TBA	Come enjoy fun competition while supporting the American Cancer Society.
Make Over Story		February 7, 2005 – April 29, 2005		Anyone who hires a personal trainer and purchases a session package with 8 or more sessions is eligible to be selected for the Spring Make-Over Stories. Two clients (one male & one female) will be selected to receive a total make-over each semester. The clients will receive nutrition, wellness and apparel selection advising while undergoing an intense workout regimen. At the end of the semester, the clients will receive their full make-over which includes a \$200 gift certificate from TiVon Salon & Spa and a \$250 gift certificate from the New River Valley Mall!!

Thank You!

NEWSLETTER WRITERS!
Jennifer Wellman
Laurie Schmidt
Nora Carroll

NEWSLETTER EDITORS/ADVISORS!
Ali Arner
Laurie Schmidt

NEWSLETTER LAYOUT
Suellen Novak