



# Wellness Ways

SPRING 2009: ISSUE 6

APRIL

## SPECIAL POINTS OF INTEREST:

- Call the Wellness Resource Center at (330) 941-2241 for more details.

## APRIL EVENTS:

<u>Event</u>	<u>Date</u>
Table Talk	4/1
Penguin Pre-Party	4/2
Sibs/Family Day	4/4
Ab Workshop	4/9
Facility Closed	4/12
Table Talk	4/22
Awards Banquet	4/23
Get Out & Play Clinic	4/28
May Day	4/30

## More for the Core

By: Sarah Smith

Sick of the same old crunch? Come join us at our More for the Core clinic to learn a little bit about the core region as well as some fun and different core exercise. Major muscles of the core include: all the muscles in the abdominal region plus the muscles of the mid and lower back. Functional movements depend on these muscles, and when the core is strong it will make physical activities easier to do, where as, a weak core may contribute to injuries.



The core can be made strong by performing the exercises that will be presented in “More for the Core” fitness clinic on Thursday April, 2nd from 12:30-1:30 at Andrews Student Recreation and Wellness Center. We will begin in the conference Room and then continue into Basketball Courts C & D for some example workouts. This is free to all YSU students as well as Andrews members. If you have and questions please call Sarah or Katie at 330-941-2245

## Potassium

By: Fred Bulik

We all hear about it and we know it’s good for us but where is it? Let’s start out with learning some things that might be all too familiar regarding potassium. First of all potassium is an essential mineral as well as an electrolyte. Most of us have taken a chemistry class so we understand what minerals are but the electrolyte might not as well-known. It is a substance that dissociates into ions which conduct electricity. Potassium is a cation found in the fluid inside cells. With that being said; potassium plays a role in nerve impulse transmission, muscle contraction, and heart function.

The first food that pops into your mind when hearing potassium is banana, well for most anyway. A potato with the skin has double the amount of potassium as the banana. The only thing is that the potato is packed with simple carbohydrates. Raisins, prune juice, lima beans, and acorn squash also have more potassium than a banana so there are other options. Most of the food groups contain foods with plenty of potassium. While shopping check the labels though because potassium doesn’t have to be listed. Normally the products that don’t contain much will not list it.

## Colon Cleansing Craze: Good or Bad?

Removing waste, harmful toxins, parasites, boosting your energy, and preventing colon cancer are just a few reasons colon cleansing sounds tempting. While it is obvious there is some division about what colon cleansing does, when it should be done and what benefits it can provide, there is no denying that many people are *claiming* to have had great success with it as most of us have seen on television or the internet.

Holistic and alternative medicines are proponents of having regular colon cleansing. However, conventional medicine believes it is not necessary.

Colon cleansing is the process of cleaning the large intestines to remove hardened fecal matter, toxins, and bacteria. There are several types including colon irrigation, colon cleanse liquid or powered supplements, and oxygenated colon irrigation.

Because of today's fast food diet, people generally do not get enough fiber which might lead to constipation and fatigue. If you do not eat a balanced diet plaque and fecal matter can be encrusted in your intestinal walls and this is where colon cleansing comes to the rescue!

Doctors argue that the effects of colon cleanse has no scientific merit. From colonic surgery and autopsies it has been observed that there is no hardening of fecal matter in our colon walls. In addition, colon cleansing supplements are not approved by the FDA. Doctors say that your colon doesn't require enemas or pills to eliminate waste material and bacteria because it naturally does this on its own. Your colon absorbs water and sodium to maintain electrolyte balance, but some colon-cleansing products disrupt this balance causing dehydration and may lead to anemia, malnutrition and even heart failure.

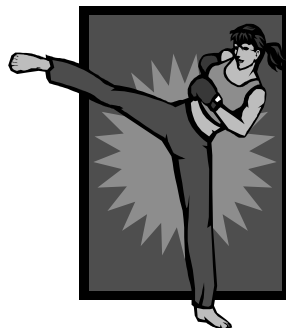
You should drink plenty of water and daily fiber recommendations are to eat 38 grams for men and 25 grams for women 50 and younger. It's your decision to believe which side is true. For more extensive information it is best to ask a medical doctor on the issue of colon cleansing and its effects.

## April Table Talks

By: Jen Backes

On Wednesday, April 1, the Wellness Resource Center will offer a table talk on self-defense. Come check out the Fight Back! Self-Defense Tips Table Talk from 12:30 pm to 2:30 pm. It's time to learn to fight back and be prepared if you are put in a situation where self-defense would need to be used. Attend this table talk and you will pick up some valuable self-defense tips to protect yourself. Pick up informational flyers and check out our displays on how to keep your self safe.

On Wednesday, April 22, the Wellness Resource Center is planning to help you get ready for finals week!



Visit the Serene Study Sessions Table Talk from 11 am to 3 pm to pick up tips to get you through finals week! The last couple weeks of the semester can become very chaotic and overwhelming for college students. Is your dorm, apartment, or house just too loud to study? Learn how to make your space more suitable for studying for finals. Pick up informational flyers on how to make your environment more suitable for studying.

The table talks are located in the lobby of Andrews Student Recreation and Wellness Center. Call 330-941-2241 with questions or for more details.

## Disturbances of Sleep Timing

By: Carolyn Serenko

When our internal clocks are disturbed, you may long for sleep when you need to be awake or may stay up until the early hours of the morning without feeling tired.

Almost everyone is programmed for a day that lasts slightly longer than 24 hours. However, "night owls" don't exactly maintain a 24-hour cycle. Night owls find that a minor disturbance in sleep/wake cycles can throw them off unless they would force themselves to wake up at the same time. Examples of these disturbances are the onset of daylight savings time, a coast-to-coast trip, or a weekend of late-night parties. There is a way to reset your internal clock. This is accomplished by progressively moving your bedtime later until you have altered around the clock and are back in sync. Go to bed two hours later each night. Once this schedule is synchronized to match other people around you, wake

yourself up at the same time each day.

People who travel and go through different time zone experience jet lag. These changes in the environment offset our internal clocks. It takes about a day for our bodies to adjust for every time zone crossed. There are ways that you can avoid jet lag. On a brief trip just one or two time zones away don't time-shift. Try to wake up, eat, and sleep on home time. Gradually switch before the trip by moving mealtimes and bedtime closer to the schedule of your destination. Drink plenty of fluids, but not caffeine or alcohol. Caffeine and alcohol promote dehydration, which worsens the physical symptoms of jet lag.

It is very common for people to find themselves lying awake on a Sunday night due to weekend changes in sleep habits. If you stay up later on Friday night and sleep in Saturday morning, you will

most likely stay up even later Saturday night and sleep in the next day. By Sunday evening, the body's clock is programmed to stay up late.

For those who have careers where they work an evening or night shift, they are more likely to fall asleep on the than day-shift workers. Ways for these people to get a better night sleep are to keep their bedroom cool and comfortable, relax before falling asleep, and maintain a regular routine for preparing for bed. Dark curtains or eyeshades can keep daylight out, and running a fan can help block external noise.

(2007). Disturbances of Sleep Timing. Retrieved March 18, 2009, from AOL Health Web site: <http://www.aolhealth.com/sleep-disorders/learn-about-it/disturbances-of-sleep-timing>

## The Need for Speed Clinic

By: Jeff Lanam

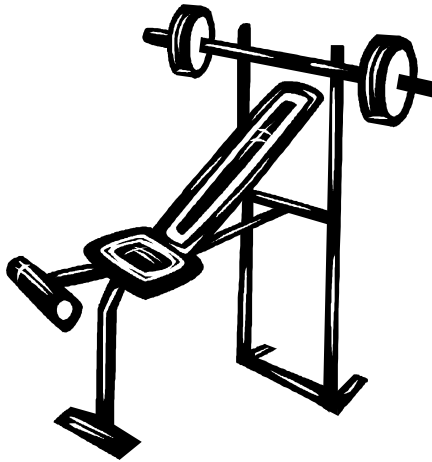
If you're someone seeking that extra burst of speed on the playing field then you've come to the right place. Learn how to maximize your ultimate potential using a vast array of training approaches that

increase speed and agility. This clinic will teach how to develop power and strength needed to increase speed using exercises such as resistance training, Plyometrics, isometrics, and much more.

If you are looking to improve your speed for sports such as football, baseball, basketball, racquetball, and even tennis come check out this clinic. In this clinic you can learn specific exercises that will increase your speed for each

## Bench Press Competition

How strong do you think you are? Test your muscular strength at the third annual Andrew's bench press competition! The competition will have two contests within it. How much you can lift and how many repetitions you can do. Individuals will be grouped by weight and gender categories, and prizes will be awarded to the top winners.



For More Info: Call Brian at 330-941-2245

Price: Free to students and Andrews members

Date: Saturday, April 18th, 2009

Time: 10:00 am – 1:00 pm

Location: Basketball Courts C&D  
- Andrews Student Recreation and Wellness Center.

## Boosting Immune System

By: Jessica Podnar

Are you sick a lot? Are you rundown and fatigued most of the time? If you answered yes to either of these questions then you may have a weak immune system.

Everyone's immune system is different. Some people are able to fight of illnesses very easily, while others seem to be frequently ill.

Your immune system is what works to protect your body from infections and germs. Fortunately, there are some natural ways in which you can strengthen your immune system by following these simple tips:

**Get plenty of rest and sleep-**Sleep is the body's way of rejuvenating and strengthening itself. It is essential to get at least 7-9 hours of sleep each night. Sleep has been linked to balanced hormone levels, keeping weight down, and clearer thinking and reasoning.

**Drink adequate amounts of water-** Drinking plenty of water will help to flush your body of toxins

and it keeps you hydrated.

**Physical activity-**Exercise will help to make your body stronger. It increases the circulation of blood and nutrients, and it also helps to flush toxins from your body.

**Nurture yourself-**Take time out of your busy schedule and do something that's relaxing and enjoyable to you. This will help to lessen your stress level. Stress weakens the immune system, putting you at a greater risk of becoming sick. When you are happy, you are less likely to get sick.

**Nutrition-**Eat a well-balanced diet each day and avoid skipping meals. This will help to provide your body with the essential nutrients to stay strong and healthy. Some foods that may help to protect your immune system include:

- Garlic
- Red Bell Peppers
- Yogurt

- Broccoli
- Green Tea
- Pumpkin

**Fruits and vegetables-**The nutrients that you receive from fruits and vegetables are extremely beneficial to the body. They provide antioxidants, vitamins, minerals, fiber, and enzymes. The antioxidants will help to protect the cells in your body which include the cells in your immune system.

Tired of always being sick? By following some of these simple techniques, you will be able to strengthen your immune system naturally. Get ready for a healthier you!

<http://abcnews.go.com/Health/ColdandFluNews>

<http://naturalmedicine.suite101.com>

## April Group X Certifications

### ISCA Pilates Mat Level Certification

This 1 day certification provides an in depth overview of the theoretical knowledge and practical skills necessary to teach a safe and effective Pilates Mat class. A written exam will be given at the end to assure proficiency and technique of the instructor. Topics covered are History of Pilates, Physiology and Biomechanics, Injury Prevention Techniques, Breathing Technique, Pilates Mat Series 1 & 2.

**Date:** Sunday, April 5, 2009

**Location:** Studio/Conference Room

Please call 330-941-2207 for more details



### Jump to Top Zumba Certification

Zumba® Fitness was created in the mid-90's by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for International pop superstars.

Inspired by the traditional cumbia, salsa, samba and merengue music he

grew up with, Beto paired his favorite pulsating Latin rhythms with the red-hot international dance steps his clients loved and Zumba® Fitness (Spanish slang for "to move fast and have fun") was born! Since Beto brought Zumba® Fitness to the US in 1999, it has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music, easy-to-follow dance moves, and body-beautifying benefits.

**Date:** Sunday, April 19, 2009

**Location:** Aerobics Studio/Conference Room

Please call 330-941-2207 for more details

## Hydration and It's Importance

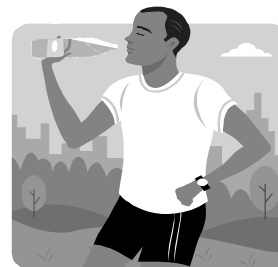
By: Frank Duraney

Hydration is important for everyone, the elite athlete or the every-day individual that enjoys working out at their gym. To achieve optimal results it is vital that you keep your body adequately hydrated for the duration of your workout. Most people may overlook the importance of keeping your body hydrated. Sweating away such as little amount as 1 percent of your body weight can place added stress on your cardiovascular system. Losing as much as 2-3 percent can impair your performance and abilities such as hand eye coordination which may put you at a disadvantage in your competitive sports. Your body

will react to dehydration by initiating the thirst mechanism in your body by making your mouth dry and wanting more fluid. Muscles will cramp up and sweating may stop. This is a big warning sign, because your body will stop sweating to conserve the water left in the body. When the body stops to sweat it loses the ability to keep the temperature of the body at safe levels and this could lead to a heat stroke. The following guidelines are recommended by the American College of Sports Medicine (ACSM) to help keep the body hydrated: Before physical activity drink at least 16 ounces of fluid about two hours beforehand. During physical

activity drink 5 to 10 ounces every 15 to 20 minutes. After activity drink 16 ounces for each pound of body weight lost during activity.

This can be found by weighing yourself before any physical activity and then right after physical activity is completed step on a scale. To ensure the replacement of the fluid drink enough fluid to get the body weight before exercise back to that weight after the exercise is finished.





## Andrews Student Recreation and Wellness Resource Center

Phone: (330) 941-2241

E-mail: [wellness@cc.yosu.edu](mailto:wellness@cc.yosu.edu)

### Wellness Resource Center Spring Hours

Monday	10:00 am-7:00 pm
Tuesday	10:00 am-5:00 pm
Wednesday	10:00 am-7:00 pm
Thursday	10:00 am-5:00 pm
Friday	11:00 am-2:00 pm
Saturday-Sunday	Closed

Participant must have a valid YSU ID card to use the facilities, equipment, services, and programs offered by the Department of Campus Recreation.

