



Wellness Ways

SPRING 2009: ISSUE 6

MARCH

SPECIAL POINTS OF INTEREST:

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

MARCH EVENTS:

<u>Event</u>	<u>Date</u>
Sit Back and Relax Clinic	3/4
Give Your Head a Break: Headache Help	3/18
Strongman Clinic	3/19

“Powerful Fruit”

By: Fred Bulik

Formerly known as the Alligator Pear, the avocado is actually a fruit. It is part of the berry family and it actually grows on Avocado trees. These trees and fruits are cultivated in tropical climates and some temperate climates. Avocado's come in all shapes and sizes ranging from round to pear-shaped. The avocado can be thick or thin, green or black, rough or smooth. You can easily tell when an avocado is ripe because it will be soft but firm. The most available avocado is the Hass and it tastes the best in the spring or summer. During the other seasons (fall and winter) you will find others such as: Fuerto, Zutano, and Bacon

varieties.

The first thing that pops into one's head is guacamole when they hear the word avocado. Many have never tried



guacamole probably because its distinct green color. Normally if something doesn't look good we will not try it. An avocado has a buttery taste by itself but

it usually is added to something such as: salsas, soups, salads, steaks, etc. One thing that must be done once cut open is to add lemon or lime juice to prevent discoloration. It's nice to kill two birds with one stone and that is what you can do by eating avocado. It not only tastes good but it also is very healthy because it is packed with nutrients. It contains vitamins K, C, and B6, fiber, potassium, and folate to name a few. So next time your at the grocery store, pick up an avocado and enjoy.

Sit & Relax Clinic

By: Cara Sowry

Ever feel stressed? Like you can never seem to focus? Well, come sit back and learn some ways to relax at our clinic. Being stressed can have negative effects on your health. Bad coping techniques for stress can be detrimental to your health, such as smoking or eating. It can even affect your studying and class work. We can help you through methods to help combat your test anxiety and other problems. Learning relaxation methods can aid in lowering blood pressure and reduce muscle tension. At our clinic you will learn various ways to ease away stress and relax. You will go through relaxation

techniques that will allow you to take time to unwind and others that you can do on the go. Progressive relaxation will also be featured. This is a systematic full body relaxation process. In addition, you will be taught breathing and meditation techniques to help relieve your stress. We will incorporate yoga and flexibility exercises as well. This clinic will take place on March 4th from 12:00 p.m. to 1:00 p.m. at Andrews Student Recreation and Wellness Center. We will begin in the Conference Room and then continue into our Meditation Studio. This is free to any students of YSU and other Andrews members. If you have any questions, feel free to contact Cara at 330-941-2245.

Eating and Exercise: Getting the most out of your workout!

By: Jessica Podnar

Your exercise performance can be greatly affected depending on when and what you eat throughout the day. Not eating before exercise can cause low blood sugar levels and as a result you may feel tired, weak, or faint. On the other hand, eating too much before working out can cause an upset stomach and cramping. Here are some tips that you can follow in order to get the most out of your workout:

- **Eat a healthy breakfast**-Eating breakfast is very important because it refuels your body and replenishes your blood sugar. It gives you the necessary energy to start a new day.
- **Time your meals based on their size**-Eat large meals at least 3-4 hours before exercising. You can eat small meals 2-3 hours before exercising.
- **Don't skip meals**-Skipping meals may cause low blood sugar making you feel weak or tired.
- **Eat after your workout**-In order to help your muscles recover and to replace their glycogen stores, eat a meal that contains both carbohydrates and protein within 2 hours of your workout session.

The nutrients that you consume

directly relate to the quality of your workout. Food provides your body with necessary energy and in order to get your best performance, it is essential to give your body the right nutrients. The following list provides some of the essential nutrients that you need in order to maximize your workout:

Carbohydrates-This is your body's main source of fuel. Your body stores excess carbohydrates as glycogen and your muscles use this when needed for energy. Some great sources of carbohydrates include cereal, bread, vegetables, pasta, rice, and fruit.

Proteins- Protein plays an important role in muscle repair and growth. Great sources of protein include meat, dairy products and nuts.

Fat-Fat helps to provide fuel for your muscles during exercise, but avoid consuming large quantities of fatty food before your workout.

Water-In order to avoid dehydration it is very important to drink plenty of water. The presence of water in your body ensures that you can safely sustain physical activity. It is important to drink water before, during, and after working out.

By following these simple tips listed above you will be able to

maximize your workout. Learning when and what to eat will make a great difference in how you feel during and after exercising. Are you ready to get the most out of your workout?

"Eating and Exercise: Time it Right to Maximize your Workout". MayoClinic. <http://www.mayoclinic.com/health/exercise/HQ00594_D>.



Strongman Clinic

By: Mark Raseta

In recent years, interest in the sport of strength at its grassroots level has skyrocketed, leading to numerous spontaneous formation of local strongman clubs, loosely affiliated state and national strongman associations.

The strongman clinic will introduce you into the many general training schemes used in strongman training. From tire flipping, sled dragging, object carry or loading, log pressing, farmers walks, super yoke training and so on will be discussed and applied. Come and learn how to incorporate movement associated with the strongman competition into your general training schemes.



Exercise Bulimia

By: Carolyn Serenko

Exercise bulimia, also known as compulsive exercising, is a newly recognized eating disorder. Bulimia Nervosa is identified by the purging of calories through vomiting after eating. Similarly, those who suffer from Exercise Bulimia feel a similar desire to purge calories, but use rigorous exercise as their method.



There are symptoms to be aware of when dealing with someone who suffers from exercise bulimia. Those symptoms include inflexibility as to time of day and mode of exercise; exercise even when sick or injured; prioritizing exercise over

social dates, family functions, work, or school; intense fear at states of rest; intense anxiety at situations where preferred method of exercise is unavailable; intense guilt when forced to stray from exercise routine; and refusal to eat if unable to exercise.

Health risks of Exercise Bulimia are similar to that of Anorexia Nervosa. If accompanied by disordered eating, this condition can complete the female athlete triad (loss of menstrual cycle, osteoporosis, and disordered eating). Risks are especially great if the individual is not getting adequate nutrition, which could lead to heart failure. Some other health risks include joint injuries, tendonitis, exhaustion, fainting, muscle tears, and dehydration.

Diagnosing Exercise Bulimia can be difficult, because most doctors do encourage us to stay fit and active. Indicators of Exercise Bulimia would be working out to burn calories from a recent meal, or out of fear surrounding fat and weight.

Treating Exercise Bulimia is similar to treating other eating disorders. A team of professionals would treat that individual, as there is usually an underlying psychological or emotional condition that needs to be addressed.

Friedman, P. Exercise Bulimia - Newly Recognized Eating Disorders. Retrieved February 19, 2009, from Shape Fit Web site: <http://www.shapefit.com/exercise-bulimia.html>



How Can I Improve My Smile?

By: Cara Sowry

There are many techniques and options to treat teeth that are discolored, chipped, misshapen or missing. Your dentist can reshape your teeth, close spaces, restore worn or short teeth or alter the length of your teeth. Always start by consulting with your dentist. They will be able to help you find the most effective option.

Discoloration occurs in the enamel and can be caused by medication, coffee, tea and cigarettes. Bleaching and whitening are common and popular chemical processes used to change the color of teeth. Some people get their teeth bleached to make stains disappear, while other just want a whiter shade. Bleaching can be performed by your dentist in

the office, under dental supervision at home, or using over-the-counter methods. In office bleaching is the most expensive of the options, and over-the-counter treatments are the



cheapest. Most at home treatments only whiten the front teeth, whereas those with a dentist can improve all teeth.

Bonding is tooth-colored material used to fill in gaps or change

the color of teeth. Requiring a single office visit, bonding lasts several years. Bonding is more susceptible to staining or chipping than other forms of restoration. Additionally, it can be used to close spaces between teeth or cover the entire outside surface of a tooth to change its color and shape.

Tooth reshaping and contouring, is a procedure to correct crooked teeth, chipped teeth, cracked teeth or even overlapping teeth in a single session. Tooth reshaping and dental contouring, is commonly used to alter the length, shape or position of your teeth. This procedure is ideal for candidates with normal healthy teeth, but who want subtle changes to their smile.

http://health.yahoo.com/oralcare-overview/improving-your-smile/agd-Oral_Care_agd_art_00022768.html

Headache Help

By: Jen Backes

Is school giving you a headache that you just can't kick? On Wednesday, March 18 from 12 pm to 3 pm stop by the lobby of Andrews Student Recreation and Wellness Center for the "Give your Head a Break: Headache Help" table talk. At this table pick up tips on how to get rid of those aching headaches and prevent them in the future.

The following are some alternatives to taking medication for headaches:

1. A hot bath will release muscles from contraction and your whole body will feel relaxed. This is the best thing for tension headaches.
2. Since stress causes headaches, exercise can provide relief from such types of headaches. You should jog, swim and take
3. Dehydration may also cause some headaches. Since this is the prime cause for muscle contraction, you need to drink at least eight glasses of water to solve this problem. Drinking plenty of water not only gives relief from headache but also maintains your body.
4. If you have a sinus headache, you can use hot or cold compress to relieve energy.
5. It is good to use oils like lavender, eucalyptus and peppermint to remove tension headaches.
6. Acupressure or acupuncture is done for the relief of stress related headache.
7. To give relaxation to muscles, a massage can be beneficial. Massage therapy on the head, neck and shoulders is a great weapon to relieve stress.
8. Excess or less sleep can cause headaches. Figure out what amount of sleep works best for you.
9. Do not do work in the wrong posture as it will put stress on neck, shoulders etc and may result in headache. Too much bright light can also cause headaches. Some foods may also cause headache, so try to avoid: nuts, chocolate, red wine and cheese.
10. Reduction of caffeine is very important to reduce headache.

N.a., (2009). Headache relief: To be on the safe side, go for natural remedies!. Retrieved February 20, 2009, from Headaches Web site: <http://www.headacheupdates.com/>

Benefits of Spinning

By: Frank Duraney

Spinning is a great way to exercise and control the intensity of your workout. It is usually done with a group of people which is fun and helps breed competition in your workout to push you to your limits. This is also an easy and effective way to burn fat. Experts found that the average spinner can increase his or her heart rate to 80 percent, which is considered "excellent" when it comes to burning fat. This is especially significant given that the majority of fat burning occurs when a person's heart rate is at approximately 65 to 75 percent of maximum capacity. It also increases leg strength in all large areas such as the gluts, quadriceps and hamstrings.

Spinning also helps to aid the



cardiovascular system and help improve its strength and endurance. An individual's risk of injury is also low since most of the exercise is done in a sitting position, taking the entire load off of your joints. Other benefits include improvement of posture, it is done indoors with an instructor to provide motivation, and you are in a group environment.

Spinning classes include speed intervals, hill climbs, sprints and many other types of ways to test your aerobic conditioning. The benefits far outweigh the risks, which are virtually none. Although if you have any doubt that you may not be capable of taking a spinning class a quick visit to your family doctor should help answer that question for you.

Up for a Challenge: Try a Triathlon!

By: Kristina Tomlan

Triathlon's roots can be traced back to 1974, Mission Bay, Southern California where a group of friends began training together. Amongst them were runners, swimmers and cyclists and before long training sessions turned into informal races. Directed and conceived by Jack Johnstone and Don Shanahan the first Mission Bay Triathlon was held on September 25th 1974 and welcomed 46 athletes. Triathlon's foundations had been set! The race starts at the shot of a gun as athletes begin their swim. Races can start off a dock with the athletes diving in. They can start with the participants already in the water behind the "start line." Races can also start on the beach with triathletes running in to the lake, ocean, etc. The swim is usually very crowded with a lot of pushing and kicking to get ahead. At the end of the swim, the athletes exit the water and start on the first transition, T1. They run to the bike racks, put on sneakers, and hop on their bike. Biking is the best time in the race to refuel on sports drinks and energy bars/gels. After the bike segment is complete, the triathlete comes back into the transition area for T2. They drop their bike off and leave for the last leg of the race, the run. Next comes crossing the finish line! And today the sport of triathlon is growing at a rapid pace. There are triathlon clubs in almost every major city and thousands of races are held every year across the globe! Challenge yourself...sign up for one!

	Sprint	Olympic	Half-Ironman	Ironman
Swim	.5 mile	.93 mile	1.2 miles	2.4 miles
Bike	13 miles	24.8 miles	56 miles	112 miles
Run	3.2 miles	6.2 miles	13.1 miles	26.2 miles

<http://www.beginnertriathlete.com/history.htm>

Group X Certifications

By: Cory Kekich

If you need continuing education credits towards a certification or are looking to be a certified fitness instructor you don't have to go far. The Department of Campus Recreation is committed to providing advanced educational opportunities to the YSU community by offering professional certifications.

The month March is bringing exciting opportunities. On Saturday, March 7th, 2009 Andrew's Recreation Center is hosting the ISCA (International Sports Condition Association) Pilates Workshop from 8:00 am- Noon. This workshop provides an in depth overview of the theoretical knowledge and practical skills necessary to teach a

safe and effective Pilates Mat Class. Topics covered are History of Pilates, Physiology and Biomechanics, Injury Prevention Techniques, Breathing Technique.

The ISCA Yoga Ball Workshop will be on Saturday, March 7, 2009 from 12:30 pm-4:30 pm. This workshop combines Yoga, Pilates and Balance & Stability training with the Stability Ball. The mind-body connection is challenged with core training and breathing techniques. Topics covered are Muscle Tone and Strength Conditioning, Yoga Theory, Stabilization Training, Breathing Technique, Programming Progression, Class Layout and Design. The cost for both workshops is \$198 for the early bird sign up and then the price increase to \$230.

On Saturday, April 4, 2009 we are hosting the ISCA Pilates Level 1 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. To Register for any of these call 1-800-555-2333 and for more information visit www.ISCAfit.com.





Andrews Student Recreation and Wellness Resource Center

Phone: (330) 941-2241

E-mail: wellness@cc.ysu.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.

