

Wellness Ways

SPECIAL POINTS OF INTEREST:

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

FALL 2009 ISSUE 1

SEPTEMBER

What's Going on in the Wellness Resource Center?

SEPTEMBER EVENTS:

<u>Event</u>	<u>Date</u>
Fitness Incentive Program Begins.....	9/8
Nutritionist Meet and Greet.....	9/9
Penguin Pre-Party.....	9/10
Kayaking Quickstart Clinic.....	9/12
Bouldering Clinic.....	9/15
Heartwalk.....	9/19
FiTOUR Group X Certification.....	9/19
American Red Cross Workplace CPR.....	9/19
FiTOUR Primary Yoga Certification.....	9/20
Fiber Table Talk.....	9/23
Penguin Pre-Party.....	9/24

By: Jen Backes

Are you interested in changing your eating habits? On **Wednesday, September 9, 2009** there will be a Nutritionist Meet and Greet Table Talk from 12 to 2 pm. Come meet our registered dietitian, Chrystyna Zellers, and jump start your nutrition goals. She has a special interest in weight management, diabetes management, sports nutrition, and optimal nutrition for good health and disease prevention. Pick up informational flyers on nutrition, as well as personally speak with Chrystyna Zellers about any nutritional concerns. Healthy snacks will be provided. Paperwork will be available to fill out to see the nutritionist at the table talk.

What is the craze about fiber and should you be supplementing it in your diet? On **Wednesday, September 23, 2009** there will be a Fiber Table from 12 to 2 pm. At this

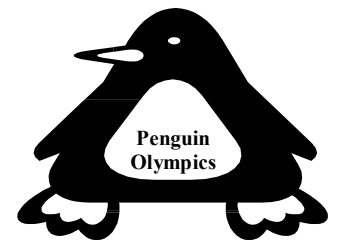
table talk learn about how much fiber you need each day in your diet. Also, a list of fiber sources will be provided and the misconceptions about fiber intake will be revealed. Informational flyers and brochures will be offered.

The above Table Talks are located in the Andrews Student Recreation and Wellness Center Lobby. For any further questions or more details, call 330-941-2241.

Sign up for the REC's FREE incentive program today, Penguin Olympics. The incentive program starts on **Monday, September 7 at 6:30 am and ends on Friday, December 4 at 9 pm**. Register anytime after Monday, September 7 in the Administrative Offices in Andrews Student Recreation and Wellness Center. All activities are held in the Andrews Student Recreation & Wellness Center, Beeghly Center, & Stambaugh Stadium.

Earn points by doing specific activities offered by each Department.

Your activities will be turned into points and logged by the Health Educators. The more you visit, the more points you earn! Prizes will be awarded to each participant according to points earned.



Stop by the Wellness Resource Center for answers to questions about programs or health/wellness related topics. Our hours for the fall semester are as follows:

**Mondays, Wednesdays,
Thursdays**
10 am to 5 pm

Tuesdays
10 am to 7 pm

Fridays
10 am to 2 pm

Tips to Staying Healthy at School

By: Jessica Podner

College life can be stressful and difficult at times. It is important that students lead a well-balanced life in order to stay healthy.

There are some simple tips that you can follow that will help you to stay strong and healthy. The following tips include:

Eating a well-balanced diet:

It is best to practice healthy eating habits from the start. You should figure out your suggested calorie intake because it varies from person to person. You will feel better and have more energy if you eat plenty of fruits and vegetables, lean meats, and minimize your intake of sugar and fats. Also, be sure to drink plenty of water. Sodas and coffee are

full of sugar and can contribute to dehydration. Eight, 8-ounce glasses a day is the minimum recommendation, so be sure to stay hydrated.



Getting physical activity:

It is essential to get physical activity each day. Not only does it help to manage your weight, but it also helps to relieve stress, it helps to maintain your immune system, and it helps to improve your overall health. Try to make working out a regular part of your schedule. The gym is free to all students so what are you waiting for? Get active!



Getting plenty of sleep:

It is very important to get plenty of sleep each night. It is difficult to pay attention in class and study when you have not had adequate sleep. Also, lack of sleep can weaken your immune system making you more susceptible to illness. Get plenty of rest so that you can get good grades and stay healthy.

Washing your hands:

Being around many people puts you at a greater risk of becoming sick. However, washing your hands frequently, is the easiest and best precautionary method that you can take in order to minimize your risk of

becoming sick. Wash your hands regularly throughout the day and especially before you eat. You should also carry hand sanitizer with you because when soap is not available this is the next best thing.

By following, these simple tips you can minimize your risk of becoming sick. Learn to take care of your body. Make these tips a daily part of your life for a healthier you!



How to Stay Healthy in College. Retrieved August 26, 2009, Web site: <http://www.collegetips.com/college-health/>

Does Eating Breakfast Affect A Students Performance?

By: Stephanie Kielar

Are you one of those students who wake up in the morning and decide, forget, or just do not feel like eating breakfast? In this case you then find yourself starving after a few hours, which usually ends up in overeating for lunch?

Eating breakfast can have a beneficial influence on school performance, achieve better grades, obtain better lifestyles, and create better habits. These

all have the tendency to emerge in students who do not eat breakfast before school. School is an important aspect during our lives. Students who eat a healthy breakfast have a better learning ability than students who skip breakfast.

Eating a healthy breakfast can help students to perform better on academic tests and quizzes. Breakfast can make or break a diet or the way you act. Therefore, eating a healthy breakfast helps set

the tone for your body the rest of the day. If you skip breakfast, you are more likely to be groucher.

Many think skipping breakfast is a good way to lose weight. However, eating breakfast helps improve metabolism. That stated, people who eat breakfast tend to lose more weight and keep it off. Nutritionists suggest starting the day with whole grains such as oat meal or cereal satisfies hunger longer, because they are absorbed

slowly into the bloodstream.

So if you are one of those students who skips breakfast, remember to have good performance in school, breakfast will improve memory and positively affect the tasks which require sufficient retention of new information which is needed in and out of the classroom. Remember, "be smart, eat breakfast!"



Certifications

By: Jessica Giancola

GROUP X

Get started in the Group Exercise sector of the fitness industry by becoming a Certified Group Exercise Instructor with FiTOUR®.

The FiTOUR® Primary Group Exercise Instructor certification will equip you with the necessary tools to begin your career teaching fitness and health to others in a fun and enjoyable group setting. Stay ahead of the trends and latest health and fitness research, by applying to your classes the most updated group exercise teaching techniques and guidelines.

The FiTOUR® Primary Group Exercise Certification is for new

comers to the fitness industry and weight room attendants, **sales staff**, front desk staff and personal trainers who want to transition into teaching group exercise. The FiTOUR® Primary Group Exercise Certification is also great for those group exercise instructors who would like to brush up on instructor technique and execution, or who would like to renew their group exercise certification.

With the FiTOUR® Primary Group Exercise Certification, you will obtain a working knowledge on the following Group Exercise Instructor topics: Objectives of Group Exercise Instructor; Five Components of Fitness; F.I.T. Principle; Basic Anatomy, Kinesiology, and Physiology; Basic Training

Concepts; Basic Nutrition and Weight Management; Exercise Safety and Injury Prevention; Class Formatting, Music Guidelines, Cueing Technique, and Choreography Technique; and Teaching Specialty Classes Including Step, Hi/Lo, Kickboxing, Circuit, and much more.

After completing and passing the FiTOUR® Primary Group Exercise Certification, you will be able to teach generally/apparently healthy individuals in a fun and exciting group exercise setting based on ACSM guidelines.

YOGA

The FiTOUR® Primary Yoga Certification will

focus on the following Yoga topics: History/Origin, Benefits of Yoga, Various Methods of Yoga, Subtle Anatomy of Yoga, The Eight Limbs of Yoga, The Yoga Diet, Yoga Pranayama, Standing, Seated, and Relaxation Yoga Asanas (Poses), Various Yoga Class Combinations After completing the FiTOUR® Primary Yoga Certification course, you will be able to teach a safe and effective yoga class.



Allergies and Stress

By: Candis Stocker

Are stress and allergies related? New studies by scientists at Ohio State University have shown that stress does make your allergies worse. When scientists conducted this study, they tested sufferers of hay fever. They gave these individuals stressful tasks, such as giving speeches or math problems. They would also give less stressful tasks, like reading. After giving hay fever sufferers stressful tasks, scientists gave

them a skin prick test. The results of this test showed an increased response to allergy symptoms from the anxiety and stress.

Stress increases allergies to act up, especially on the second day of symptoms. When your body is stressed, it releases chemicals such as histamines. The histamine released in your body induces your allergy symptoms. Many of you may ask, what can you do reduce your allergy symptoms?

There are stress relief strategies that will help reduce stress and allergy symptoms. Some simple strategies are: getting enough sleep, relaxation and exercise. Sleep is important in the healing process. The body needs to restore and maintain its' balance. In order to do that, the body needs rest. Relaxation also helps because it will keep your life more balanced. Lastly, exercise will help. Exercise reduces stress hormones which

relieve allergy symptoms. In fact, exercise is a natural decongestant and will help you breathe better.

O'Conner, A (2009, August 18). Stress can make allergies worse. Retrieved August 28, 2009, from www.nytimes.com Web site: <http://www.nytimes.com/2009/08/18/health/18real.html>

Bruce, D.F Stress relief strategies to ease allergy symptoms. Retrieved August 26, 2009, from www.wedmd.com Web site: <http://www.wedmd.com/allergies/living-with-8/stress-and-allergies>

How to Schedule for Back to School

By: Molly Jones

If you are a freshman, college is all very new to you and even if you aren't a freshman being in a routine of college can still become overwhelming. The only word of wisdom is "organization". It might sound crazy, but depending on the person you are getting involved more with the

University; this can organize you. For example, if you decide to work out once every week, go to the library to study at least 3 times, get a job and have a set schedule there, you might find it easier to stay organized because you are always busy and now "on top of things". This idea has worked for a lot of peo-

ple, but if it's not for you then another way to become organized is to still make a personal schedule, but with less activities. For instance, have your schedule kept to a minimum of other activities and make sure you have a lot of time to study. Also, have some time to yourself for whatever reason. Using these

methods will help you achieve the goals you want to reach with a lower amount of constant worry.



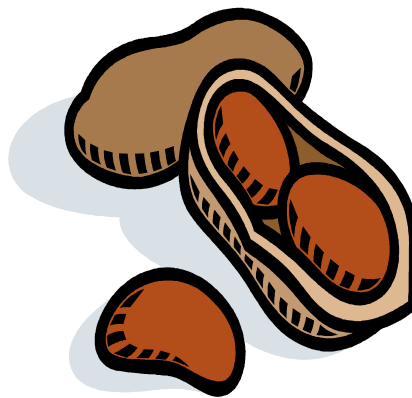
Peanuts, It's What Champions Are Made Of

By: Fred Bulik

Most of us have eaten peanuts at some point in our life. Some enjoy them while others hate them and some are allergic to them. All in all it seems like the majority enjoys peanuts, but are they really nuts? First off the peanut can also be called a "groundnut" and this stems from the way the peanut grows. I'd like to start by explaining what a peanut plant looks like. It consists of green foliage that stretches about 3-4 foot across and is filled with yellow flowers.

There is a process that occurs to create the peanut and it starts with the yellow flower being pollinated. Once this happens the petals of the flower eventually fall off and the ovary grows a small stem. The embryo penetrates the soil and this is where the peanut starts to form, underground. This is why the peanut

is also called the "groundnut." The part of the peanut that we consume grows in pods underground.



The pods are the shells, which some people eat, and have an hour-glass shape that measures anywhere from 1-3 inches. Peanuts are part of the legume family and that is

why it is considered a seed/kernel instead of a nut.

Peanuts are usually roasted before eaten and counts for 2/3 of total peanut use. There are some other uses which include: paint, varnish, lubricating oil, furniture polish, and insecticides to name a few. The shells can also be used for things like plastic, wallboard, or fuel.

Peanuts are also used greatly in other food products like candy bars and peanut brittle. This little "nut" also packs some good nutrients too. Protein, monosaturated fats, niacin (vitamin B3), riboflavin (vitamin B2), vitamin E, and antioxidants. Well we can't call them peaseeds or peakernals because it sounds a little funny so let's stick with peanuts and all the uses of the peanut is what makes it a champion.

Retrieved from Purdue University at www.hort.purdue.edu

The latest pandemic— H1N1

By: Carolyn Serenko

Over the past few months, there is one topic that is being communicated on a daily basis—H1N1, better known as “swine flu”. After outbreaks began occurring in April 2009, panic is striking many as this pandemic is progressively spreading by human to human contact.

Illness with the H1N1 virus can range anywhere from mild to severe. Common symptoms includes fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Diarrhea and vomiting has also been reported by a significant number of people. This virus may result in severe illness or death. Unlike seasonal influenza, which usually effects individuals over the age of 65 and children younger than 5, the majority of the H1N1 virus

effects are people younger than 25 years of age. People who are infected with seasonal and novel H1N1 flu may be able to infect others from 1 day before getting sick to 5 to 7 days after. It is crucial that you avoid contact with other people as much as possible to keep from spreading your illness, especially people at increased risk of severe illness from influenza.

CDC is encouraging people to get the vaccine, which will be made available in fall 2009. Five clinical trials have taken place—three of these trials are enrolling healthy adult (18 to 64 years old) and elderly (65 years and older) volunteers. During the first three trials, safety data was carefully reviewed in the initial 500+ adults. In mid-August, there were two additional trials of similar design in children in mid-August. The trial all-

together will enroll around 3,000 people. The Vaccine and Treatment Evaluation Units (VTEU) will be closely monitoring the health status of all volunteers for any adverse side effects. Also, a panel of outside experts will conduct an ongoing, close review of the safety data from these trials to spot any safety concerns.

The H1N1 vaccine is not intended to replace the seasonal flu vaccine; rather, it is intended to be used alongside with the seasonal flu vaccine. Seasonal flu and novel H1N1 vaccines may be administered on the same day.

Those recommended to receive the vaccine is:

- Healthcare and emergency medical services personnel
 - All people from 6 months through 24 years of age
 - Children from 6 months through 18 years of age
 - Young adults 19 through 24 years of age
- (2009). Novel H1N1 Vaccination Recommendations. Retrieved September 2, 2009, from Center for Disease Control and Prevention Web site: <http://www.cdc.gov/h1n1flu/vaccination/acip.htm>
- (2009). Novel H1N1 Flu (Swine Flu) and You. Retrieved September 2, 2009, from Centers for Disease Control and Prevention Web site: <http://www.cdc.gov/h1n1flu/qa.htm>
- (2009). Clinical Trials of 2009 H1N1 Influenza Vaccines. Retrieved September 2, 2009, from National Institute of Allergy and Infectious Diseases Web site: <http://www3.niaid.nih.gov/news/QA/vteuH1N1qa.htm>
- Pregnant women
 - Household contacts and caregivers for children younger than 6 months of age

Tanning Beds and Cancer

By: Morgan Fagnano

Now that the summer is coming to an end, some may continue to want beautifully bronzed skin. But is it such a good idea to continue to go tanning in salons?

A new scientific study has found that tanning beds' cancer risk is not just likely— it is definite. Experts at the International Agency for Research on Cancer conclude that skin cancer risk increases 75 percent for those who use tanning beds before the age of 30. Tanning beds

have been controversial for a very long time, especially for use by young people.

Many teens use tanning beds to get a base tan or before attending a big event. Although tanning and sunlight give you a source of Vitamin D, is the risk worth it? “Claims are that tanning beds are UVA light, and that doesn't cause a problem, but the report puts that theory to rest,” said Dr. Len Lichtenfeld, deputy chief medical officer for the American Cancer Society in At-

lanta, who read the findings. “It says it doesn't matter if it's UVA or UVB light.” But some tend to disagree. Shannon McGeever, manager of Perfect Color Tanning Salon in Farmingdale, said overexposure and burning the skin is what causes the damage. “We teach how to tan properly, and we are familiar with all the different skin cancers and how to recognize and how to prevent them, and we do take the right precautions to make sure we tan people as safely as possible,” she said. Lichtenfeld emphasized

that the study says there is no safe use of tanning beds. “This study says UVA causes skin cancer,” Lichtenfeld said. “It's a Class One carcinogen. This causes cancer. Period. End of statement,” he said.

Altherr, S (2009, July, 29). Tanning beds definitely cause skin cancer. *Newsday*, Retrieved August 30, 2009, from <http://www.newsday.com/long-island/nassau/study-tanning-beds-definitely-cause-skin-cancer-1.1333580>



Andrews Student Recreation and Wellness Resource Center

Phone: (330) 941-2241

E-mail: wellness@cc.yosu.edu

Wellness Resource Center Spring Hours

Monday	10:00 am-5:00 pm
Tuesday	10:00 am-7:00 pm
Wednesday	10:00 am-5:00 pm
Thursday	10:00 am-5:00 pm
Friday	10:00 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.

