



## EXERCISE: MIND AND BODY

Posture, Coordination, Balance, Agility, Flexibility  
Endurance, Power, Speed  
Proportions, Weight  
Breathing, Relaxation  
Mind  
and  
Body

Exercise should be a regular treat, part of a lifelong program to optimize your health, and, it should be fun and feel good. Sound appealing? It is good for you! Health-related fitness emphasizes five areas:

1. Cardiorespiratory endurance (aerobic exercise)
2. Muscular strength and endurance
3. Flexibility
4. % Body fat
5. Neuromuscular relaxation

A total exercise program works so you will be able to improve all of these areas. Some of the physical benefits are:

- \*%Body fat reduction
- \*Increased metabolic rate
- \*Maintenance of, or increased, lean body mass (muscle)
- \*Decrease in appetite
- \*Reduced risk of coronary heart disease
- \*Facilitation of sleep

In addition, there are various psychological and mental benefits of exercise. If you need help getting started with a fitness program, need some motivation, or have any kind of problems or questions related to fitness and exercise, we are here to help you. You can come by the Student Health Center and make an appointment at the Health Education Center to see a Peer Health Advisor or call us at 686-4456. It's free, too.

Ingunn Holden  
Fitness-Nutrition Peer Health Advisor

## "DON'T TALK, DON'T FEEL, DON'T TRUST"

Alcoholism is a touchy subject, yet many sources state that one in four people's lives have been directly effected by alcoholism. Alcoholism is a family disease: no one living in its dysfunction escapes unscathed. The most common statement from children of alcoholics is: "It will never happen to me!" The glaring truth is that a great number of these children have problems later in life by marrying alcoholics, becoming chemically dependent themselves, or developing eating disorders.

There are common characteristics that all adult children of alcoholics develop in order to survive their dysfunctional childhoods. Some of these characteristics are detrimental to healthy adult relationships, such as excessive loyalty, denying one's own feelings, judging oneself harshly, and rescuing other people. Adult children of alcoholics learn to live by three rules: DON'T TALK, DON'T FEEL, and DON'T TRUST. Once these characteristics can be identified and alternatives explored, the adult child has a chance at learning to form healthy relationships.

Some excellent books are available for check out at the Health Education Center including: Adult Children of Alcoholics, It Will Never Happen to Me, Women Who Love Too Much, and Under The Influence. Peer Health Advisors, as well as a substance abuse counselor are available to talk to adult children of alcoholics (ACOA's) or anyone with substance abuse concerns. For further information, contact the Lifestyle Planning Program at the Health Education Center, 686-4456.

Estelle Seeley  
Substance Abuse Peer Health Advisor

