

...OBSESSED WITH EXERCISE...

Doing too much can be as harmful as doing too little! Exercise can be considered an obsession if you feel guilty, get irritable or depressed, or feel you don't deserve to eat because you haven't had your daily run. Putting too strong an emphasis on exercise can have negative effects on your psychological health, especially if you feel bad about yourself if you miss a day's workout.

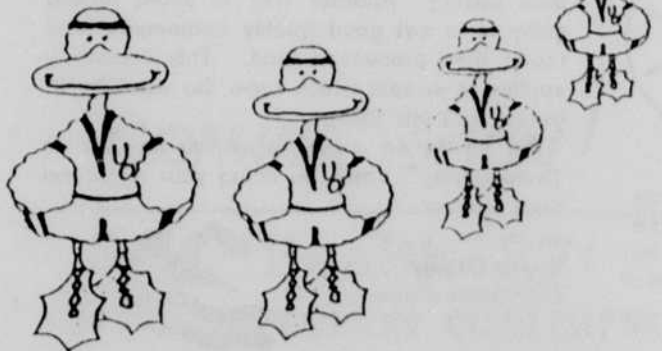
Training every single day or for too long a period of time is not always beneficial. A monotonous training program without variation can be devastating. Research has shown that musculoskeletal injuries to the foot, leg, and knee double when beginners run 45 minutes per day compared with 30 minutes.

You can be overtrained too. Your performance will then go downhill with continued training because the body doesn't have time to recover from the last workout. Some of the signs of overtraining are :

- lack of energy and a constant tired feeling
- sleep disturbance
- muscle cramps
- elevated resting heart rate
- loss of appetite and abnormal weight loss.

If you are a recreational athlete, training every day or more isn't always the best way to optimize your health. Most people gain more benefits from scheduling variety and regular days off in their work-out program.

Ingunn Holden
Fitness/Nutrition Peer Health Advisor



Peer Health Advising

We can help you. . .



Peer health advisers are students helping students. They have been trained to help you develop and maintain a healthy lifestyle. Peer Health Advisers specialize in the following areas:

- STRESS MANAGEMENT
- STOP SMOKING
- DRUGS and ALCOHOL
- EATING DISORDERS
- EXERCISE PRESCRIPTION
- WEIGHT CONTROL
- BIRTH CONTROL INFO.
- SPORTS NUTRITION

Call: X 4456

for an appointment—NO FEE

STRESS CAN LEAD YOU ASTRAY...

With the full force of midterms hitting, and the onslaught of papers that need to be written, it's natural to feel a little stress in our lives. How we deal with stress is crucial to alleviating the stressors in our lives. Some students feel so overwhelmed by all the tests and papers accumulating that they tend to block out the reality of what needs to be done. One of the most common ways is by drinking and although this may temporarily block out the problem, it's just that - temporary. The next morning you're still faced with the same homework, except maybe there's more now.

Drinking may not be the answer. Although it might seem that when drinking you have no problems, they're still around. By organizing your day, tackling one thing at a time, and taking a break for relaxation, your homework won't seem so insurmountable, and you won't feel so stressed out!

Diane Lancaster
Stress Management Peer Health Advisor