

# —TUNE UP—

## Take Care of Yourself and Increase Your Mileage

I should go jogging, I shouldn't eat this cookie, I ought to eat more veggies, I need to quit smoking...and since I shouldn't, I'll eat a double banana split and **not** enjoy a single bite.

Too often we find ourselves trying to follow the "health commandments" because someone else wants us to. We do healthy things for a spouse, lover, parent, doctor or our friends. Doing certain things and avoiding other things because of a list of "shoulds" is a prescription bound to wear thin. How would it feel to make a choice for **yourself** that is enhancing because it feels right? Take exercising for example. You can "have to" or you can opt to take up a regular program because your body feels good in motion, rather than pursuing some cultural ideal that is today's "must."

Stress is created by the mind set of "have to's." This stress has an effect on your health and well-being even though the stress is created out of following a supposed "commandment."

When making healthy decisions for **yourself**, stress is reduced because a "should" becomes a "want." A decision made by you and for you leaves open the option to further change and explore, using yourself as a compass.

Once we make healthy lifestyle choices for ourselves, the question inevitably arises, 'should I enjoy **unhealthy** things?' According to Fernando

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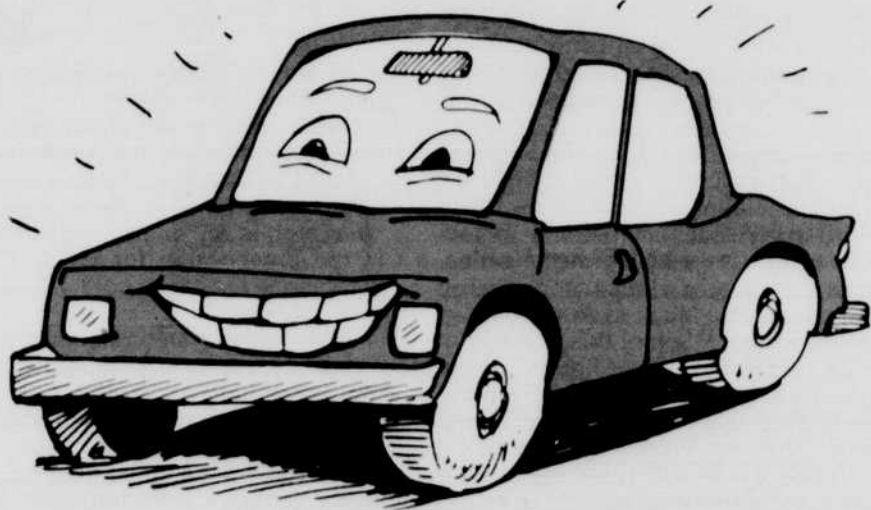
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Vega, M.D., "It's as important to enjoy downing a beer or a hot fudge sundae as it is to enjoy a pleasant evening with friends. When I enjoy something, I tell myself, 'I'm doing this for me.'

"I tell my patients: when it is time to correct something we do, our attitude and motivation is as important as the desired end. It's better to refuse a cigarette, a drink, or a dessert with the positive attitude, 'I'm doing this for me,' than to refuse it because you have to or because someone else thinks you should."

A starting point for making healthy choices is to figure out what you really enjoy and what you dislike. What are your goals and aspirations? What behaviors are standing between where you are now and where you want to be? Next, replace the "I should do these" with "I want to do these because..." If you despise a specific "commandment food" don't eat it! Remember that healthful lifestyle choices are made to enhance life, not prolong it.

Heidi Reeder



### FROM THE HIP

#### INSIDE

**THE STRESS  
DIET**

**THE LITTLE  
VOICE**

**AND MUCH  
MUCH MORE**

#### Are you coming apart at the seams? Worried? Depressed?

The Crisis Hotline is available 24 hours a day by calling 686-4488. Instead of keeping problems to yourself, talk it over with someone who can help you keep things in perspective. All calls are anonymous making this a low risk opportunity to seek help.

#### Do you need legal advice . . . but can't afford a lawyer?

The ASUO offers free legal services to registered students. ASUO Legal Services is located in 334 EMU and by calling 686-4273. It's better to consult an attorney and work things out than to worry and worry without taking any action!

#### Support Groups

are a part of the Counseling Center's programming to assist students who are grappling with mental health issues. Groups are currently meeting for eating disorders, adult children of alcoholics, women's issues, people of color, gay men, and many more. For more information, call 686-3227.

#### Don't let stress get the best of you.

The Counseling Center, Student Health Center and Lifestyle Planning Program all offer support and counseling services for free. To see a psychologist, call the Counseling Center at 686-3227; for a psychiatrist, call the Student Health Center at 686-4441; for a health educator call 686-4456.