

FACTOIDS

BARING ALL: 17% of men sleep naked and 4% of women sleep naked.

—Health Magazine:
March/April 1996 pg.22

HOW'S THIS for walking the dog: It costs \$1795 to buy a treadmill to exercise your dog.

—Health Magazine:
March/April 1996 pg.22

NOW THAT'S a lot of peanut butter: The average child eats 1,500 peanut butter and jelly sandwiches by the end of high school.

—Health Magazine:
July/August 1996 pg. 18

WE LOVE those Girl Scout Cookies! 1.6 billion Thin Mint cookies were eaten in 1995.

—Health Magazine:
January/February 1996 pg. 16

WALKING AND more walking...The average person walks around the world THREE times in his/her lifetime!

—Health Magazine:
January/February 1996 pg. 16

VEGETARIANS are less likely to become anemic because many of the foods they eat such as beans, leafy greens and tofu are high in iron.

A COUPLE that has fewer happy times together and spends more time apologizing, making promises, or feeling guilty and angry may be showing signs of addictive love.

ONE OUT of three alcohol-related deaths involve 16-25 year-olds.

ONE OUT of three college students drink primarily to get drunk.

FAMILY HISTORY plays a major role in determining whether a student will become an alcoholic during college.

WHY DOES your mind wander during a lecture? Average speaking rate is 100-150 words per minute (wpm) while comprehension or thought speed is 250-500+ wpm. You just have extra mind space.

MORE AMERICANS die each year from cardiovascular disease than all Americans lost in all of our wars combined.

42.6% OF ADULTS 18+ years old experienced adverse health effects from stress in 1985. The U.S. government's goal is to reduce this to 35% in the year 2000.

—National Health Promotion and
Disease Prevention Objectives

RESEARCH SHOWS that regular workouts lift depression, banish stress and sharpen the mind.

—American Health Magazine

Same glory, no pain? The benefits of water fitness

Shin splints, knee injuries, and lower back pain – what do these three ailments have in common? They can be avoided.

How, you may ask? Begin by jumping into the refreshing waters of a swimming pool.

Water fitness classes, lap swimming, and water therapy have become increasingly popular in our pursuit of physical fitness.

Here are a few reasons that may explain the popularity of working out in the water:

1) Anyone can participate in water fitness, even if you don't know how to swim well. In shallow water or with the assistance of equipment such as a jogging belt or a kick board, it's possible to get a good workout even if you're not planning on swimming the 50-meter freestyle in the Olympic Games.

2) Swimming is not only a cardiovas-

cular workout, it is also a muscular workout. Because of the water's resistance, it is possible to get a workout comparable to lifting weights.

But what if you don't lift weights because you don't want to be 'bulky', why choose to swim? First of all, lifting weights is not going to make you BIG and BULKY, but if you are still concerned or have physical limitations that keep you from heading to the weight room, then swimming is the answer for you. Water workouts are comparable to weight lifting with an added bonus. With the continual resistance the water provides, you not only strengthen but also tone your muscles, helping to decrease the bulk, allowing better definition. Water workouts also increase muscular endurance.

3) People with knee injuries are often prescribed to get in the water. With torn, bruised or strained muscles it is not wise to start running around the track right away, but it is possible to

simulate jogging without impact in a swimming pool by wearing a water jogging belt.

4) Since spring is in the air and the temperature rising, why not jump into the cool, refreshing water of a pool? One final benefit of water aerobics, swimming, and water jogging is that your body doesn't have to work hard to cool itself down. You're wading in 84 degrees Fahrenheit. Because your body isn't spending a lot of time cooling itself off, you can actually work out longer.

For those of you that think diving in sounds like a good idea, you can get more information from RIM (Recreation and Intermurals Office).

If you have an injury and think water fitness might help, you should check with the Sports Medicine/Physical Therapy Department in the Student Health Center for a consultation.

Remember, getting wet can give you a great workout without getting hurt.

—Dani LaFeve

Stress reducing workshop valuable

I have been ready to pull my hair out lately with all my stress. I need to schedule time to relax and de-stress myself.

I realized that unless I planned time within my schedule, I would not find the time to take a load off.

Well, I think I found the perfect solution: the stress management and relaxation workshop I took at the Health Center. Often people will say to us stressed-out folks, "Don't stress, it's okay, just plug through." However, that is usually not what we want to hear.

At the workshop the facilitators gave everyone a chance to say why they were in attendance and what it was that most stressed us out.

After helping us "vent" our stresses, they did not say, "Okay, good, now that stress is out of your system, you can leave now."

Rather, they offered solutions for combating our stress. They proposed that people should first recognize their stresses and then do something to alleviate them, at least for the time being, instead of ignoring them and letting the stress build up. So, as we sipped on calming tea, we took a quiz to discover our stress style: mental, physical, or a mixed bag of both. Then we were offered solutions which correlated to the ways we respond to stress.

For example, since I usually respond to stress in a mental way, based on my self-assessment, I may want to try some-

thing like meditation or progressive breathing that will cause me to focus on something else and bring things into perspective.

I learned a very valuable lesson and that is that stress reduction has to involve a release. This is one reason why people exercise, or, in my case, I found the progressive breathing exercise we did in the workshop to be really helpful. I released all my stress through conscious breathing. Two other stress management strategies that can be helpful are:

- Use time management techniques to reduce time demands.
- Quiet your internal environment through visual imagery, meditation, exercise or muscle relaxation including Yoga.

As I was walking out of the room substantially more relaxed than I was when the workshop began, I realized the importance of "responding rather than reacting to stress" and taking time for ourselves to de-stress in our hectic lives. If you are interested in other workshops, Peer Health Education at the Health Center should be your first stop.

There are many workshops offered each term, as well as peers who specialize in helping with issues such as stress management.

You can call for more information or schedule an appointment with a peer health educator by calling 346-4456 or stopping by the Peer Health Education room near Area B.

—Jaimie Simon



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