

FABULOUS FACTOIDS

● Number of glasses of tap water you can drink for the price of one six-pack of soda: **4,000.**

● A taco salad from Taco Bell contains 840 calories, 52 grams of fat and 1,670 mg of sodium.
Source: *Men's Health*, August 1997.

● It's when the frost is on the pumpkin that it's time for some serious bumpin'. Studies show that the frequency of sexual activity and conception are highest in October due to testosterone surges in the fall.
(*Men's Health*, December 97)

● A 1996 study from Japan found that workers who gargled three times a day over a three month period reported fewer colds, took less medication and were less likely to call in sick than those who did not gargle.
(*Men's Health*, December 97)

● In the 1990's, about 64% of Americans feel alienated from society compared to 34% in the 1960's.

● The average person buys 17 yards of dental floss a year; if you floss each day, you buy around 182 yards a year.

● 32% of women said they won't let themselves fall asleep on an airplane because they are afraid of drooling.

● A single potato possesses 610mg of potassium while a banana contains around 450mg. Potassium aids in regulating one's heartbeat.

● Nearly half of Americans say they'd rather be alone when stressed. 18% indicated that they would call a friend.

● Number of 12-ounce beers a man would have to drink to fuel up on carbs for a marathon: 52.

In your face, El Niño...

Don't let the winter weather beat you down. Three peer educators give you some tips about exercise and fuel.

FREEDOM

During this time of year, many people are looking for a way to increase their energy level while at the same time reduce stress. Hatha yoga is one practice which does both of these things.

More important, one does not have to be yogi or yogini to practice yoga; a practice can be tailored to suit individual abilities and needs. There are various forms of yoga which exist.

In the Bhagavad Gita, an ancient text of yoga, eighteen different types of yoga are cited. It is suggested that one begin practicing yoga with hatha yoga since it is considered the first rung on the ladder towards kaivalya, or emancipation.

Hatha yoga is a body-based practice which focuses on accessing and channeling the energy systems of the body in order to eventually discipline the mind. Emphasis is placed on physical postures known as asanas.

An important component of hatha yoga is that the practice of asanas will lead toward greater self-realization. In other

words, the practice of yoga allows one to learn more about how one breathes, one's level of flexibility, and how one thinks.

It is argued that one must first discipline the physical body before the mind can be disciplined. Engaging in a hatha yoga practice allows one to take time out and focus solely on the inner self.

Here, in the inner self, or the core of one's being, is where one is able to find contentment and peace from external distractions, according to yoga proponents. The ancient Yoga Sutras state that one will realize and revel in

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the radiance discovered within oneself through the practice of yoga.

The Sanskrit meaning of yoga is union, indicating the union of body and mind. The word hatha is made up of two words: ha meaning sun and tha meaning moon. The sun and moon represent energies in the body and these form the framework of hatha yoga.

The sun energy refers to muscles and muscular strength, while the moon energy is associated with the bones of the body.

These energies and the symbols which express them, sun and moon, may appear to be opposites; however,

this duality is to be merged into oneness through the practice of asana. Asana practice allows one to experience how these energies work together and are interrelated.

Hatha yoga is a helpful tool to incorporate into one's life if one is feeling stressed or run down. When developing a personal practice, it is recommended that one first learn from a knowledgeable teacher.

There are several hatha yoga classes offered each term by the PE department. The personal practice need not follow strict guidelines in regard to duration of practice. Some yoga teachers state that even a few minutes a day is enough to constitute a practice.

Above all, your personal practice should at all times be steady and comfortable for you. I have been studying hatha yoga for about a year now and I have had the opportunity to experience the fruits of yoga: relaxation of body and mind. If anyone is interested in learning more about yoga and stress management, visit or contact the UO Peer Health Education office located in the



SAVASANA

(Corpse Pose)

Lie on back with arms at sides palms facing up, legs slightly apart, gently close eyes, relax mind and body. This is a rejuvenating pose which calms the mind.

PASCHIMOTTANASANA

(Head to Knee Pose)

Sit with legs extended and flat on the floor, reach arms overhead and on the exhale stretch upper body toward the knees and toes while keeping the back straight. This pose provides a gentle massage to the heart and relaxes the spinal cord.

MATSYENDRASANA

(Spinal Twist)

Sit, bend left knee, place right leg over left with sole of right foot on floor, reach out the left arm and grasp the right ankle, finally twist the trunk to the right holding the right arm across the lower back. Repeat to opposite side. This pose prevents backache and also makes the spine more elastic.

UTTANASANA

(Standing Forward Bend)

Activate legs, keep legs straight, or bend knees if hamstrings are tight, bend forward from hips, extending and keeping the torso straight. This pose tones liver, spleen, and kidneys, also relieves depression.

SUKHASANA

(Easy Pose)

Cross legs and rest feet under opposite knees. This pose is an excellent grounding and meditative posture.

—Amy Miller

FITNESS

Winter is here and along with the rain comes sluggishness, making it a perfect time to start a workout program. A good fitness routine can benefit your mental and physical self; you will look and feel fit.

To aid this, numerous indoor facilities close to campus offer a wide range of machines and are conveniently open.

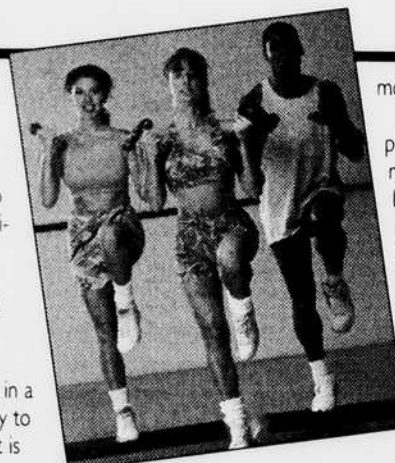
Choose activities that are fun and enjoyable. The components of a good fitness routine include cardiovascular activity and strength training, along with the crucial warm up and cool down periods.

In general, after 20 minutes of aerobic exercise your body burns more fat as fuel, therefore it's recommended by the American College of Sport Medicine to incorporate three days of 30-minute cardiovascular activity into your regimen. The intensity of your effort (target heart rate) should be 60-80% of your age adjusted maximum heart rate: (220 minus your age). Treadmills, bicycles, step machines, swimming and aerobic classes are some of the aerobic activities available at gyms.

Strength training is recommended two times per week. For each exercise, do 3 sets of 10 or more repetitions.

Patterson Lombardi, author of *Beginning Weight Training*, says it is ideal to incorporate cardiovascular training and weight training in a single workout, yet it is okay to alternate days. Decide what is best for you and keep the routine.

It's important to warm-up and stretch before any workout. An activity such as light jogging is a good way to warm up your muscles before an aerobic exercise. Stretching will increase flexibility, range of



motion and help prevent injuries.

A cool-down period after the physical activity is crucial in avoiding muscle cramps and allows your body a chance to gradually adjust back to normal heart rate.

Stretching after exercise is perhaps the optimal time, as your muscles are warm and supple.

Exercise should be a lifetime commitment. Regular exercise helps you handle stress, is good for psychological well-being, and provides your body with

energy and endurance.

The Peer Health Education room at the Health Center has more information about starting an exercise program. Stop by or call 346-4456 to schedule an appointment.

—Judy Vaughan

FUEL

Training hard is a step in the right direction, but without the right fuel, your body will never reach its true potential. For every physical activity the body requires energy. The amount depends on the intensity and duration of that activity.

Whether you are training for the Boston marathon or lifting weights in the gym, a diet tailored to your activity and goals will help you stay healthy, train harder and longer, and it might give you the edge over your competition that you need.

Listed below are the basic building blocks of good nutrition and a few formulas to help you find a diet that will meet your needs. If you require additional information please contact the Peer Health Educators at 346-4456 or stop by the Health Education library at the Health Center.

PROTEINS: (10-20% of diet) essential to growth and repair of muscle and other body tissues.

FATS: (20-30% of diet) one source of energy and important for providing to fat soluble vitamins.

CARBOHYDRATES: (60-70% of diet) our main source of energy.

MINERALS: those inorganic elements occurring in the body and which are critical to its normal functions.

VITAMINS: water and fat soluble groups play important roles in many chemical processes in the body.

WATER: essential to normal body function - as a vehicle for carrying nutrients and waste

ROUGHAGE: the fibrous indigestible portion of our diet essential to health of the digestive system.

BASIC ENERGY REQUIREMENTS:

For every pound of body weight approximately .6 calories are required every hour. (An athlete weighing 150 lbs. would require .6*24hrs*150 lbs. = 2160 calories/day)

Extra energy requirements: For each hour training you require 3.9 calories for each pound of body weight. (For a two-hour training session, our 150 lb. athlete would require 3.9*2 hrs.*150 lbs. = 1170 calories)

Total energy requirements: An athlete weighing 150lb who trains for two hours would require an intake of approximately 3330 calories (2160 + 1170)

*Note: These calculations provide estimations of caloric intake. Exact values depend on personal rates of metabolism, body composition and intensity of exercise.

—Ryan Hurley