

Factoids

- ✓ *Smokers use up twice as much vitamin C for their metabolic processes compared with non-smokers.*
- ✓ *1 in 3 smokers will die from smoking related complications.*
- ✓ *Asthma rates have increased from 3% to 5.4% of the American people in the last 14 years.*
- ✓ *The average placenta weighs 1.5 pounds.*
- ✓ *The entire population of the U.S. lives on 3% of the nation's land mass.*
- ✓ *You could put the entire population of the world in the state of Texas and still have room for more.*
- ✓ *Of the 15 leading causes of death in America, 13 were at an all-time low by 1996. Life expectancy in America hit a record 77.1 years in 1996.*
- ✓ *Most women's foot problems are due to high heels.*

What's Your Pleasure?

Health Ed Lending Library offers food for thought

By Annie Dochnahl

Many students have already tuned in to the lending library in the Health Education office at the Health Center. Students can check out any of the library's titles for two weeks, free of charge. Topics range from sports nutrition, meditation, food issues, sex, and vegetarian cookbooks. Allow me to waltz you through three of the more popular selections.

Wherever you go, *There You Are* by Jon Kabat-Zinn (Hyperion 1994) If you appreciate gentle reminders of the simple goodness of life, this book is a gem. If you need a guide to a meditation practice, the chapters are very helpful. Living in a culture that glorifies fast-paced consumption and social competition over cooperation, creating a mindfulness practice can be the key to sanity. Kabat-Zinn provides basic components of a successful meditation practice as well as potent wisdom from Emerson, Thoreau, and Gandhi.

The "Go Ask Alice" Book of Answers by Columbia University's Health Ed Program (Henry Holt and Company, 1998) This straight-forward number is highly accessible in its question/answer format. It is an outgrowth of the internet version of Columbia University's successful "Go Ask Alice" online service. Questions from the teens and twentysomethings, center around relationships, sexuality issues, emotional health, drugs and general health concerns. The questions could frequent-

ly be considered those which are too embarrassing to ask your medical practitioner. Yet as we all know, no question, if it's truly a concern, is unworthy of asking. Example issues in-

clude: how to achieve multiple orgasm, how to help a friend who is experiencing relationship violence, how much masturbating is "normal," effects of oral contraception on breast cancer, how long does marijuana remain detectable in the body, and how to manage panic attacks. As you can see, the range of topics is both broad and provocative. This is a useful resource for the solitary reader. It also strikes me as an incredibly fun book for a group of friends to gather around some evening and take turns reading letters and trying to predict Alice's answer. In addition to entertainment value, those gathered will learn about self care and how to improve their relationships with important others.

A *College Student's Guide to Eating Well On Campus* by Ann Selkowitz Litt (Tulip Hill Press, 2000) One of our newest titles on the shelf, this is a good book for the student who wants to make more informed decisions about their diet. Basic information is offered for balanced meal plans for cafeteria and restaurant based diets. Other chapters include how to avoid the "freshman 15", how alcohol and pot affect diet and how to differentiate between sensible attention to one's diet and obsession. A full quarter of the book is devoted to setting up a new kitchen, navigating the grocery store for staples, basic cooking techniques and, of course, recipes. Consider this easy salad for four.

Asian Tofu Salad

- 12 oz firm tofu
- 2 scallions (chopped)
- bell pepper (minced)
- 3 tbs soy sauce
- 1 tea. ginger powder
- 1 tea. garlic powder
- 1 tbs honey
- 1 tbs dry mustard

Drain tofu and crumble into a bowl. Combine soy sauce, ginger, garlic, honey and mustard. Pour over tofu. Add scallions and peppers. Mix and enjoy!

2001: A Resolution Odyssey

How to craft them and keep them

Make your New Year's Resolutions more than just a holiday tradition. With a few helpful hints, you can make them reality.

By Emily May

By the end of this month, more than 100 million Americans will have journeyed down a well-traveled path lined with bold and often hastily conceived New Year's resolutions.

Over 57% of these travelers have pledged to adopt healthier eating habits, to become more physically fit, and to quit smoking. The connection between these choices and one's personal well being is astonishing. Each year, more than 60% of American deaths from illnesses connected to behaviors such as overeating, lack of exercise, and tobacco use.

It is vital that new habits are integrated into one's everyday lifestyle; the choice to change must be made with every step along the path to success.

You, like the majority of Americans, may be experiencing difficulty in adhering to your New Year's resolutions. Here are a few tips to help you achieve your health goals.

- **Don't cut back on foods; expand your dietary horizons.** Exploring a new cookbook, grocery store, or vegetarian lifestyle can help you on the road to success. There are literally thousands of healthy food choices which can replace a burger and fries. You can save yourself from 68 artery-clogging grams of fat, and many other options contain excellent



vitamins, minerals, and proteins, which can help to reduce your risk of infections, cancer, heart disease, hypertension, diabetes, and other major diseases.

In only a few minutes, you can throw together some baked salmon and vegetables, letting it cook in the oven as you study for your midterms. Healthy soy pastas and rice can also be prepared with little or no effort, providing you with complex carbohydrates, and a long lasting supply of energy.

• **Blow-Off Stress** If you eat or smoke to reduce stress, consider doing a few of the following activities instead.

- **Explore nature.** Walk, run, cycle, or just frolic in the beauty of the peaceful outdoors.
- **Aromatherapy.** Tea, Essential Oils, and indoor gardens can bring great peace and relaxation to your everyday routine.
- **Meditation.** A great way to eliminate stress, and rejuvenate yourself. Remember, perspective takes time, and time is a consummate healer.
- **Singing** Yes, even in public.
- **Never underestimate the power of persistence** Fewer than forty percent are able to achieve success on the first try. It is

realistic to see that changing your lifestyle may take 5 or 6 attempts, but the success is definitely worth it. Remember, it takes at least three weeks to develop good habits, so don't deviate from your goal. Imagine the time, money, and life you could save by choosing the course of action that is right for you.

• Focus on Today

Be realistic about your goals. Don't expect immediate success; change is not instantaneous. Identify the triggers which take you off course. Keep a journal of your progress, so that you may learn from your triumphs and mistakes.

Whether you're looking to shed a few pounds, or simply to maintain an optimum level of health, one thing is certain. Commitment and persistence are the keys to your success. In order to make changes in your lifestyle, you must have a strong will to change. This initial desire must be carried with you each day, in every tempting situation you encounter. Each time you make progress toward your goal, be sure to celebrate and praise yourself for your successes. New Year's is not the only time to change or start to change again—you have all year long to form better habits.

Registration for the Nutrition Series workshops begins this week. With its focus on making dietary and personal lifestyle changes, the Nutrition Series workshop is a small group which runs Thursdays from 5-6pm, Feb. 1 - March 1. For more information about the workshop and other dietary concerns, call Kristen Olmos at 346-2794.



A Merging of Body and Mind

An unique old exercise is catching on as the next new thing.

Pilates, used by athletes and dancers for years, can help you firm up and trim down.

By Shoshana Ungerleider

In my own exploration for a new way to exercise, I came across an old technique that seemed unusual, yet intriguing. Pilates, (pronounced pah-lah-tees) is a very unique form of physical exercise that involves a combination of stretching, resistance training and mental concentration. In the past decade, it has surfaced into the fitness mainstream of America as an innovative way to work out.

Pilates focuses on the abdominal region, low back, and buttocks, with applications on a mat and on various spring set apparatuses. Because it is a very low impact form of full body conditioning, anyone can practice Pilates. Many claim that it is the best way to lengthen and tone your muscles.

According to certified Pilates instructor Laura Wren, "Pilates builds strength by developing the body uniformly, which results in sleeker, more powerful muscles." The technique is very versatile and can be used as a general fitness routine, for cross training, and even for rehabilitation after an injury. With an emphasis on breathing and maintaining proper body alignment at all times, Pilates is a workout for the

body and the mind.

Joseph H. Pilates, the founder of the technique, was born in Germany in the late 1800s. He struggled throughout his early years with various physical ailments, but always had the dream of one day becoming physically fit. He had a vision of how to make the human body become stronger. Later in his life, after overcoming his physical obstacles, Pilates went on to become a body builder, boxer, gymnast, swimmer and a diver. At first, the method was known only by athletes and dancers as a way to rehabilitate after an injury.

By the 1950s, dancers like Martha Graham and George Balanchine introduced Pilates to the ballet world. Until the early 1990s, Pilates was virtually unknown to American mainstream fitness. Today, The Pilates Method is used all over the world by ballet dancers, actors, professional athletes, spa centers, and

certified trainers at health clubs and studios.

The Pilates style can be compared to power yoga. Some basic similarities include emphasis on individual improvement in a non-competitive setting, as well as being aware of your body movements, and increasing flexibility. A major difference is that with Pilates, you do not hold the positions, but rather perform repetitions of the same movement. Also, Pilates utilizes various special apparatuses in order to build strength. "Control and proper form are basic principles in Pilates," remarked Wren.

As a college student, it can be difficult to find balance in everyday life. For me, it is important to take personal time out of my day and also be more mindful of my body. I have found that Pilates can be a great way to exercise, while also having an awareness of physical endurance. Depending on your skill

level, Pilates can also become an aerobic workout. Practicing Pilates has brought me to a new and different understanding of the way my body moves throughout the day, including my posture and body alignment.

The main drawback of Pilates is its accessibility to college students. Private lessons are available and very beneficial, but the cost can be daunting. Group mat classes are a good way to become familiar with the method, but lack personal attention from an instructor. On campus, a Pilates mat class was offered during fall term from a certified trainer. The Downtown Athletic Club, a private gym in Eugene has weekly mat classes and one-on-one instruction available, but only for members and their guests.

During the winter, certified Pilates trainer Laura Wren, will be teaching a Pilates mat class at Studio Northwest in Eugene. She also offers private lessons. To get in touch with Ms. Wren, you can email her at: lwren@darkwing.uoregon.edu.

If you are interested in doing some research of your own, check out The Pilates Method of Body Conditioning by Sean P. Gallagher and Romana Kryzanowska or The Pilates Body by Brooke Siler.

You can also explore the official Pilates website: www.pilates-studio.com, or other Pilates-based sites: www.bodymind.net, www.stottconditioning.com,

Beating Those Winter Blues

A bright approach to a dark season

Does the wet, gloomy weather get you down? There are ways to help beat those winter blahs.

By Anna Orton

It's that time of year again when students flock to nearby coffee shops and bars for a break from the harsh winter weather. With drink in hand and the company of good friends, we are able to momentarily escape from the dreary, gray outside world. However, it is no coincidence that our craving for carbohydrates (including sugars, starches, and alcohol) actually increases during the winter months. In addition to a change in appetite, our energy level may severely drop off, thus affecting our mood and increasing hours of sleep. In many ways it seems as though a person were hibernating during the cold, dark months. In fact, our bodies may be responding to what is commonly known as the winter blues or blues, referred to in the medical community as seasonal depression.

You may be wondering, should I consider myself depressed if I enjoy an occasional mocha and sleep-in a few times during winter term? No, because seasonal depression is characterized by chronic behavioral changes in appetite/weight, socialization, sleep cycles, activity level, etc. Limited daylight exposure, as a result of shorter days, is the primary factor contributing to such differences during winter months. You should be aware of, and monitor, any recurrent changes from normal character. The following questions serve as a guide to determine whether or not certain behavioral fluctuations could lead to a more troublesome condition, such as seasonal depression.

- *Do you generally feel more anxious, irritable, sad or depressed during the winter or fall?*
- *Do you feel you have little control over your appetite or weight during the winter or fall?*

Seasonal depression is characterized by chronic behavioral changes in appetite/weight, socialization, sleep cycles, activity level, etc.

- *Do you find you are less outgoing and less social than usual during the winter or fall?*
- *Do you feel less enthusiastic about the future and/or enjoy your life less during the winter or fall?*

If you found yourself answering yes to one or more of the above questions, you may be one of the thousands who suffer annually from seasonal depression. The good news is that you aren't alone, and that the severity of winter blues can vary greatly from one individual to the next. The reality, however, is that the Willamette Valley, (and the Northwest in general) because of its ex-

tended rainy months, contributes greatly to this adverse condition. Therefore, a practical approach must be taken to prevent and manage seasonal depression as an inhabitant of this geographical area.

As a native of Eugene, I have incorporated this easy, yet fruitful recipe into my life, which includes the ingredients to brave another Willamette Valley winter.

"Quick Fix for a Gray Day":

- *Buy a good umbrella, warm jacket and water proof shoes to stay dry between classes*
- *Throw on some brightly colored clothes and turn on some upbeat music*
- *Eat foods rich in complex carbohydrates (i.e. pasta) to keep energy levels high*
- *Try something new and challenging such as a dance class or rock climbing session*
- *Stay involved socially with friends, school activities and outside organizations!*

However, if a list of preventative measures doesn't seem to fully address your needs, there are further resources available to students, free of charge. The Peer Health Education office has information, in the form of pamphlets and books, regarding depression. In addition, the Counseling Center (on the second floor of the University Health Center) has a variety of services to offer, in particular professional counselors to meet and talk with you. If your social and academic well-being is impacted by depression, it is safer to seek help immediately

than to wait for the springtime sunshine.

Finally, as you venture out into the cold remember that there are some things we can control, and the weather isn't one of those. So, as I sign off with a warm drink at hand, I encourage you to take a new approach to this otherwise rainy season by using it to your advantage. Because, after all, ducks are happiest in the wet weather months!

