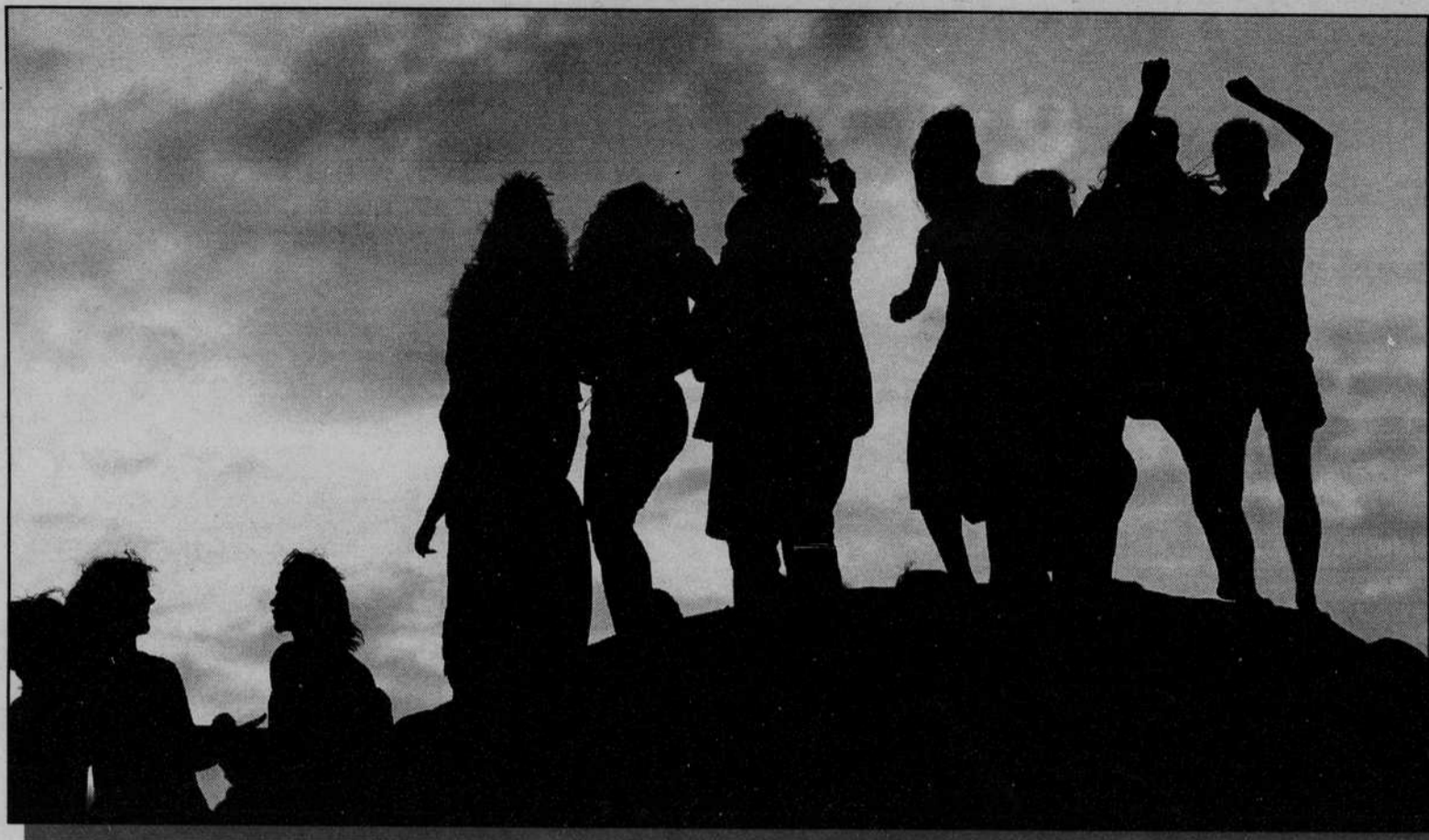


Factoids

- ✓ The average American consumes two times the amount of protein that he or she needs.
- ✓ Excess protein consumption has been linked with Osteoporosis, kidney disease, and some forms of cancer.
- ✓ The HIV virus replicates from between 1 billion and 10 billion times within a single human host.
- ✓ An estimated 10 million people are infected with genital warts in the U.S.
- ✓ 6.53% of College and University athletic departments use massage as a care and prevention practice.
- ✓ It isn't dangerous to swallow chewing gum. Gum is made of a fiber that can't be digested - it simply passes through your body unchanged.
- ✓ Since 1980 there has been a steady decline in births on Saturdays and Sundays. Peak day is Tuesday. The decrease in weekend births can be partly explained by the growing proportion of induced births.
- ✓ 9.83% of pet owners say they would risk their life for their pet.
- ✓ 11 is how many minutes taken off your life by each cigarette you smoke.
- ✓ Trampoline related injuries were the cause for 83,400 emergency room visits last year.

Building spiritual muscles

fortifying a healthy mind and body



The word 'spirituality' might make some uncomfortable, but stripped of its social stigma, we can come to understand it as the most familiar thing inside of us.

Morgan Siler

Well-being means more than a fit body and sound mind. As the gap between Eastern and Western philosophy narrows, health is broadening its horizons to include the mind, body and spirit. Nevertheless, we often neglect what it means and what we can do to be spiritually fit.

Intuitively we may comprehend the necessity for the mind, body, and spirit to be in balance, but as a society we shy away from talking about spiritual well being, as if it were something esoteric, or nonsensical. The reality is that although our society may be empty of spirituality, as individuals we are not.

What matters is not how one defines 'spirit', or even if an explanation of it can be made, for spirituality is not limited to one religion, one practice, or one way of life. In the broadest sense spirit ties together the mind and the body and gives meaning to our pursuit of good health. Happiness is the end and the means. We all recognize that there is more to physical exercise than what it does for our physical appearance and more to nutrition than what it

does for our bones, but there are different views of what that something is. For some it might be the thrill of mountain biking, the solitude of hiking, the ecstasy of running, the joy of dancing, the energy of soccer, or the challenge of rock climbing. For others it may be watching the sunrise, singing the psalms on Sunday, meditating, practicing Yoga, or writing alone in one's room. It may be praying; it may be knitting; it may be anything at all that makes one feel peaceful and inspired to be alive. But like the body and the mind, the spirit too must be exercised. And there are enormous health benefits for doing so.

Research conducted at several American and European universities has determined that people who consider themselves spiritual often recover faster from illness than their peers and often have lower rates of depression and stress. Various studies cited in medical journals have linked prayer and religious belief to faster recovery from surgery, substance abuse prevention and control, a lower incidence of Alzheimer's disease, as well as a decrease in emphysema, suicide, heart disease, high blood pressure, and cirrhosis of the liver. And the most important note about these findings is that the "spirituality" in these studies does not mean belonging to any particular religion or using a specific form of prayer. It simply means having a belief system that recognizes some power that made life feel meaningful. Generally, people considered to be

religious or spiritual go through life feeling more peaceful and content even in times of suffering than their "non-spiritual" peers.

So, the message we can use from this research is that it does not matter how you exercise your spirit, it just matters that you do! Go out there and do what you love, allow time each day for the activity that makes you happiest. And if you are interested in learning more about yourself, and perhaps discovering something new that makes your spirit feel great, by all means get to it! Explore meditation, try yoga, check out Christian, Jewish, or Islamic student groups on campus, come to a friendship night at the Bahai center, read, ask questions, take a walk, sit silently alone, climb Spencer's Butte, volunteer, walk barefoot through the grass, or smile at a stranger.

There are so many things we can do to build our spiritual muscles and improve our well being. Health means body, mind, and spirit. As much time as we all spend worried about having a fit body and a sound mind, what would happen if we invested some of that energy into spirituality! Research suggests, and intuition confirms, that physical and mental well being will naturally follow. If you are interested on learning more about this topic, the Health Education office at the Health Center has several books available to lend. The website www.beliefnet.com is also a great place to start.

Avoiding unwanted pregnancies

Family Planning Expansion Program reaches out to students

While many unintended pregnancies result in happy children supported by healthy families, as many as 30% of such pregnancies end in abortion.

By Molly Fischer

The Institute of Medicine's 1995 report, *The Best Intention*, brought national attention to the fact that nearly 60% of all pregnancies in the U.S. are unintended at the time of conception. What resulted is known as the FPEP (Family Planning Expansion Project). In July 2000, the Health Center began participating in the project providing free contraceptive services to eligible students at the university.

The goal of the FPEP grant is to reduce teen pregnancy rate, decrease second births among teens, increase the number of women and men receiving family planning services, and to heighten the use of more effective contraceptive methods by clients who receive services

from family planning clinics.

This is not a program solely geared towards women in their teens, but towards both females and males. The focus is on contraceptive services including: contraceptive management and counseling, annual women's gynecological exam, pregnancy testing, pap smear follow-up, birth control supplies (oral contraceptives, Depo Provera, cervical cap, diaphragm, Lunelle, condoms, Norplant and IUD), emergency contraception and sexually transmitted infections screening combine with contraceptive management.

The program also provides services for students who chose abstinence as their choice of contraceptive management. The FPEP program does not cover direct treatment services or medications for treating reproductive system infections.

Who benefits? Any student that is eligible to use the Health Center and who meets the FPEP eligibility requirements can qualify for free birth control services and supplies.

Your eligibility remains effective for 12 months from date of initial determination. Many students have already qualified. Please stop by the Health Center, check out <http://healthcenter.uoregon.edu> to get on-line application or call 346-2770 to determine if you qualify.

