



# Well Now

Winter, 2003



UNIVERSITY OF OREGON

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### Contraception

Many contraception choices are available. Choose which type fits your lifestyle.

### Emergency Contraception

When protection doesn't work, there are options

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Interesting health tidbits to get you thinking.

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Do you smoke but don't consider yourself a smoker? Why this isn't as harmless as you may think.

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Why we need a sexual revolution in the states.

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Find out about workshops and other opportunities through the University Health Center.

## Grrrls Get Buff: strength training for women

By Danielle Wallace

**A**llow me to state the obvious: A serious discrepancy exists in the ratio of the sexes in the weight room at the Student Recreation Center. But, let's get something straight. The weight room is not reserved just for the sweaty college guys.

Why then do so many college women fail to incorporate resistance training into their workout program? Is it the male dominated environment in the gym? The lack of knowledge regarding the benefit of strength training? Let's debunk some myths about women and weight training and get some facts straight.

**MYTH:** Using weights will make me bulky!

**FACT:** Strength training will build lean mass in lovely proportion if the training routine is balanced

Unless a woman hits the gym determined (and probably augmented) to look like the cover girl on a body building magazine, it just will not happen. Most women are not training at levels of power lifters. The reason we don't bulk out is partly hormonal and partly because of muscle physiology. On average, men produce 10 times more testosterone than woman. And as we know, one of testosterone's jobs is to stimulate skeletal muscle development and increase muscle size (hypertrophy). Because the average man is larger and has more lean mass than the average woman, he can generate more force in the weight room and stimulate a greater training effect.

**MYTH:** Strength training won't get me in as good of shape as a cardio workout!

**FACT:** Strength training, when combined with cardio workouts, will make you leaner, stronger and healthier than cardio alone.

Attention ladies! Strength training helps women develop stronger

bones and connective tissues. It helps control weight by increasing lean muscle mass, allowing you to burn more calories even when you are at rest. Strength training also offers protection against osteoporosis!

**MYTH:** The weight room is scary because there are so many guys!

**FACT:** Okay, this can be true if you go unprepared and during very busy times.

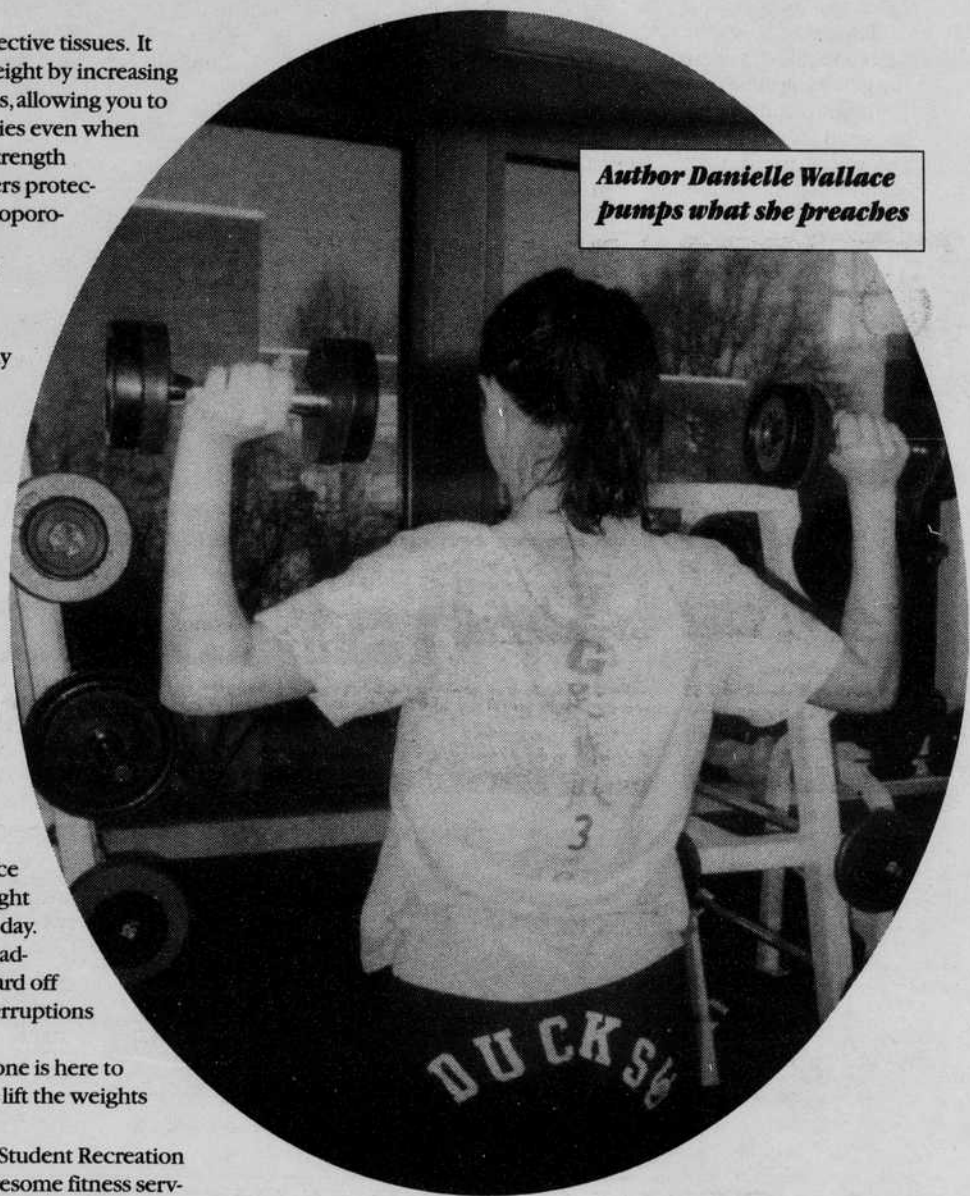
Go to workout in the mornings between 7-9, and the weight room is virtually empty. Fridays and weekends are also a good choice because the weight room is open all day. Also, wearing headphones helps ward off any possible interruptions (this works)!

**MYTH:** No one is here to help me learn to lift the weights correctly.

**FACT:** The Student Recreation Center offers awesome fitness services that include inexpensive fitness training. Also, the Student Recreation Center provides FREE fitness orientations that include a group tour of the strength training center. For any additional information about personal training call ELT Coordinator, Michael Cross at 346-1171.

**MYTH:** I have an injury so I shouldn't be lifting weights.

**FACT:** Some times weight bearing exercise is a vital part of rehab-



Author Danielle Wallace pumps what she preaches

ilitation.

It's important to consult a medical professional before you begin a strength training program. The University Health Center employs physicians, physical therapists and athletic trainers that specialize in sports related conditions. You can make an appointment for a complete physical at 346-2770. If you have an injury, you will need a physician referral for physical therapy. The Health Center's Sports Medi-

cine/Physical Therapy is located in two sites: in the Health Center and in the Student Recreation Center. For more information about making an appointment with a physical therapist, call 346-4401.

The Student Recreation Center and the Health Center want to see you in good mental and physical shape! Take advantage of these great services. And ladies, start hitting the weights for the good stuff.

## A New Men's Center on Campus

By Annie Dochmahl

**C**ommon experience and campus data agree. Compared to their female counterparts, college men generally take more health risks (think alcohol, sex, violence and suicide) and wait longer to seek care. For example, here at UO, men make up about 80% of the student conduct cases but are the minority at the Health and Counseling Centers. The Men's Center hopes to change that.

As of last term, the University of Oregon has launched a Men's Center. You won't find it in an

actual space yet, but you will find enthusiasm for locating a home for the Center.

### Why a Men's Center?

The Men's Center, now an ASUO recognized organization, is the outgrowth of research that was conducted on campus three years ago by UO faculty, staff and students. The research examined what UO men considered to be their greatest health concerns, important barriers to addressing their health concerns and suggestions for how the university can assist them to

take better care of their health. The results were published in the May 2000 Journal of American College Health and a brief summary follows.

### Men's Top Health Issues and Concerns:

- Alcohol and other drug use
- Personal fitness
- Maintaining desired weight/Nutrition (tie)
- Anger management
- Maintaining relationships (friendship and romantic)

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