

# 'Back' into shape

By Nathan Sturgess  
Associate Photo Editor

Getting eight hours of sleep and eating three square meals a day aren't normal parts of college life. You drag yourself out of bed, often hours before you'd like, barely have time to shower and scarf down some Cheerios before you have to head out the door either to your first shift or your first class.

But even as our lives seem to get more and more hurried and stressful, our awareness that it isn't the best for us is becoming more apparent. Books, reality TV shows, documentaries and even iPhone apps that deal specifically with helping people make better decisions about their health are becoming commonplace.

Another avenue by which we can learn about wellness and what it means to be healthy is through community sponsorship of presentations that create awareness about lifestyle choices. One such event occurred on Jan. 20 at the Carnegie Center in Oregon City.

The speaker for the event was Heather Rike, a health educator that works with Complete Health Chiropractic Center, a chiropractic clinic in Oregon City. The clinic sponsors Rike to travel around to different venues, educating people about health and the potential benefits of chiropractic care.

In her presentation, Rike emphasized the importance of stress management and how mismanaged stress can lead to more malicious diseases. According to Rike, stress can be broken down into "distress" which is negative stress and what she referred to as "eustress."

"Eustress (is) the positive stress, things like job promotion or buying a new house, having a baby. Those are good things that happen to us, but they're stressors," she said.

It's important to try to avoid allowing both good and bad stressors to pile up and become too difficult to deal with at once which, according to Rike, can



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Health educator Heather Rike addresses an audience about the importance of the spine on Jan. 20 at the Carnegie Center

lead to diseases like cancer and heart failure, the two top killers of Americans today. In order to avoid these pitfalls, it's important to adopt the components of a healthy lifestyle.

A few of the components that Rike touched on were getting seven to eight hours of sleep every night, eating healthy meals and avoiding unhealthy substances like tobacco and drugs. Another important point that she made was that research has shown that it's actually easier to maintain good health with a minimum of 60 minutes of exercise per day.

A theme throughout Rike's presentation was an emphasis on the importance of chiropractic care. She explained how our backs, along with giving the body support, also houses the spinal cord, which is a major part of our nervous system.

"Stress in any part of the nervous system may result in a variety of health problems throughout the body," she said.

She explained that each vertebra houses nerves that go to all parts of our body and help regulate how that organ or tissue functions. One example Rike used was the symptoms of stomach trouble, like heartburn and indigestion, can be caused by

nerves being unable to communicate with the brain and properly regulate stomach function.

According to Rike, the need for health education is becoming more important in the light of the way that we eat in America today. She went on to explain how poor diet is being connected to diseases like diabetes and dementia.

Unfortunately, even with the relevance of Rike's information, the presentation was not well attended. The only attendees besides the library staff were two elderly ladies from the local area, Ramona Tracy and Lorraine Moll. But they were both interested in wellness and how health care is changing. "We're at the point where people are just ready to realize they have to take responsibility for their own health," Tracy said. "It's amazing that people assume that if they aren't on medication that they are well."

The Oregon City Library reference librarian, Sue Adams, hosted the event. In spite of the low attendance, she was encouraged by the talk. She mentioned several things that she wanted to work on as a result of Rike's presentation, particularly exercising more, finding more time to relax during her day and spending more time with friends.

## Shake your hips to slim your hips



By Kayla Calloway  
Co-Editor-in-Chief

For all you naysayers out there, dance is a sport. It's a sport that requires strength, flexibility, endurance and grace. It works muscles you never knew you had and the cardio can be a workout in and of itself. Over the last three years, I had forgotten just how much of a workout dance could be.

On Feb. 12, I will be performing with over a dozen Molalla High School dance team alumni at the Indianettes' home dance competition. I was on the team all four years of high school in addition to my studio classes I had been taking since I was six. But even with all those years under my belt, my body was feeling the pain after only an

hour of a fast-paced routine.

The first practice I was able to go to, I was expected a very simple, watered-down dance; something easy for all of us who have been off the dance floor for so long. What we got, however, was a high energy dance from Thunderbird camp where the team goes every summer. Hopefully, I won't make a fool out of myself come February.

For those of you who are looking for a fun way to get back into shape, I'd recommend dance in a heartbeat. With the dozens of types out there, from ballroom to hip hop, there's a form and a rhythm for everyone.

You can go to a studio if you want some one-on-one instruction from an expert, and there are even some classes offered here at Clackamas, such as aerobic dance, which will get any pulse pumping.

If you're not up for a full-blown class, with video games systems as intuitive as they are today you can simply dance in your own living room. The Nintendo Wii has "Just Dance," a fun way to get you up and moving to today's top hits. Microsoft's Xbox 360, with its

new Kinect sensor, has "Dance Central." With the Kinect sensor, you don't have to worry about controllers getting in the way of your fun.

And while you're having fun dancing, remember that eating right is half the battle. Like I mentioned last week, I'm eating a piece of fruit a day. Already I'm feeling more energized, which will come in handy on the 12th.

But this isn't enough. Starting this past Sunday, I am giving up soda for a week, maybe more if I have the will power. Considering that I typically drink at least one every day at school and work, this is going to be a true challenge. Read next week to see if I make it through the high fructose corn syrup withdrawals.

This week's words to live by come from a Chinese proverb: "He who takes medicine and neglects to diet wastes the skill of his doctors."

- Do you have any ideas to help others get back into shape or any healthy recipes to recommend? E-mail Kayla at [chiefed@clackamas.edu](mailto:chiefed@clackamas.edu).

## WEIGHT: Step away from the serving spoon

"Cut out time in your schedule to work out to offset the (bad) eating habits," said Rhoden.

Most students will say something about how they would love to exercise, but they just can't afford a gym membership.

"Money shouldn't be an issue ... we have great nutrition and health and fitness classes should you want to get into one of those," said Rhoden.

"I walk a lot (but I) never think about calories and fat," said Hill, who instead bases his choices off of number of ingredients. "Three to five ingredients is so overly processed it's just not good for you."

One of Hill's biggest concerns about exercising at the college is that the gym isn't all that convenient. "They tend to close too early or open too late," he said. "The access is, sadly, limited."

Others see the gym hours of availability as a good thing. One student, Jess Smith, works out five times a week either in the gym here on campus or at home. She enjoys our facility because there is a great variety of equipment.

One thing to keep in mind is that your body continues to burn calories at a higher rate after you finish working out, according to Rhoden.

"You'll feel better, look better and your self-image is better," said Rhoden.

Randall weight room hours:

Monday and Wednesday 8:30 - 10 a.m. and 1:00- 8 p.m.

Tuesday and Thursday 12:00- 8 p.m.

Friday 8:30 - 10 a.m. and 1:00- 5 p.m.



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