

Health questions for any student



REAL HEALTH

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Are you healthy? I am asking this because I want to know how you define 'health' and whether or not you truly represent that definition. When I'm surfing online news, social media, or even watching television, the most common thing I notice about 'health' is: overrated fad diets, the newest ways to get exercise and the topic on every American's mind: socialized healthcare.

I am going to ask you a series of questions, in varying levels of difficulty. By answering my questions, you will begin to understand that there is an alternative to all the media-driven popular 'health culture,' a sensationalized industry that only utilizes a thin slice of the many varied sciences that fully embrace all aspects of what makes a person healthy. You will see why health has become so crucial to the betterment of our lives, how changing our own health perspective will change the world and the ways we can achieve real health within ourselves.

Here come the questions: Do you eat all the right foods? Get 20 minutes of vigorous exercise daily? Are you a P90X, yoga or Zumba person? Do you juice cleanse or attend spin classes? Are you a Nike Fuelband-sporting, outdoors-loving, 5k-running type? Exercise and eating right have essential benefits, but there is a lot more to being healthy.

Ask yourself these questions: How big is your carbon footprint? Have you volunteered in your community lately? Drive your own car or use mass transit? Buy pricey organic foods or locally grown produce? Our roles in our environment are just as important to a healthy lifestyle.

Consider this: How many hours are you online or playing video games? Do you always 'text' or do you have real, verbal conversations with the people in your life? Do you enjoy using your laptop or smartphone while watching television? Now that's entertainment: the ability to send a selfie to the TV show host in real time. Our activities are big contributors to the choices we make about our health.

Now let's dig a little deeper.

What about sex? (Are you satisfied?) Do you enjoy things that might seem strange to others? Do you keep them hidden from the rest of the world? Need to get tested for STDs? Too scared to get checked? Can't get him to use condoms or get her to consider birth-control? Becoming a parent before you ever thought you would and you have no clue where to begin? Talking about sex and the included responsibilities is a topic we all can relate to.

What about long-term illness? Know anyone with asthma, psoriasis or maybe Crohn's disease? Know anyone who: Has survived cancer? Organ transplant/donation? Smoking-related illnesses? HIV/AIDS? Family members with mental illness or disability? Have you witnessed someone struggling to stay alive? Lost a loved one too soon?

How do you handle it: When someone dies? Ever felt completely alone in a room full of people? Discovered your lover is cheating on you? Times when we have so much emotion built up inside but cannot find the courage to tell someone about our feelings. Moments when we think life itself may not be worth living?

Do you try to escape? Drown yourself in alcohol whenever possible? Want to quit taking those prescription pills but don't know how to make it through the day without them? Addiction affects many people in all walks of life. There are healthy alternatives to addictive behaviors.

What about religion? Are your spiritual needs being met? Have you discovered that maybe your beliefs are not the same as those of your parents, friends or co-workers? Your church doesn't accept who you are and you want to explore new options? Spirituality is integral to a healthy life.

Are you in love? Was it the wedding of your dreams? Is your relationship healthy? How many times are we going to keep letting ourselves get hurt? Is your partner abusive? Have you ever thought that you may not want to be married anymore? Questioning your self-worth? Living up to the expectations of our parents and peers can be exhausting. What makes us truly happy and is it healthy?

Through the next eight weeks, we will explore real health and ways to improve our lives by making healthy choices, covering one or two areas per week. Information about our daily activities, family life, relationships, social lives, religious culture and even our ecosystem, in an effort to reach a customized level of "healthy." Discussing physical and mental illness, addiction, medication, family planning and a really long, thick column about sex.

We will learn to make informed choices for a higher standard. We have the amazing ability to personalize our health; tailor it precisely to our needs. This all-encompassing journey will venture through the heart, mind and body with expert opinions, well-researched topics and my own two cents, of course. Real health, for everyone.



Fierce Fall Fashion

With summer long gone and winter on its way, we have no choice but to unearth our inner hipster, harvest fashionistas. Check out these collegiates working the CCC campus runway wearing the latest in crop-season chic.



Top left: Aimee Elber, CCC Staff

Top center: Rosario Albright, sophomore (on right) & Katelyn Rohner, transfer degree student (on left).

Top right: Katie Gotur, freshman.

Left of middle: Michael Towne, transfer degree student.

Right of middle: Tee Tee Ho, freshman.

Bottom center: Kristin Hailton, sophomore.

Bottom right: GiGi Rascon, sophomore.



Photos by Karina Gustafson & Elizabeth Anel Diaz The Clackamas Print