

Education

COLLEGE WOMEN FAIL FITNESS

A new study indicates many college students, particularly Asian and African-American women, do not regularly participate in vigorous physical activity, even though recreational facilities and other resources are available to them on campus.

"Students tend to experience many stresses through college and often come from high schools where physical education classes were not a priority," said Aimee Ward, fitness specialist with Providence Portland Medical Center. "If a person isn't exposed to physical activity at a young age, you often see influences of poor nutrition and inactivity continue through college and adulthood."

The study, conducted at the School of Physical Activity and Educational Services at Ohio State University in Columbus, investigated physical activity rates among 2,836 African-American, Asian-American, Hispanic-American and white American college students.

Overall, nearly half of the students said they had not engaged in any vigorous physical activity during the previous month and almost 17 percent said they had

not participated in any physical activity at all.

"It is critical that young adults strive to maintain a healthy body," Ward said. "Even at a young age, your habits contribute to the risks of developing obesity, heart disease, diabetes and osteoporosis."

The study indicated Asian women were the most inactive, with 28 percent saying they had not participated in any recent physical activity, followed by 23.5 percent of African American women, 20 percent of Hispanic and 17 percent of white women. Among men, rates of inactivity during the previous month ranged from roughly 8 percent of African-Americans to nearly 14 percent of Hispanics.

Ward suggests that students can increase their level of activity by walking to classes instead of driving, or study while riding a stationary bike.

"Find an exercise partner to help keep you motivated, or take an exercise class for credit," Ward said. "Plus, students are better able to handle the pressures of college if they stay physically active. Exercise is an excellent stress reliever."

Seniors Socialize, Share Stories



Urban League of Portland Street Academy members Tracy Tyson and Sara Chavez interview Sylvester Kelsey at the Multicultural Senior Center during an event to connect street academy students with seniors. PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Students from the Urban League of Portland Street Academy visited the Multicultural Senior Center on Martin Luther King Jr. Boulevard Friday in conjunction with national 'Love to Write Day.'

Senior Center Activity Coordinator Arleta Ward said she designed the intergenerational event to give seniors and students a chance to connect and compare trends of their respective age groups.

The academy students helped seniors fill in 'Story of a Lifetime' books with questions about first kisses, first loves, popular music, dance, fashion and slang from their history.

"It was really a stroll down memory lane," Ward said. "It was a chance to see how things have changed. One of the common things we found was that people are still playing dominoes."

Mentor of the Year Award goes to Fredrick Jones


Benson High School graduate Frederick Jones has received a national award for his work as a mentor in the University of Portland's Center for Entrepreneurship Mini-MBA program. Jones was named Student Mentor of the Year by the U.S. Department of Commerce during a weeklong conference held in Washington, D.C. designed for emerging business leaders in college and high school.

Jones, a 2001 graduate of Benson and the University's Mini-MBA program and current University of Oregon sophomore, was recognized for his demonstrated leadership qualities in mentoring other young people.

Jones, along with four other 2001 graduates of the Mini-MBA program, participated in internships funded by the Portland Parks and Recreation Department. The interns


mentored about 40 high-achieving high school students, most from North and Northeast Portland communities.

Each of the students selected received a full conference sponsorship award that included an all-expense paid trip to Washington, DC to attend the conference that featured a presentation by U.S. Secretary of State Colin Powell.




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