



Healthy for life

Tie your shoes and run

by Sarah Orr
health page editor

Graduation is quickly coming upon us, and many seniors need to remember some healthful tips that will keep them fit and trim and hopefully healthy for years to come. Individuals can take many measures to keep themselves from becoming ill and/or developing some chronic condition that will plague them for the rest of their lives.

Don't smoke. This sounds simple enough, and we have heard the message time and time again. However, many people refuse to heed the warning. Smoking can cause such horrible conditions as emphysema, lung cancer, and premature aging. All of these are very easy to prevent by not smoking or quitting if you do.

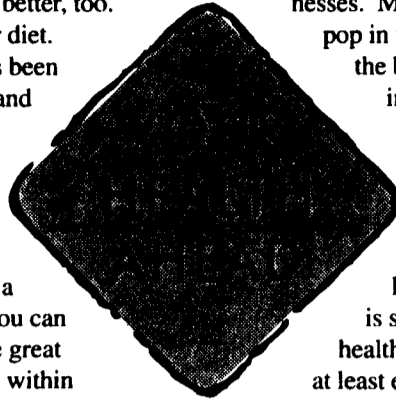
Exercise. Exercising will help you shed excess pounds that could

lead to obesity. It can cut your chance for heart disease in half. Heart disease is the leading cause of death among Americans, and it also can be prevented. It will keep your joints limber, keep your mind sharp, and help you look better, too.

Remember your diet. Healthy eating has been emphasized time and time again, however, there is truth to it. Diet and exercise go hand in hand when trying to maintain a healthy weight. You can eat foods that taste great while still keeping within healthy dietary limits. Leafy greens, fruits, vegetables, whole grains, lean meats, fish, and low fat dairy products are some of the components that constitute a healthy diet. Eat a variety at every meal, and try to get the recommended daily allowance of each.

Keep it in moderation. Moderation is the key to most things in life.

You can have that candy bar and drink a beer without fear of falling over dead. Just make sure that don't eat too many candy bars or drink too many beers. Find healthy substitutions for some of your weaknesses. Mix a drink of soda pop in when you are out at the bar. Eat an apple instead of Reese's Peanut butter Cup.



Keep things in perspective and you will be fine.

Drink lots of water. Water is so very vital to good health. Be sure to drink at least eight glasses a day.

That's 64 ounces of water you should be putting into your system every 24 hours. Water replenishes the fluid in your body that you lost while breaking a sweat at the gym. It also encourages healthy functioning of your kidneys. Plus, it flushes toxins out of your system. You will have a healthier glow to your skin and feel better,

too if you make sure to get your daily allowance of H2O.

Get plenty of sleep! This is essential for college students, especially. Many of us have jobs, 15-20 credit course loads, are members of at least four or five clubs, and occasionally like to hit the party trail. Making time for rest in your hectic schedule will definitely be a benefit. I'm not talking about sleeping in until noon after a bender the night before. Get on a regular sleep schedule, and keep it on the weekends. Your body will thank you for it. You will be more alert during the day and have more energy. You will also wake up feeling more refreshed.

My last bit of advice for a long and healthy life is don't sweat the small stuff. It is cliché, but it's true. On average, worriers die seven years earlier than those who learn to just let it go. Be happy, make time for fun and good luck!

by Lyndsey Boor
contributing writer

Providing that winter leaves Erie within the next three months, bathing suit season will be upon us! If you're thinking about shedding a few pounds to fit into that new bikini or trunks, may I suggest running?

Now, before you get the mental image of the track team sprinting in the parking lot, don't panic! Running can be simple, fun, very beneficial, and yes anyone can do it. I hear so many people ask me and my teammates, "How can you run for fun?" Well my friend, just sit right back and let me tell you!

With heart disease being the number one killer in America, running can help to burn those unwanted calories and lower your blood pressure. According to the American Running Association, one 45 minute jog on a treadmill can reduce your blood pressure dramatically for up totwenty-four hours! Running also helps boost your HDL cholesterol, which is good cholesterol that your body needs.

A lot of people know that running is a good way to get in shape, but running can be beneficial in many more ways. Running is a great form of stress relief. With finals and graduation just around the corner we tend to get a little testy.

Instead of beating on your roommate, try a 20 minute jog on the treadmills or track in the Junker Center. A study of 135 college students, done by the American Running Association, showed that those who exercised were able to handle the pressures of college life better.

Do you have trouble falling asleep? Running can also help you sleep better! When 700 men and women were polled by the American Running Association, those who ran had fewer symptoms of sleep disorders and were able to sleep more soundly. That's right, running cures everything.

All right, so it probably doesn't cure everything, but it's definitely beneficial to your health. There are a few things to remember before you head out running.

- 1) Always bring a bottle of water with you to avoid becoming dehydrated.
- 2) Remember to stretch well before running so that you don't strain or tear any muscles.
- 3) Start out slow. Don't try to become Michael Johnson or Marion Jones on the first run.
- 4) If you're outside, run with someone. Being injured out in the woods or at the bottom of the gorge would not be fun.
- 5) Have fun! We cross-country and track runner aren't crazy. Running can be fun!

Dreams, anxiety and you



PHOTO BY BECKY WEINDORF/THE BEHREND BEACON

Think dreaming only happens at night? Think again. Dreaming can happen at any time of the day, even when taking a catnap on your favorite Reed Building (or Science Building) couch. Many dreams or nightmares indicate how much stress you might be experiencing, especially at the end of the semester or for seniors who are job hunting.

by Becky Weindorf
managing editor

For most of us, these last two weeks of the semester will not involve much sleep.

On the other hand, what sleep you might get will probably entail some dreams – perhaps frightening, others bothersome. Rarely will they let us sleep in peace with what few hours we might have at night.

I'd like to interpretate bad dreams and how they relate to each and every one of our readers, but that would take a little more than Miss Cleo's clairvoyant powers (*snort* yea right).

Here's what I can do, though: offer some advice on your dreams. I'm not going to tell you that you've contracted some weird Freud complex because of finals week, but your dreams tell a lot about you and the experiences that you have (or are facing).

For example, I have been heavily planning my wedding since January (I won't be married until next July) and dealing with the fact that my fiancé decided not to come home this summer. I experienced two dreams in the past two nights: one, that my fiancé and I lived in a dumpy apartment with no money for food or soap; and two, that I was forced to be

engaged to another man.

All right. This might seem painfully obvious to you, but it's all about being in tune to what's happening around you – have you had the infamous "I'm falling through space and I can't stop" dream? What is exactly going on in your life that might trigger this? Perhaps you are preparing for an interview or an acceptance to a master's degree program.

finals week. More importantly, dreaming might be another way of your body telling you that you need to chill out, just as your stomach growls if you're hungry or when your eyes get heavy when you need sleep.

Depending on what dreams you're having, it is up to you to interpret what anxiety is affecting you most. Try some of these relaxation techniques to help relieve the stress (and take

dehydration. Dehydration can also cause muscle cramps and fatigue, especially on warmer days of the year.

*Try yoga. Guys do take yoga, too. I've seen it myself. Try a yoga class or some type of stretching regiment that you can do right in your own room every morning and evening.

*Don't wait for that pill that will build muscle tone for you – exercise. This is not

restricted to marathon runners. Even taking a brisk walk around campus (AND up the Hill) will get your blood flowing and your leg, butt, and abdomen muscles in shape just in time for summer.

*SLEEP! You deserve it! Force yourself to get homework done and tell your employer (if you're part time) to cut back your hours until finals are over. Most are glad to do it for you, even for a couple weeks.

*Lose weight and check your

cholesterol. Yes, 20-somethings can get high cholesterol. Visit Health and Wellness to make sure you're in decent shape for finals week.

Famous dreams

A few excerpts from famous people and their dreams (courtesy of www.dreamtree.com):

*Abraham Lincoln had a dream that he saw his own funeral shortly before he was assassinated. He heard mourners crying but did not see them as he walked through the White House. As he approached his own funeral pyre surrounded by guards, Lincoln demanded, "Who was killed in the White House?" The guard answered, "The President. He was murdered by an assassin."

*A German chemist, F.A. Keule, discovered the atomic makeup of the chemical benzene in a dream.

*The author Mary Shelley records a dream about her deceased baby (19 March 1815): "Dreamt that my little baby came to life again; that it had only been cold, and that we rubbed it before the fire, and it lived. Awake and find no baby. I think about the little thing all day. Not in good spirits."

*The psychologist Carl Jung dreamt his father talked to him in a dream, that he "made a good recovery" and that he would be home soon. Jung had the dream a few days later and writes that it forced to him to think about life after death.

The key is dealing with the stress and anxiety that we all have in these final weeks of class. It is important to take care of your body as well as your mind, even when five different professors press for five different projects and/or tests by

an edge off your nightmares, as well):

*Drink plenty of water (stay away from the carbonated brown sludge in the pop machines). Aim for juices and clear liquids that do not contain sugars or liquor – this will cause



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