

Living Healthy

Programs are available on campus to educate students about staying in shape and leading healthy lifestyles

By BETH MULDOON
THE BATTALION

Have you ever wondered why nutritionists, doctors and parents have always said to eat your veggies? Or whether a diet that promises weight loss at the rate of ten pounds per week could be healthy? The answers to these questions are available on campus.

Eating vegetables is good for you and there is no healthy or natural way to lose 20 pounds in just two weeks.

There are thousands of questions people ask concerning eating healthy and losing weight the right way, but where can they direct their questions, especially if they want the right answers?

One of the best and most reliable places to get good information is the Healthy Living and Recreation Series—presented by Department of Recreation Sports and Texas A&M Health Education Services.

Rhonda Rahn, a health educator in nutrition and member of the health education staff, said the lecture series can be very helpful to those interested in anything to do with being and getting healthy.

"We give out a lot of good information," she said. "The most important thing is that the information we give is correct."

Various on- and off-campus groups participate in the lecture series from semester to semester.

"We have had representatives from the Ag Extension Service as well as Rec center staff, Health Services employees and students from Aggie REACH give lectures," Rahn said.

The student organization Aggie REACH, is a group of volunteer peer educators. According to the Aggie REACH Website, the members are trained to give presentations about sexual and nutritional health as well as general wellness. The programs also can be customized for residence halls, student organizations and individual classes.

Some of the nutritional health programs presented in the Healthy Living series by REACH include "Fun Food Facts," "Pump Fiction," "Fad Diets," "Dining In and Out," "Mirror, Mirror on the Wall" and "Weight management."

In a lecture given in March about fad diets, three community health majors who were also involved in Aggie REACH informed lecture attendees about the myths and facts about fad dieting. Information was also given about warning signs that someone has an eating disorder and which diets work and do not work.

According to their Website, REACH also has programs concerning sexual health and general wellness.

In addition to the programs offered by Aggie REACH, the Health Education staff also offer a few of their own programs such as Women's Health and Communication in Relationships.

"A lot of the students who attend the lecture series are required to attend for a class," Rahn said. "But there are students who come on their own, just to learn."

According to Rahn, some of the more popular lectures in the series are topics that are new and interesting.

"Many students come to our fad diet, weight management and exercise lectures," Rahn said. "There is potential to learn a lot."

The Healthy Living Lecture Series began in 1996 to give students an outlet for getting good information on numerous health-related issues.

"We wanted to provide more and correct information on fitness and healthy lifestyle issues," said Paula Opal, associate director of Rec Sports. "We felt it was important most of all to get correct information to the students."

The Healthy Living Lecture Series is scheduled to begin on the third Wednesday of September. A new lecture will be given every week thereafter with each lecture beginning at 5:30 p.m. in 281 of the Student Recreation Center.

According to Opal, there are a few new lectures that will be introduced this semester.

"We will have lectures concerning relationships, eating, changes in exercise technology, exercise trends and dietary supplements," Opal said. "We are like Dr. Drew on MTV, we talk about all the new topics. The lectures are a real hodgepodge of different topics."

The staff at Health Services and Rec Sports truly believe in the work they are doing through the lecture series.

"We give information based on research, not on trends," Opal said. "A&M has such a wonderful staff because their objective is to make people healthier, not to make money. That's why the lectures are free."

When Rec Sports initiated the Healthy Living Lecture Series they had no idea how the campus was going to react. Today, nearly six years later, the lecture series is still going strong and the volunteers are teaching about important health-related issues.

"We just want students to think about these issues," Rahn said. "They are all so very important."

Students find ways to smoothly ease into the semester

By LINDSEY FIELDER
THE BATTALION

The new semester can sometimes seem like a cold pool at an early morning swim lesson.

While dipping a toe in to test the waters can be tempting, students can plunge headfirst into the new semester and live to tell about it if they have the proper knowledge and advice.

Students often get bogged down before they establish a routine. The first way to keep on top of the new school year is the most simple—get plenty of sleep.

Students may stay up late during the first weeks of school, catching up with friends or roommates. Being slightly tired might not have an effect at first, but after a few weeks of staying up late students can become run down.

Rene Edminston, a senior architecture major, said sleep can become an important factor in academic performance later in the semester. She said when it comes down to crunch time, students should be well-rested to stay up late completing

important projects and papers.

"If I stay out late in the beginning of the semester, I won't be able to pull all-nighters when I have projects due in my classes," Edminston said. "I can definitely feel that I need the sleep I missed out on earlier in the semester."

A way to maintain energy throughout the semester is to be physically active. Working out three to five times a week can improve health and relieve stress.

The Website for the American Heart Association says daily exercise can boost energy and make sleeping easier and more productive, in addition to improving cardiovascular health.

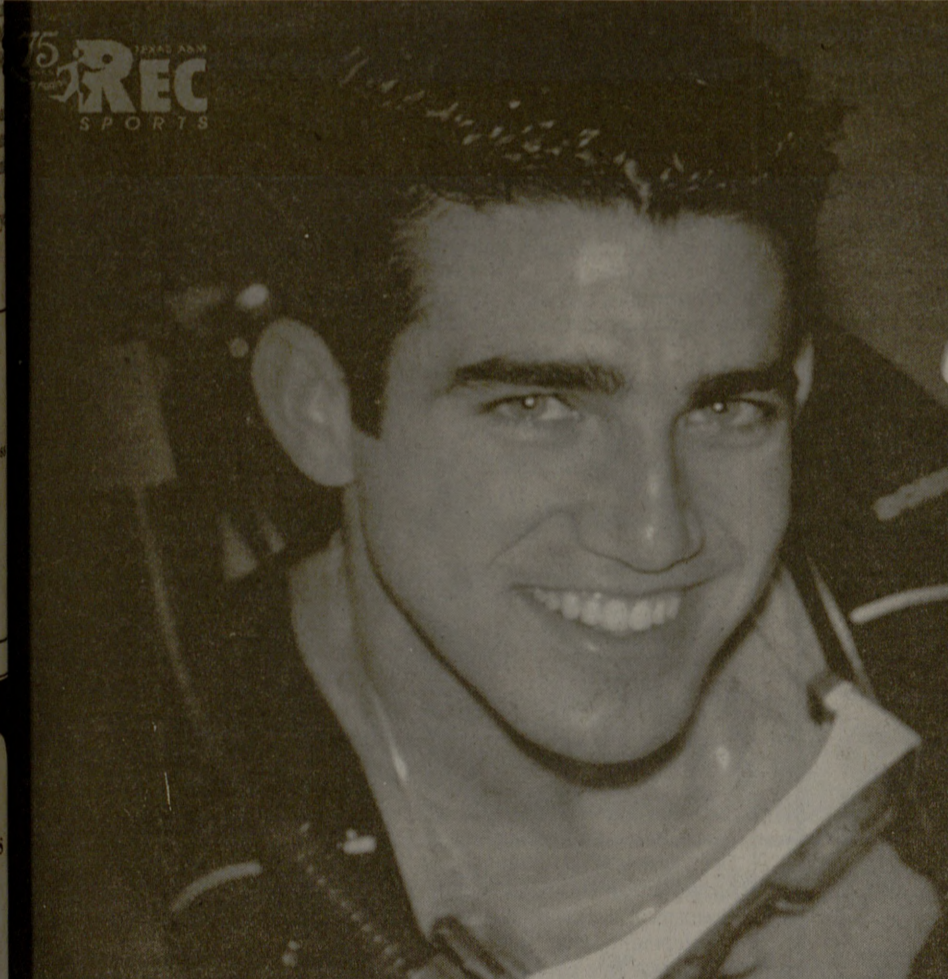
With more energy and sleep comes a better attitude.

Working out does not have to involve a treadmill. There are many other options available at the Student Recreation Center.

The Department of Recreational Sports offers several choices for students. The rock wall at the Rec Center is available.

See EASING on page 5.

FILE PHOTOS - THE BATTALION



achieve

something different

HOURS OF OPERATION

Monday - Friday 6:00 am - Midnight

Saturdays 8:00 am - Midnight

Sundays 10:00 am - Midnight

WEST SIDE ENTRANCE NOW OPEN! MONDAY-FRIDAY 11:30AM-8:00PM

recsports.tamu.edu

WORK & PLAY EVERYDAY W/REC SPORTS!

Come On In!—The Rec Center is open as usual, please exercise caution around the construction site in front of the Rec Center. On-campus students are encouraged to use the bus system to get to the Rec Center. Rec Members may enter the Rec Center through the Backyard west side entrance (facing Reed Arena) Monday-Friday from 11:30am-8:00pm. For the most up-to-date campus parking information call PTTS at 862-PARK.

GET VALUE WITH GOLF

Golf Lessons!—Single and group lessons available for beginners to those looking to improve skills. Rates are a competitive \$30.00 per individual lesson or \$50.00 per group lesson. Discounts are available for 3 lessons or more. Contact Rick Kahlich at 845-1723 for more information. **Open to the public! We are located on the southside of the A&M campus. Call the Pro Shop at 845-1723 & visit us online.**

EXPLORE WITH TAMU OUTDOORS

Back To School GEAR SALE!—Come by TAMU Outdoors to enjoy savings on clearance items as well as on our climbing gear packages. We will also be offering our ArcTeryx backpacks and guidebooks at unbelievable savings. Sale runs September 3-12. Outdoors is located behind the Rec Center across from Olsen Field.

Upcoming Event	Registration	Event Date
Kayak Roll Clinic	Sept. 3-Sept. 17	Sept. 18
Lead Climbing	Sept. 3-Sept. 17	Sept. 18
Intro To Rock Climbing	Sept. 3-Sept. 19	Sept. 22
Kayak Open Practice	Sept. 3-Sept. 24	Sept. 25
Rock Climb <i>Enchanted Rock</i>	Sept. 3-Sept. 25	Sept. 28-30

PLAY EVERYDAY WITH INTRAMURALS

Flag Football Officials Orientation Clinics—Earn some extra money this semester with this great starter job! No previous experience is necessary. Attend the orientation clinic on September 3rd at 7:00pm in Rec Room 281 and get hired!

Program	Registration	Cost
Indoor Soccer	Aug. 27-Sept. 4	\$40/team
Racquetball (league)	Aug. 27-Sept. 4	\$5/person
Fantasy Football	Aug. 27-Sept. 4	\$5/person
3-on-3 Basketball	Aug. 27-Sept. 4	\$10/team
Pre-Season Flag Football	Sept. 3-Sept. 11	\$10/team
Flag Football	Sept. 3-Sept. 11	\$40/team
Badminton	Sept. 3-Sept. 11	FREE
Golf	Sept. 3-Sept. 11	\$35/person

Looking for something more competitive?—Try one of our many and diverse Sport Clubs. Tryouts for many of the clubs will be held this week. Check out the Sports Club link on the recsports website for a complete sport listing and details on how to get involved!

GET WET WITH AQUATICS

NEW & FREE!—Polar Bear Club—The 'Polar Bear Club' is a self-paced aquatics fitness program. Designed to motivate all levels of swimmers and water exercise enthusiasts in a fun, supportive environment. To sign up ask ANY aquatics staff member. After completion of 100 miles or 100 hours of work-out—you will be inducted into the club—great prizes will be given away in May '02.

Adult Learn To Swim—Learn to swim with an experienced instructor in a safe and comfortable environment. Register August 27th-September 16th. Classes will be held September 17th-30th from 7:30-8:15 p.m. Cost starts at \$25 for Rec Members. *Advanced Adult Learn To Swim* also offered with registration ending October 14.

Basic Scuba—Become a S.C.U.B.A. diver with this certification course. Classes will be held Sept. 17-27, Mondays-Thursdays from 6:00-10:00 p.m. & Open Water Training dates TBA the first day of class. Cost starts at \$225 for Rec Members. *Advanced Scuba* also offered with registration ending Oct. 3rd. *Rescue Scuba* also offered, registration ending Oct. 10th.

GET HEALTHY WITH FITNESS & CLASSES

NEW & FREE!—Weight Room Orientation—Our newest FREE programming offering is available every Saturday at 11:00 a.m.

'Jump Start!' YOUR Fall Fitness Goals—Begin your healthy lifestyle with: 1 personal training session, fitness profile, nutrition consultation & more for only \$30!

AFAA Resistance Training Specialist Workshop—This unique program will be offered once on Sunday, September 9th. Call 862-3995 for more information.

Instructional Classes—Elevate yourself to a new level of wellness with one of our unique Instructional Class offerings. Fall 2001 offers: *Tai-Chi, Pilates, Salsa Dance, & Swing Dance*. Please register at Member Services, registration closes on September 6th for all programs.