Health & Fitness
By: Alex Ramos

Welcome back to all returning students, new freshmen and transfer students! This is the time when everyone is making plans and decisions to ensure a good school year. However, one of the most important things that students forget is their health. With all the positive forward motion into a new semester, students often forget to care for themselves. Without a healthy lifestyle, students will not be able to function properly in order to achieve the educational goals they wish to accomplish. Students should realize the relationship between a healthy lifestyle and the ability to perform in their studies. Health problems interfere with a student’s ability to come to school, or make the most of their opportunity to learn. For that reason, behaviors and choices made regarding health will affect your performance at CSULB.

In order to maintain good health, students must pay attention to their nutrition, sleep patterns, exercise, and use of harmful substances, such as alcohol, drugs and tobacco. Such substances as alcohol and tobacco are harmful because they can cause illnesses, and if abused, can turn into an addiction. It has been found that basic health, including nutrition, affects overall performance. Thus, for nutrition, make better healthy eating choices which will turn into habits to carry on throughout your lifetime. Also, make sure that you create a sleeping pattern of going to bed and waking at a certain time each day. Whatever the pattern might be, attempt to get eight hours of sleep so you can be alert and function properly. It has been demonstrated that a person who is deprived of sleep cannot function properly, and cannot successfully complete their day-to-day activities; if the body is tired the mind is tired because our body functions as a whole.

Another factor to keep in mind is exercise. Make sure you participate in thirty minutes of exercise three to five times a week. Exercise activities have been known to boost energy levels, release tension, prevent illnesses, reduce the risk of heart disease, manage stress, and help a person to sleep better. Finally limit your alcohol consumption to a minimum of two drinks a day for men and one drink for women. Too much alcohol consumption can damage the liver and cause liver cancer as well. Alcohol also contributes to deaths from car wrecks, murders and suicides. Therefore, be responsible in your alcohol choices in order to prevent situations that one may regret for the rest of their life.

Research indicates the top three causes of death are heart disease, cancer, and stroke. Many CSULB students may consider these facts irrelevant due to their age. However, studies indicate people of all ages should take precautions because choices made now affect health outcomes later in life. To prevent the above diseases quit smoking, or don’t start; eat fewer high fat foods and more fruit and vegetables; and be more physically (Continued on page 2)

No Excuses, Just Get Fit!
By: Kimberlee Morrison

It seems as if the work of a college student is never over. With a full schedule of classes, there usually comes a heavy load of homework and reading. Many students hold down full or part-time jobs and juggle other extracurricular activities in addition to their demanding course loads. For some, the last thought on their mind is working out in order to maintain their physical health. This could be a fatal mistake. Exercise can help manage stress, prevent weight gain, promote restful sleep, and increase energy among other things. No need to worry; there are plenty of activities CSULB students can do to stay fit on campus.

Before diving into a rigorous exercise schedule, there are a few facts you should remember. The Centers for Disease Control and Prevention (CDC) recommends a minimum of 30 minutes of moderate to vigorous activity daily three to five days a week. They also recognize that this goal may not be realistic for all people. Moderate activity could simply be your walk from class to class, roller-skating, or walking the dog. Other suggestions include swimming, volleyball, bicycling, dancing and yoga.

Aside from the walking and (Continued on page 3)

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CSULB, Division of Student Services
Student Health Services
Health Resource Center, Room 268

Health Beat

For more info call (310) 985-4609

Highlights in the Health Resource Center
• Free and confidential HIV Testing. Call HRC for an appointment.
• Want to get on birth control? Sexual Health Awareness Workshops on Monday & Tuesdays 2:00-4:00 pm
• Alcoholics Anonymous meetings on Wednesdays 12-1 pm
Health & Fitness Continued...

active. Just by taking one of these actions you are improving your health and reducing the risk of heart disease, cancer, and stroke.

You may wonder how one starts this journey towards a healthy lifestyle. One option is to come and visit the Student Health Services (SHS) that is located at the corner of Beach Drive and Merriam Way, across from the Nursing building. The SHS has doctors, nurse practitioners, nurses, and physician’s assistants to help with your health needs and concerns. The clinic also has a laboratory that offers cholesterol screening, a variety of lab tests. In addition, the pharmacy provides over-the-counter and prescription medication at discounted prices. An x-ray lab technician and radiologist (M.D.) provide all x-ray services at no charge. The school clinic also offers immunizations for measles, mumps, rubella, and hepatitis A and B. It is always free to see a clinician because the fee has been included with tuition. Further cost reduction is offered to students who qualify for Family PACT, a program that provides reproductive health services to low-income men and women.

Another important department within the SHS is the Health Resource Center (HRC), the educational division of the SHS. The HRC provides nutrition counseling, HIV testing and counseling, Sexual Health Awareness Workshop, and the Alcohol, Tobacco, and Other Drugs (ATOD) program. Visit the HRC website at www.csulb.edu/hrc and find out about all these fun and educational programs for students. The purpose of all HRC programs and services offered at the SHS are to foster an on-going healthy lifestyle. So, take advantage of the resources we have here at our campus, and help us help you, to live a healthy lifestyle.

References:

It is recommended that you get at least 30 minutes of exercise 3-5 times a week.

Keeping it Together: Emotional Health

By: Melissa Attia

The adjustment to college is a major life transition for many students. These years can generate a wide range of emotions. The pressure of juggling classes, work, and a personal life contributes to a large amount of stress in a student’s experience. In preparation for these inevitable stressful occurrences, a student can implement different types of self-care in order to handle what lies ahead. An important self-care tool is the ability to share feelings of stress and anxiety with others. Family and friends can meet this need, but sometimes a counselor proves to be the best listener. CSULB offers excellent counseling and psychological services to students as a form of support at no charge and is conveniently located on campus. Utilizing these services on campus proves to be very beneficial for students.

Stress
Emotional well-being is an important factor in a person’s overall health, which greatly contributes to the ability or inability of one to handle a stressful situation. The stressors that students face vary: financial, academic, social, and life events can all cause some sort of disruption that elevates one’s stress level. Believing that you can handle these combinations on your own without any support can just further your stress level and negatively contribute to your hectic school life. Seeking assistance from counselors does not admit defeat but allows for clarity as to why life is so stressful at this time. Many students seek support at their on-campus psychological service centers for assistance with situational stress.

Anxiety
Stressful events also contribute to anxiety. Your anxiety can increase when faced with issues such as breaking up with a partner, trying to make an impression on others, pledging to a sorority or fraternity, a falling out with a friend, planning class assignments, anticipating a difficult test, in-class oral presentations, adding or dropping classes, midterms, finals or receiving a bad grade in a class. An important thing one can do to handle the anxiety that stressful situations can create is to ask for help in learning the best way to cope with these occurrences so that it may not dominate your college life.

Depression/Mental Health
Depression may be the culmination of stress and anxiety that builds up while in college. The body can only take on so much emotional stress before physical symptoms of depression become evident. You are not

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bike riding, some of the recommended activities could still seem out of reach for a busy student. The great news is that CSULB offers a variety of activity classes that could fit into practically anyone’s busy schedule, including swimming, aero- bics, weight training, golf, and tennis. If you are already enrolled full-time, there is no extra cost and these classes can be taken credit/no credit or graded if you are in need of a little G.P.A. boost. However, there could be a slight catch. Many instructors take these courses very seriously and you should not consider them an easy ‘A.’ You must also get a ‘C’ or better in the class to get credit if choosing the non-graded option.

For some, the required attendance is a motivator (since you wouldn’t want it to affect your G.P.A.). Enrolling in an activity class can provide a guarantee of fitting exercise into your hectic schedule. However, others might consider the attendance requirement an added stress. It is important to remember the university has a number of athletic facilities such as basketball and tennis courts and a great outdoor swimming pool that students are welcome to utilize for extracurricular activities.

The fact still remains that none of these recommendations will make a difference if you are not committed to your own physical well-being. Life as a college student can be very time consuming and balance is an important aspect of life in general. According to dietitian Sheri Barke, many students feel guilty about exercising because they believe it is time better used to study. In fact, the opposite holds true. Exercise can help you perform better in academia because your energy will increase and you will be able to think more clearly. It really rests with each student to decide whether or not physical health is important enough to make it a priority.

Tips to get started:

Choose activities you like doing:
If you choose something that feels like a chore, you are not likely to do it regularly. Choose an activity that is fun and that you want to do.

Go for convenience:
If you have a two or three hour break between classes, this can prove to be the perfect time to fit in an activity class or go for a walk to the park near campus.

Use the buddy system:
Working out with a friend is a good way to stay motivated and have fun while getting fit.

Opt for the alternative:
Take an exercise break instead of a junk food break. Ride your bike to school (if you live close) instead of driving. Take the stairs instead of the elevator. All of these options are easy ways to fit some type of moderate exercise into your busy schedule.

And remember, “Go Beach!” If you live too far to ride your bike or roller blade to school, you might consider throwing them in the back of your car and drive to the beach two or three times a week. Bicycling and skating are great ways to get fit; and who doesn’t like to go to the beach?

References:

Support could be all that is needed to maintain a high quality of emotional health. 

alone if you experience depression during your college years. One out of four young adults will have a depressive episode by age 24, and nearly half of all college students report feeling so depressed at some point in time that they have trouble functioning. The typical support systems of family and friends may not be enough to deal with the depression that you are going through. Realizing that you are not the only one dealing with depression, seeking assistance, and sharing how you are feeling with a counselor can help you obtain a grasp on those feelings before it adversely affects your course work and experience in your college career.

CAPS/Counseling and Support Groups

The extra support that may be needed to maintain a high quality of emotional health can be obtained on campus through the Counseling and Psychological Services (CAPS) located in Brotman Hall. CAPS offers a variety of support services to students at no cost such as: crisis intervention, short-term counseling for individuals and couples, group counseling, workshops, career development counseling, and referrals to services off-campus. The services are confidential and assist students with a variety of personal problems and challenges, offering an excellent coping resource. The first step to gaining control of one’s life and dealing with stressful events is to realize there is a problem and then seek professional assistance. Life issues such as stress, anxiety, depression, problems in relationships with others, grief, life transitions, sexuality, and sexual assaults are all areas in which CAPS offers support to students. These coping mechanisms you learn when seeking assistance from counseling and psychological services on campus will also be a valuable lesson that you can implement throughout the rest of your life.

References: