Tobacco Free Initiative for Gaston College
by Phillis Fujita

Did you know that nearly 28% of all 18-24 year-olds in North Carolina smoke and this is the only age group nationally in which smoking rates are increasing? Among adults who have ever smoked, 70% started smoking regularly at age 18 or younger, and 86% at age 21 or younger.

The Gaston College Student Government will assist in leading the Tobacco Free Initiative for Gaston College. A committee for this Tobacco Free Initiative has formed and began meeting in January, 2010. Many campuses in North Carolina are 100% Tobacco-Free and are banding together to change the cultural acceptance of tobacco use on college campuses.

Tobacco-Free College Advocates work to:
• Prevent initiation of tobacco use among young adults
• Eliminate exposure to secondhand smoke on college campuses
• Promote cessation among young adults
• Reduce health disparities among college students attributable to tobacco use

You will begin seeing information about the Tobacco Free Initiative across campus in the near future!

Get more information at:
www.tobaccofreecollegesnc.com
www.smokefree.gov
www.lungusa.org

No Time to Exercise? You Only Need 10 Minutes!
by Jacob Surratt

In this fast paced world where minutes are more valuable each day, we all try to find time to fit everything in our busy schedules. Sometimes in the rush of each day we find ourselves having to put aside certain things for other important priorities.

One of the number one excuses for not exercising is time. But like my grandmother used to say, “If it is important to you, then you make time for it.”

The American College of Sports Medicine says that each day adults should
Wellness: Simply a Breath Away?
Leonard P. Martineau, PhD, LMBT

Breathing, simply stated, is “the most essential component of life, and a necessary requirement for optimal health” (King, 1998, p. 30). Wilhelm Reich (in King, 1998, p. 31) adds that “emotional and physical states can be altered by changing the breathing pattern.”

We breathe several thousand times per day, as a means of bringing oxygen to the cells and tissues of our bodies. Just a few, short minutes without breathing can result in irreparable damage and even death. Dysfunctional breathing, such as hyperventilation and stress-induced over breathing, causes Carbon Dioxide levels to drop and stress levels to rise, “making it harder to think with clarity” (Courtney, 1998). It makes sense that, to improve our ability to function both psychologically and physiologically, we should start by improving our breathing.

The next time that you take a test -- relax, breathe slowly -- and you will think more clearly.

Ryan & Travis (1991) note that several factors (e.g. smoking, speed-eating, tight clothing, and even negative emotions) can have an adverse effect upon our breathing. King, in The Secret Serratus Society, emphasizes that although poor posture has an adverse affect upon breathing, massage therapy of the serratus muscles can facilitate improved respiration (1998).

Rosalba Courtney, in Breathing: The Role of Carbon Dioxide, states that “The answer to being healthy is not to breathe more, but to breathe more efficiently” (1998, p. 65).

We can practice diaphragmatic breathing virtually anytime, as follows:

1. sit up straight, unrestricted with the chair supporting your back
2. release, and let go of any tension (forehead, eyes, jaw, neck, back, arms, hands)
3. focus more on the expiration, and contract the muscles around the ribs and abdomen to “squeeze” air out of the lungs
4. relax into a passive inspiration, allowing the belly to distend outward

* note: for a truly pleasurable experience, close your eyes and add a “half smile,” bringing the outside part of the lips upward.

Efficient breathing is associated with numerous wellness practices, including meditation, martial arts and yoga. We can also combine deep breathing techniques and massage therapy, ensuring that rich, oxygenated blood is better transported to relaxed, soft tissues in the body.

Try this: Rate “How I feel now,” on a scale from 1-10. Then, practice diaphragmatic breathing for three short minutes. During the technique, alternate lip movements (smile, then frown, then smile). End with a relaxing smile and slowly open the eyes. Rate yourself again. Did you experience any changes?
Are You Up to the Challenge?

Provided by Michelle Byrd and Jacob Surratt

What exactly does it mean to be fit? We can all try to be “fit” in different areas of our lives. Some of us might strive to become physically fit, while others may work to become more socially fit.

The true definition of fit is to be sound physically and mentally. In our opinion, becoming fit is not temporary, but a true lifestyle change. If we were to sum up becoming fit in one word it would be: Balance.

There are many steps to become fit both physically and mentally, to finally achieve that balance in life. For example, a person may feel as if they have reached their physical goals, but are still not able to keep up with their jobs or relationships, and vice versa.

There are some basic steps that one should strive to accomplish every day to finally achieve both, mental, physical, and social fitness.

Here are some examples of goals that could be incorporated into every person’s daily schedule. All the goals together would help to create a balance in one’s life to provide ultimate fitness.

1. 5 servings of fruit/vegetables
2. Stairs vs. elevator
3. 64oz of water
4. No soda
5. 30 minutes of exercise
6. Quality time with family/friends
7. Dinner at home
8. Eat Breakfast
9. Lunch at work
10. Adequate rest
11. Do something you enjoy

What is the challenge? Try to reach each one of these goals every day in order to achieve true fitness. Keep track of them to see which ones you do perform each day in a journal or chart. Are you up to the challenge?

No Time to Exercise? You Only Need 10 Minutes!
(continued from page 1)

perform 20 to 60 minutes of exercise, three to five days a week. While this is based on research, and would generate the best results, it is not always realistic.

Recently, in the Charlotte Observer there was an article about an Exercise Physiologist, Sean Foy, who had written a book “The 10-minute Total Body Breakthrough.”

After reading through this book, and seeing his rationale behind only needing 10 minutes per day to exercise, it made a great deal of sense. In his opinion, 10 minutes is better than nothing, which is what most people choose.

His 10 minute workout routine consists of:
• Four minutes of high-energy aerobic training
• Three minutes of resistance exercise
• Two minutes of core strengthening
• One minute of stretching and deep breathing

I would highly recommend this book and workout routine for anyone who has little time to exercise. It is full of training tips, cue cards for various exercises, and even nutrition tips. So check it out!
The Skin

by Catherine Cunningham

The Skin

The skin is the largest and one of the most important organs of the body. Healthy skin is slightly moist, soft, and flexible. Its texture ideally is smooth and fine grained. A person with a good complexion has fine skin texture and healthy skin color. The skin is supremely durable and requires special attention and care to maintain its health, color, and vibrancy.

Functions of the Skin

Sensation
Feelings generated by the nerve endings just under the outer layer of the skin make you aware of heat, cold, touch, pain and pressure. The reaction to a sensation is called a reflex.

Hydration
The skin contains water to keep itself soft and supple. It secretes perspiration and an oily, sebaceous fluid that maintains the skin’s moisture balance.

Absorption
The skin permits certain substances like water and oxygen to pass through its tissues.

Regulation
The skin helps maintain the body’s temperature.

Protection
The skin shields your body from the direct impact of heat, cold, bacteria and other aspects of the environment that could be detrimental to your health.

Excretion
The skin eliminates sweat, salt and wastes from the body, therefore helping remove toxins from the internal systems.

Respiration
The skin takes in oxygen through its pores and releases carbon dioxide.

Composition of the Skin
The outermost layer of the skin (dermis) is made up of connective tissues. These tissues are composed of collagen protein and elastic fibers which both give support to the skin and its quality. You are familiar with a dehydrated grape. It’s a raisin! Dehydration of human skin has the same effect. It shrivels and toughens the skin’s outer layer.

To keep your skin in optimal condition, you should drink half your body's weight in ounces of water per day.
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