

## WEIGHING THE OPTIONS



Erin Davis, RD, LD

"My first semester at college I was an average weight for my height, but by the end of the first year I was ten pounds heavier." Sound familiar? On the contrary, research has shown that college students gain an average of only 3 to 6 pounds in the first two years, not fifteen. It is important to note that weight fluctuation is normal because of metabolism shifts during adolescence. It is the rapid or extreme weight changes, such as 10 pound weight gain or loss over a couple months that can be associated with health risks.

What are the causes of this weight fluctuation? The transition to college can be challenging. Freshmen are dealing with new roommates, being homesick, stressful classes and change in daily routine. Most new students never had to think about the amount or type of foods they were eating prior to college.

What is a freshman to do? Don't freak out by skipping meals or choosing your favorite fad diet. This will only contribute to the problem. Decreasing your calorie intake only 100 - 200 calories per day can help maintain your weight and provide for a healthier lifestyle. Below is a list of quick and easy tips to help you make the right choices:

- Choose low fat options (skim milk, low fat yogurt).
- Choose foods with high nutrient density (vitamins, minerals, protein).
- Eat Breakfast!
- BE ACTIVE! Get involved with the Lerner Health and Wellness Center programs or join a club sport.
- Go to the farmers market to pick up fresh fruit and vegetables (On Wednesday's throughout the majority of the year there is a market in the middle of campus. For more information, visit [www.freshfarmmarkets.org](http://www.freshfarmmarkets.org)).

- Decrease late night eating between the hours of 9pm and 4am. A 2005 study showed late night eating was associated with overall higher calorie consumption compared to those who did not eat late at night.
- When eating out, look for items on the menu that use low fat cooking styles. These include: broiled, roasted, and steamed.
- Leave the dressing or sauces on the side. Try dipping your food in the dressing or sauce just for taste.
- Choose the lower-calorie options on the menu. Here's an example of some of our popular GW food venues:

Venue	Menu Item	Calories	Better Choice	Calories
Potbelly	Meatball sandwich	600*	Turkey sandwich	400*
Johnny Rockets	Original Fries + Original Burger +Coke	1321*	Garden Salad + Original Burger + Diet Coke	870*

\*[www.potbellys.com](http://www.potbellys.com), [www.calorieking.com](http://www.calorieking.com)

Remember, the freshman fifteen is proving to be a myth. It is more important to focus on a healthier lifestyle than to focus on what your weight will be at the end of your freshman year.

# FOCUS ON FITNESS

THE GEORGE WASHINGTON UNIVERSITY • SEPTEMBER - OCTOBER 2007

event



Rachel Bovée

## WHAT'S HAPPENIN'?

While most of you are fairly familiar with The Lerner Health and Wellness Center, some of you still may think it's just cardio equipment and weights. The Lerner Health and Wellness Center is full of opportunities to enjoy fitness in a variety of ways.

On the lowest level of the building you will find racquetball courts. You can check out all necessary equipment at the Equipment Desk on the Lower Level. After racquetball, you may want to cool off by taking a few laps in the pool which is also on the Lower Level. You may want to call it a day with this much activity or you can return in the evening or anytime for a pick up game of basketball on the third or fourth floors.

To set up a friendly game of volleyball, badminton, or squash, call the Equipment Desk 24 hours in advance to schedule a time to play. If you'd like to compete in organized sports, check out Intramural (IM) Sports by inquiring at the Campus Recreation office on the second floor. To gain an edge on your IM competitors, sign up for Extreme Training where you will train like an athlete, working on speed, power, and agility. If you enjoy the group atmosphere IMs offer but are not so interested in the competitive aspect, look into the Group Fitness classes offered throughout the day in the multipurpose room on the second floor. Some of the classes available include yoga, cycling, step, muscle pump, Pilates, and more. With certified instructors leading, you can be sure that you will get a balanced workout that will meet your level of skill and comfort.

You will also find information in the Campus Recreation office regarding the adventurous, annual Ski Trip and White Water Rafting Trip. The Campus Recreation office not only offers information on Intramurals, Group Fitness classes, and annual trips, but also information about some unique services that the Lerner Health and Wellness Center has to offer. Certified Personal Trainers are available if you want one-on-one instruction on proper lifting techniques or some new ideas to mix up your current routine. Licensed massage therapists can help relieve the stresses of exercise and school to get your body prepared to handle another semester. Our registered dietician can offer advice and provide a personalized diet plan to ensure healthy weight loss, weight gain, or proper nutrition to keep you feeling healthy and energized. While these services are an additional cost, each one offers a very good deal relative to similar services around the DC area.

Another few things that are not well known at the LHWC include extra cardio equipment, mats, and benches available on the 3rd, 3M, or 4th floors. If you're looking for a piece of equipment that you can't find in the fitness room, check

out the EQ. Items such as medicine balls, foam rollers, Bosu balls, and jump ropes can be checked out for free using your GWorld. Lastly, if you like to run outside but the weather is inclement, try the track on 3M.

So, if you're looking to mix things up or try something new, now's the time. All this is available right here on your campus at the Lerner Health and Wellness Center.



## PASSPORT TO WELLNESS INCENTIVE PROGRAM 2007 - 2008



Adrian Dias

It's time to soar the skies with our Passport to Wellness Incentive Program. Five countries across the globe serve as destinations where you can earn points and redeem prizes for your participation in Campus Recreation programs and events. This year the incentive program includes all programs and services offered by Campus Recreation. This provides every participant the opportunity to earn points for each and almost every activity they participate in at the Health and Wellness Center. This format will help participants edge closer to making it around the world by the end of the academic year.

You can earn points many ways. Indulge in working out with your friends by taking Group Fitness classes. Treat yourself to a massage with a certified therapist. Pump up your adrenaline with Extreme Training and/or learn from the experts with Personal Training. Learn how to eat right through nutrition consults with our registered dietician. Compete with friends by participating in Intramurals. These are not only great ways to get fit, unwind, or compete, but they all earn you incentive program points!

So without wasting any time, come to the Campus Recreation office on the 2nd floor to sign up for the Incentive Program and enjoy all the Lerner Health and Wellness Center has to offer!



Incentive Program 2007-2008  
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THE JUICE ZONE

**JUICE ZONE™**  
FRESH & HEALTHY Cafe

Do you find yourself nodding off in class after you eat lunch? Try eating Energy Food! Juice Zone offers a variety of wraps, salads, paninis, and Brown Burritos. Brown Burritos are made with brown rice which are designed to be delicious and nutritious and keep your energy levels high throughout the day!

Health and Wellness Center, 23rd & G St. • 1990 I St., NW (at 20th & I)  
Accepts GWorld



FALL INTO FITNESS



Rachel Abair

How many New Year's Eves have you vowed to get more fit in the coming year? And how many times have you failed to follow through? Well, what's so special about January? Fall, on the other hand, is a great time to start a fitness program because you can create good habits for the holiday season and winter months. With the start of the school year, think of September as the "new year."

Here are some tips to make the most of the season. And who knows? This year, you might be in great shape before that New Year's Eve party rolls around.

Strive for the 3 Cs.

- 1. Commitment.** We're ALL busy. No excuses. Plan exercise; just like planning class, work, meetings, and other activities. Schedule it, because "later" often turns into "never."
- 2. Convenience.** Choose a time and location ideal for your schedule. Go to the gym between class, work or lunchtime. Or choose an activity you can do at home and a time when you're not likely to be interrupted.
- 3. Consistency.** It takes about 30 days for the body to adapt to lifestyle changes. Try to stick with a program for one month, even if it's only 10 minutes a day. Diversify with indoor and outdoor activities. After a month, you will adapt and it will be easier to stick with it. You will set the stage for regular workouts once the winter holidays roll around.

**Enjoy the season:** In D.C., autumn is a near-sacred season, with cool evenings, crisp air, and postcard perfect colors. Enjoy it by biking, walking, jogging, kayaking, and playing sports. Time spent in nature will do your body *and* mind good.

**Make it social:** Exercise doesn't need to be done alone. Boredom is the number one killer of fitness regimens. Find a friend with a similar fitness level and goals; having a partner helps you both stay motivated and puts the fun back into your workout.

**Think outside the box.** Want to dance? Attempt to box? Master golf? Many classes at gyms and elsewhere start in the fall, so look to see what intrigues you. Fall is the perfect time to gain new physical skills. If you learn something new now, by next summer, you'll have mastered the skill.

**Rejuvenate yourself.** Fall is the time to rejuvenate body, mind, and spirit. Get a massage. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote physical, mental, emotional, and spiritual wellness.

The human body is a living, breathing machine of utter magnificence. However, much like your car, your body requires proper fueling and regular maintenance. Many people take far better care of their cars than themselves. How ironic. Anything worth having takes work.

EXTREME TRAINING: REVAMPED AND IMPROVED FOR 2007!



Alex Parr

Extreme Training is a series of high intensity training sessions designed for those who want great variety and challenge in their workouts. Coached by certified trainers, the classes will become increasingly difficult week-by-week in order to achieve the greatest gains in strength, endurance, speed, agility, and core stabilization. Whether you're an athlete looking to push your game to the next level or just looking to intensify your workouts, Extreme Training will help to accomplish those goals.

Extreme Training will help to accomplish those goals.

If you were already familiar with the Extreme Training program, there are a few changes that you should be aware of. There are now three different training formats that will be held Tuesday-Friday on the fourth floor of the Health and Wellness Center. The three training formats are Explosive Conditioning, BOSU Strength and Stretch, and an Extreme Core class.

The classes give you the opportunity to learn challenging new exercises in an atmosphere unlike any group fitness class. The classes provide one-on-one face time with our certified trainers as well as group instruction. Another change to the previous format of the classes is that the classes will now be team taught and team oriented.

The Extreme Conditioning class includes team sprinting, agility, and footwork drills in order to build and develop muscular strength and endurance. The BOSU Strength and Stretch class targets balance and core stabilization to maximize total body strength. The class also incorporates foam rollers and stretching techniques for muscle relaxation and recovery after the tough workout. The Extreme Core class is a 30 minute abs class that uses the latest fitness equipment in order to increase core strength, posture, and core stabilization.

The class is separated into two five week sessions starting September 17th. Each of the sessions will be \$30. There is a team discount for any student organization such as club sports, intramural teams, Greek life, Grad life, etc. If you sign up 10 or more people for Extreme Training, you will receive a 20% discount for that five-week session. For any information regarding the team discount contact Alex Parr at [aparr@gwu.edu](mailto:aparr@gwu.edu).

For any additional information regarding the Extreme Training program feel free to contact Alex Parr, come by the Campus Recreation office on the 2nd floor of the Health and Wellness Center, or check out the Web site at:

<http://gwired.gwu.edu/gwellness/FitnessWellness/FitnessPrograms/SpecialityTraining/>.



WEIGHT ROOM ETIQUETTE



Patrick Rahim

It's ironic how lazy people can be when they work out. Unfortunately, this laziness is detrimental in a weight room. It can interrupt others workout or worse yet, put others in harms way. The weight room should be welcoming to all, not just the "gym-rats." Following are some rules that need to be reiterated and some suggestions to help maintain a pleasant and safe environment in the weight room.

**Footwear** - To ensure that you keep all of your toes and prevent any serious foot injury, keep your "dogs" covered up. Leave the flip-flops and/or other open toed footwear at home.

**Cleanliness** - Ringworm, staff infections, contact rashes, and other skin conditions can be caused from sweat being left on the equipment. Wiping the equipment down also helps maintain the upholstery of the equipment.

**Scent** - It goes without saying that one should be wearing deodorant to prevent the development of body odor that can occur over the course of a workout. However, too much of an applied scent can be just as disturbing to other's workout. Save the cologne and perfume for time outside of the Health and Wellness Center.

**Replace equipment (Dumbbells, barbells, plates, benches)** - It may seem courteous to leave weight on the bar or floor to allow easy access for your fellow patrons, but remember that not everyone may be as strong as you are. Removing and replacing all equipment not only welcomes all patrons to use the equipment but also removes the confusion of what equipment is being used or what is free. Also, a floor clear of weights and equipment allows for an efficient and safe flow of traffic through the facility.

**Don't Drop Weights** - Weights should only be dropped in an emergency situation. In any other case, if you can pick up the weight under control, you should be able to lower it under control. This will lengthen the life of the dumbbells, prevent serious injury (crushed fingers and/or toes), and is courteous to the other patrons.

Following these 5 guidelines isn't asking much and will result in a much more pleasant weight room experience for everyone.



Ethan Siegel

INTRAMURAL SPORTS: FALL '07

Looking for an exciting way to compete and have fun? Intramural (IM) sports offer multiple opportunities for you to get off the couch and into the game. This fall, IM sports offer the outdoor classic flag football played on the fields of West Potomac Park. Indoor sports include 6-on-6 soccer, 6-on-6 volleyball, wiffle ball, dodge ball, and 3-on-3 basketball. The ever-popular 5-on-5 basketball will be played on the Mount Vernon Campus for the first time ever.

If traditional athletics are not your fancy, IM sports is proud to announce the first annual hearts and chess tournaments. You may even want to try your luck at NFL

WORKING OUT: THE MORE, THE MERRIER?



Ginger Daniel

Some of us prefer to work out alone. We hop on our trusty treadmill or efficient elliptical machine for a half-hour of exercise, and we're good to go. Others prefer to take group exercise classes, whether its cardio classes like Kickboxing or Fast Blast, or "mind and body" classes like Pilates or yoga. Those loyal to the group exercise classes find working out alone boring. If you prefer to sweat it out on a machine, go for it and keep up the good work. If you are looking for something with a little more variety and excitement, here are some more reasons to try group exercise classes:

- 1. Great music** - either fast-paced music to get you pumped or mellow music to help you relax.
- 2. Feed off of others' energy** - in a group setting, a high energy group and instructor can boost your own mood; the calm presence of the group and instructor in a mind/body class can make you instantly calm.
- 3. No need to plan a workout** - the instructor does that for you. You just need to show up!
- 4. Variety** - the classes are always different, so you don't get bored with your workout and your body is constantly challenged with new exercises.
- 5. Workout with your friends** - rely on the buddy system to keep each other accountable and stick with your exercise program.
- 6. Gain knowledge about exercising in general** - instructors are very knowledgeable, in regards not only to that particular class but exercise in general. They'll make sure you're doing the exercises correctly, so it's like working out with a trainer!
- 7. Latest fitness trends** - you too can work out like Madonna and take Pilates, Jennifer Aniston and try yoga, or Lance Armstrong and try spinning.
- 8. Make new friends** - class sizes are usually around 20-30 people... enough said.
- 9. Establish a routine** - since the classes are on a schedule, just pick out the ones you like and make sure you get to them consistently.
- 10. Most importantly, when you enjoy whatever form of exercise, you're more likely to stick with it and stay healthy for life!**



fantasy football and college pick 'em. League winners of all tournaments receive the coveted IM sports championship t-shirt as well as a picture on the IM sports Web site.

So stop by the Campus Recreation office today to start a team or sign up as a free agent! All students with a valid GWORLD are welcome to play. Check us out online at <http://gwired.gwu.edu/gwellness/intramuralsports>.