

Sunshine

BY GINA EKMEKJIAN

Summer is finally here and the warm sunshine couldn't be more welcomed! This summer, don't forget the essentials of protecting your skin while soaking up the fun in the sun! Below are some useful factoids and tips to pull you up to speed on maintaining a healthy summer glow!

- No matter what skin type or ethnicity, everyone needs to use sunscreen to protect themselves from UV radiation.
- The Sun protection factor (SPF) is a number on a scale for rating sunscreens.
- SPF numbers on a package can range from as low as 2 to as high as 60. These numbers refer to the product's ability to screen or block out the sun's burning rays. Always use an SPF at least 15 or higher!
- The SPF rating is calculated by comparing the amount of time needed to produce sunburn on protected skin to the amount of time needed to cause sunburn on unprotected skin.
- Sunscreens are designed to aid the body's natural defense mechanisms in protecting against harmful UV radiation from the sun. They work by absorbing, reflecting or scattering the sun's rays on the skin. Higher SPF sunscreens offer greater protection from sunburn, which is caused mostly by UVB rays.
- UV radiation suppresses the body's immune responses that protect against and fight disease and infection. UV light interferes with the body's immunity, giving cancer cells the opportunity to grow. The development of a sunscreen that could prevent UV-induced immune suppression, often referred to as the immune protection factor (IPF) of sunscreen, is currently under development.
- There is research available now that shows that sunscreens are already providing protection against pre-cancers. One such study published by the New England Journal of Medicine shows that sunscreens prevent actinic keratosis, the earliest stage in the development of skin cancer.
- Here are some HOT tips: In addition to wearing sunscreen, and reapplying it every 2 hours, it is recommended that everyone be sun smart by following these sun protection guidelines:
 - *Seek shade whenever possible*
 - *Avoid outdoor activities between 10 a.m. and 4 p.m. when the sun's rays are the strongest*
 - *Follow the "Shadow Rule" - if your shadow is shorter than you are, the sun's damaging rays are at their strongest and you are likely to sunburn*
 - *Avoid tanning beds*

Sources:

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Party Smarty



BY ALEX PARR Somewhere on the list of everyone's goals over the summer is having fun. This includes meeting new people, trying new things, and attending social gatherings, a.k.a parties. For many, college is the first extended period of time spent away from parents and family and is the first time that you are living out on your own. This new lifestyle comes with plenty of freedom and many new responsibilities. Here are a couple of helpful tips on staying safe and healthy in the party scene.

- Never roam alone. It's easy to get lost in a city, and never a good idea to be by yourself on the streets late at night.
- Limit late night food intake. Every night out doesn't have to end with jumbo slice pizza. Try eating a small snack before you go out to help limit the craving for food at the end of the night.
- Limit alcohol intake. Although this seems like the most obvious way to party smart, it is often the most difficult to do. Keep track of how much, and what, you're drinking throughout the night and try to stay within the limits of what is safe. Drinking too much can lead to fighting, trips to the hospital or police station and other bad decisions.
- Keep an eye on your drinks. Never leave anything that's going into your body unattended.
- Exercise. Don't let your social lifestyle affect the rest of your life. You should still exercise and try to maintain healthy habits even during the summer months.

In the end, the key to being healthy with a social lifestyle is staying smart. Use your best judgment in all situations and have safe and smart fun!

Focus On FITNESS

SUMMER 2008

HOW TO
**CHOOSE
YOUR
PERSONAL
TRAINER**

**HOT
TIPS
FOR SOAKING
UP THE SUN
WHILE PROTECTING
YOUR SKIN**

**YOGA
@ HOME**

TIPS FOR GETTING STARTED INSIDE

**PARTY SMARTY
THIS SUMMER**

**BACK TO BASICS:
GROCERY SHOPPING 101**

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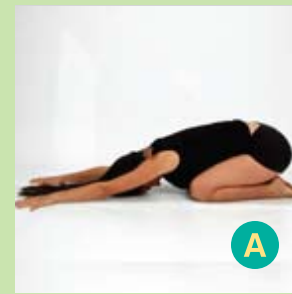
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The Pita Pit

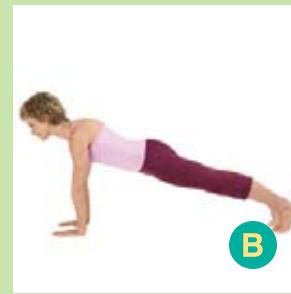
Build Your Home Yoga Practice

Have you ever wanted to practice yoga in the comfort of your home but didn't know where to start? Here are the poses and movements you need to know to perform your own at-home yoga routine. Once, you've familiarized yourself with each movement, try the simple flow sequence on your own.

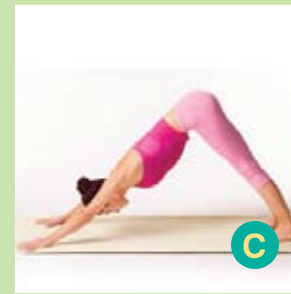
BY CAROLINA CAMARAO



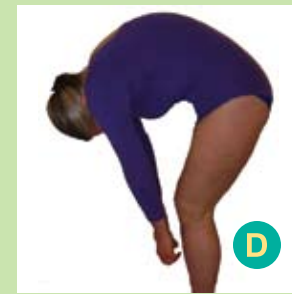
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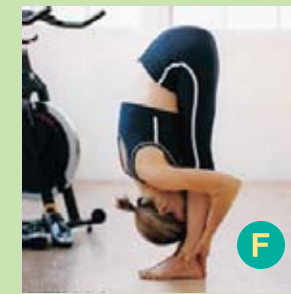
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G

A CHILD'S POSE (Balasana): let your knees open to the outside edges of your mat

B PLANK POSE: arms are extended out, perpendicular to the floor with a straight line from shoulders to heels. Draw the naval into the spine. Drop the base of the skull away from your shoulders and look straight down at the floor, keeping your neck and eyes soft

C DOWNWARD FACING DOG (Adho Mukha Svanasana): hold downward dog for 5 breaths then lift right leg (5 breaths), release, lift left leg (5 breaths), release, step forward, both feet at the front of your mat

D RAG DOLL POSE: drop the crown of your head to the mat and grab opposite elbow or allow arms to hang loosely toward the floor

E MOUNTAIN POSE (Tadasana): feet together, tail bone tucks under and navel pull in, reach arms to the sky and swan dive forward into forward bend

F STANDING FORWARD BEND (Uttanasana): hands reach down towards the mat

G PART WAY LIFT/ FLAT BACK (Ardha Uttanasana): lengthening the spine, crown of the head reaches forward, tail bone reaches back, then jump or step back into high plank, lower to low plank and come into updog

H FOUR LIMB STAFF POSE (Chaturanga Dandasana): lower into a low plank, elbows bent back hovering a few inches off the mat

I UPWARD FACING DOG (Urdhva Mukha Svanasana): shoulders down away from ears, thighs and glutes engaged knees off the mat, only thing touching the mat is the tops of your feet

J SEATED CHAIR POSE (Utkatasana): hips back, weight is in the heels, arms reaching up to the sky

K WARRIOR 1 (Virabhadrasana 1): from downward dog step your right foot forward through your hands into a lunge, back foot spins flat pressing the knife edge of your back foot into the mat; sink down into the lunge as deeply as possible without having the right knee extend over the right ankle; arms are extended up towards the sky and gaze is towards the front of the room

L WARRIOR 2 (Virabhadrasana 2): from warrior 1 open your arms extending one arm forward and one towards the back of the room, square the hips towards the wall instead of towards the front of the room; lunge as deeply as possible making sure the knee does not extend over the ankle

M REVERSE WARRIOR (Urdhva Virabhadrasana II): from warrior 2, maintain the lunge but extend the arm pointing towards the front of the room up to the sky and shift your gaze accordingly; to move from reverse warrior to chataranga, cartwheel your arms to the mat and extend your legs back behind you so that you are in high plank and then proceed through your vinyasa

N DOUBLE PIGEON (Agnistambhasana): cross your ankle over your heel, shins stacked reach your arms forward, repeat both sides

O SEATED FORWARD BEND (Paschimottasana): fold from lower back, keeping spine as straight as you can and grab onto your shins, ankles or toes.

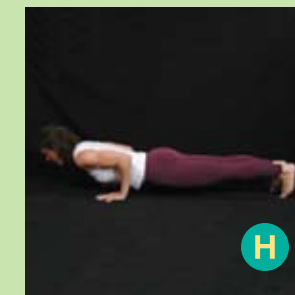
P CORPSE POSE (Savasana): lay all the way back, feet are splayed out and arms resting along side the body

Here's a simple sequence that can get you started.

- Warm-Up
- A Child's Pose
- B Plank Pose
- C Downward Facing Dog
- Part 1 (Repeat 5 times.)
- D Rag Doll Pose
- E Mountain Pose
- F Standing Forward Bend
- G Part Way Lift/ Flat Back
- B Plank Pose
- H Four Limb Staff Pose
- I Upward Facing Dog
- C Downward Facing Dog
- Part 2 (Repeat 5 times.)
- D Rag Doll Pose
- E Mountain Pose
- J Seated Chair Pose
- E Mountain Pose
- F Standing Forward Bend
- G Part Way Lift/ Flat Back
- B Plank Pose
- H Four Limb Staff Pose
- I Upward Facing Dog
- C Downward Facing Dog
- Part 3 (Repeat 3 times on each side.)
- K Warrior 1
- L Warrior 2
- M Reverse Warrior
- B Plank Pose
- H Four Limb Staff Pose
- I Upward Facing Dog
- C Downward Facing Dog
- Relaxing/Stretching
- N Double Pigeon Pose
- O Seated Forward Bend
- P Corpse Pose

After you complete this sequence 6 times, jump through your final downward facing dog into a seated position to start relaxation and stretching.

Rest here as long as you like!



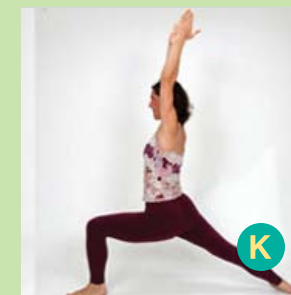
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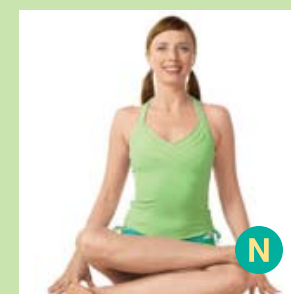
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Choosing a Personal Trainer

Choosing a personal trainer is like choosing a pair of pants: you want to make sure it's the right fit and will make you look and feel good. Every person is unique, so don't assume trainers are "one size fits all". **BY GINGER DANIEL**

- It's important that your personalities mesh; do you want a "fun" trainer who will talk and crack jokes during your workout, or do you want trainer who is more "serious" and will just get the job done?
- Training style: Ask your trainer what his/her training style is. What does the trainer emphasize during your workout (e.g. functional training, utilizing machines, circuit training)?
- Experience: If you're a beginner, you may not need someone with a ton of experience, but if you're an advanced athlete, you'll need a trainer who can make up a more specialized program to maximize your results.
- Goals: Choose a trainer who has experience with clients setting and meeting goals similar to yours (e.g. losing weight, building muscle, training for a triathlon).

Above all, your ideal trainer is one you can trust, communicate effectively with, and rely on for knowledge and support. Read the trainer bios featured online at <http://gwired.gwu.edu/gwllness>, at the Campus Recreation office, or in the fitness center display case to help you determine which trainer is best for you. You'll find a match in no time!

