

# Witness to fitness: healthy lifestyles help everyone

BY JOSH BALLARD  
STAFF WRITER

I weighed 317 pounds at the start of the summer. I'm not going to dance around that fact. I'm an awful dancer. Of course, I thought I would be awful at losing weight too.

However, over the summer I lost 30 pounds. Since I've been back at Guilford College I've lost 10 more.

"Not a single state in the union has an obesity rate of less than 20 percent," reported Time Magazine. "An Aug. 13 report from the Centers for Disease Control and Prevention found that more than a third of U.S. adults were obese in 2011."

I credit my initial weight gain in college not only to the typical "Freshman Fifteen" but also to a lack of self-control on my part. The gain continued for the next three semesters.

With summer on the horizon at the end of junior year, I decided I wanted to try losing weight. Walking to class from the North Apartments was starting to cramp my legs and wear me out. I had to force myself to walk up to the third floor of Duke Memorial Hall instead of riding the elevator. I knew then that I had to change.

It was not a fun transition.

However, a combination of determination, diet and a consistent workout schedule allowed me to lose the weight over the summer.

"Stay consistent and motivated, and always switch up your lifting schedule," said weightlifter and senior Lateef Mitchell. "Never compare yourself to people. Start at your own pace and move and work with your own regimen. When in the gym, don't get down on yourself because a guy's lifting 275 (pounds) and you may be lifting 135 — just use it as

motivation."

The next challenge was keeping it off when I got back to school. Luckily, Guilford has a lot to offer in the way of fitness-friendly areas.

"A good place that helps keep you fit besides the gym is probably the campus itself," said Mitchell. "Our campus is a good size to run or walk around, especially in the mornings. Intramural sports are also a good way to stay active and fit."

places like the Cafeteria and the Grill, but both facilities offer plenty of healthy alternatives.

Create a healthy sandwich filled with meat, cheese and veggies instead of picking up a greasy grilled cheese. Grab fruit instead of a bag of chips as a side.

You can even support the Guilford Farm by eating whatever vegetables they've made available to the Cafeteria. Make it a salad or put it on a sandwich, your choice.

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Lateef Mitchell, weightlifter and senior

The Guilford College Woods have an exercise trail perfect for walking or running, and the shade of the area keeps it cooler than if you were to walk on main campus grounds.

"I run in the woods two to three times per week, depending on the season and the weather," said senior Eamon Deeley-Wood. "As long as you are willing to stay active here, you can remain reasonably healthy."

You may be tempted to get quick and easy fried food at

At an on-campus seminar on weight loss on Sept. 13, Dr. Steve Willen spoke on dieting.

"All diets should help you lose weight," Willen said. "The challenge is to keep it off."

Here's hoping that I can keep it off, and if you're willing to try your hand at weight loss, good luck to you. You can do it.

"Remember: being fit can be fun," said Mitchell. "(It's) a hobby for some, and for others, a lifestyle."

## Down with the stigma: Active Minds fights back

### ACTIVE MINDS WORKS TO ERASE STIGMA, MENTAL ILLNESS STEREOTYPES

BY KATE GIBSON  
STAFF WRITER

Suicide is the second leading cause of death among college students, reported the American Psychological Association.

Depression affects one in 10 adults every year, according to the American Psychiatric Association.

Mental health challenges are "more common than people realize," said junior Chassidy Crump. "It's easy to feel like you're 'weird' or totally alone, and I like that Active Minds tries to tell people that this just isn't the case."

Crump is co-president of Active Minds at Guilford College, a club that promotes discussion of issues like eating disorders, stress, anxiety and depression. The club serves as an on-campus chapter of the national Active Minds organization.

"Active Minds is about erasing stigma, specifically stigma about mental health disorders," said Crump. "It's about letting people know that they aren't alone. It's also a way to spread awareness that someone you know and love could be going through this without you knowing."

"This club is important because it educates people," said sophomore Eli Cloonan, club treasurer. "It educates people that they can be biased and insensitive without realizing it."

Founded in 2010, this relatively young club is better known around campus for their "Pet Therapy" events, where local dog owners bring their pooches on

campus to interact with the community. The activity is a great way for students to relieve stress and spend time outside.

Last year, the club hosted a Midterm Stress Relief Fair in collaboration with the Counseling Center, complete with bouncy castles, back massages, crafts and yoga.

Active Minds also launched an on-campus PostSecret campaign last year, where students inscribed secrets on decorated index cards that were on display in Boren Lounge at the end of last semester.

"This club is still getting established on our campus, but already they have started to bring attention to mental health issues," said Director of Counseling and faculty advisor Gaither Terrell. "In time, I hope they'll be able to sponsor relevant speakers and host other events."

The club has big hopes for the future, like hosting a safeTALK workshop, which is a seminar that trains individuals to recognize the signs of suicide in their peers and connect troubled friends with life-saving resources.

"Of course, Active Minds seeks to do so many other things, but suicide prevention is definitely an important part of the greater organization's motivation, and it's a relevant issue for a college community like Guilford," said Crump.

Crump also looks forward to the new discussion format of the club's meetings. Every other week, the group will hold an open dialogue about a designated mental health issue where members can educate themselves and share personal anecdotes.

Cloonan feels that such discussion is crucial in the understanding of people who suffer from mental illnesses and eliminating the stigma.

After all, "People don't choose the chemical makeup of their brains," Cloonan said.



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