

# M E R E D I T H M E R A L D

Vol. 4 No. 12

Meredith College, Raleigh, NC 27611

November 22, 1988

## Dr. Bross Takes Meredith on "The Walk of Life"

by Krista Holloman

Dr. Cynthia J. Bross of the Physical Education department was the speaker at Convocation on Nov. 14. She discussed many aspects of health and fitness under the heading "The Walk of Life."

Convocation began with a small aerobic exercise of walking in place to music. "With every beat of the music you are becoming stronger and healthier," Dr. Bross encouraged her audience.

Dr. Bross told her listeners that there are psychological, social, physical, and spiritual benefits gained from total wellness. "Every day you exercise you become healthier and more satisfied with the way you look," she said.

Dr. Bross believes that stress is a threat to our health. Roommate problems, choosing a major, and concerns about failure cause stress. Stress is a cause of illness and disease. "Stress can control us or we can learn to control it," Dr. Bross stated. To relieve

stress, try deep breathing, stretching, exercising, imagery, or behavioral intervention.

Along with reducing stress, Dr. Bross believes that "exercise can make creative juices flow."

Quite a few large companies have begun to create exercise programs and facilities for their employees. The effects of such programs are improved employee morale, increased productivity, decreased medical bills, and insurance, and decreased absenteeism.

According to Dr. Bross, cholesterol is an enemy to a healthy body. The liver makes enough cholesterol for the body and eating junk food makes it produce more. Regular exercise, decreased alcohol consumption, not smoking, decreased caffeine, and stress management lower the body's cholesterol.

Dr. Bross also warned that people should watch their blood pressure.

120 over 80 is normal blood pressure for a college student, while 140 over 90 or 150 over 100 is considered hypertension.

"Choose an aerobic exercise you enjoy and make it your playtime," advised Dr. Bross. It is also suggested that one work within her own capabilities.

Each workout should have three segments: the warm-up, 3 to 5 minutes; the actual workout, 30-60 minutes; and the cool-down, 5-10 minutes.

Approximately 4000 people die each day of cardiovascular disease. It is the number one killer in the U.S. To reduce your chances of adding to that statistic, stop smoking, exercise, and watch your blood pressure, cholesterol intake, and weight.

In conclusion, Dr. Bross encouraged her audience in Jones Auditorium, "Add years to your life and life to your years."

## Meredith Offers Criminal Justice Program

by Susan Cartrette

Meredith students may now opt to participate in the Criminal Justice Program in addition to their major area of study.

Arranged similarly to the communications concentration, the program requirements cover a cross-section of material in the sociology and political science departments.

The overall schedule involves 21

hours, three of which are an internship. For internships, positions are available at the Women's Center and other places.

The program is conceived not as a certificate but rather that students will be educated about it. There is also a growing need for professionalism in the justice system.

If anyone is interested in learning more about this program, please contact Drs. Frazier and Zingraff, in the politics and sociology departments, respectively.

### Election Results

	President Electoral Votes	Poplar Votes	
Bush	426	54%	
Dukakis	112	46%	
<b>Governor</b>	<b>Secretary of State</b>		
Martin	56%	Edmisten	52%
Jordan	44%	Carrington	48%
<b>Lt. Governor</b>	<b>4th District U.S. House</b>		
Gardner	51%	Price	58%
Rand	49%	Fetzer	42%