

FOR YOUR HEALTH

Fitness, Health Tips: Getting In Shape

BY SHARONDA WILCOX
Staff Writer

This semester the News Argus will be featuring a Fitness and Health section. We hope to provide the student body as well as faculty and staff with helpful tips about keeping fit in '97.

Many people make New Year's Resolutions to improve their well being mentally and physically. And year after year at the top of everyone's lists is to get in shape. Many people start off fine in the beginning, but after failing to see any results, they eventually give up. The problem may be that the workout routine doesn't coincide with the individual's body make up.

There are three body types that humans fall under: endomorphs, mesomorphs, and ectomorphs. In order to get the best results out of your exercise

routine you need to know your body type.

Endomorphs - People who gain fat easily and have more curves.

Good Exercise Routines: Endomorphs need to burn excess calories and should start a cardiovascular activity that may include the following: cycling, treadmill, race walking, low impact aerobics or swimming for 30 to 45 minutes, three to five days a week.

Mesomorphs - People who are solidly built and have good muscle definition.

Good Exercise Routines: Use light weights and higher repetitions (10 -15 reps per weight workout).

Ectomorphs - People who are normally long and lean.

Good Exercise Routines: In order to work the heart muscles use weights to tone and engage in no more than 20

minutes of aerobics.

Many people may be a combination of all three of these body types, but make sure that you take on an exercise program that benefits your body type.

Tips on Exercising and Getting an Effective Workout

1. Always stretch before and after each workout! Warming up and stretching prepares the body for the workout ahead and allows the muscles to work effectively without putting a strain on them. Stretching after your workout helps prevent extreme soreness and cramping.

2. Wear clothing that doesn't restrict your movements. Lycra suits, breathable clothing and proper fitting sneakers help in getting a good workout.

3. An exercise program should include a three minute warm-up which includes: stretching, workout, cool down

and stretching again

4. Eat light an hour before your workout to prevent cramping.

5. Drink water before, during and after your workout.

6. No hats allowed during a workout (unless jogging or working out in cold weather).

Wearing a hat while exercising leads to dehydration because half of your body heat is released through the head.

7. **Don't Over Do It!** If you feel strained, stop immediately. You don't want to cause damage to any muscles.

8. Always consult a physician before starting any exercise or diet program.

Source: "In the Know" Try It Yourself Hair, April 1996.

Health Briefs

BAYLOR COLLEGE OF MEDICINE
News Release

Got a cold? Wash your hands?

"If you catch a cold remember to wash your hands a lot. Many colds result from rubbing the nose or eyes with fingers that have picked up a virus from hand-to-hand contact," said Dr. Robert E. Raket of Baylor College of Medicine in Houston.

When people with colds cough and sneeze into their hands and then touch objects at home, work or school or touch each other, they leave cold-causing viruses behind. Frequent hand washing can lessen this transmission. Disposable tissues can also be helpful in minimizing the spread of colds because they contain the germs expelled through coughing and sneezing.

Hold off on cereal for infants.

Parents eager to start their infants on solid foods may want to postpone the porridge for the time being.

A researcher suspects that introducing solids into the diet too soon could rob an infant of important minerals. "We know that infants can digest cereal relatively well as young as one month," said Dr. Robert Shulman of the USDA's Children's Nutrition Research Center at Baylor College of Medicine in Houston. "But the extra protein and calories contained in the cereal are lost in the stool."

Shulman also found that the stool of cereal-fed infants contains increased levels of nitrogen, a building block of protein.

New drug can treat glaucoma.

A drug called Iatanoprost may help thousands of glaucoma patients save their sight.

"The drug has been shown to have advantages over previously available medications," said Dr. Ronald Gross, an ophthalmologist at Baylor College of Medicine in Houston and one of the physicians who participated in clinical trials for the new drug. "It apparently has fewer side effects and patients need only one dose a day."

Nearly all other drugs used to treat glaucoma require two to four daily doses. Gross said dosage reduction can improve compliance.

Attention Prospective Teacher Education Majors:

The essay writing and personal interviews for prospective teacher education candidates will be held on the following dates:

Essay Writing (on Computers): February 25 - March 7, 1997

Personal Interviews: February 26 - 28, 1997

Students can sign-up for **Essay Writing and Personal Interviews** at the sign-up station (a table in the hallway) in front of 217 Anderson Center during the week of February 17 - 21, 1997.

For more information contact: Dr. Dorothy Singleton, in the Teacher Education Student Service Center

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