

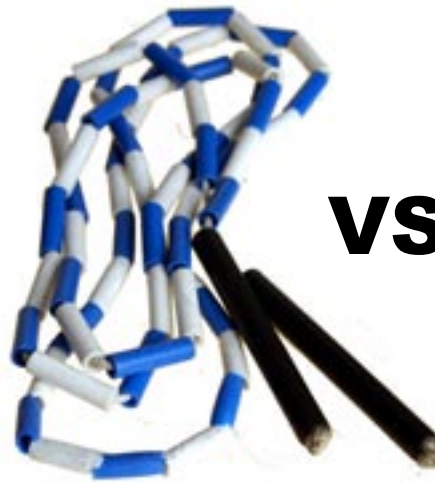
"Eat everything you want, no exercise required, just take this pill and watch the weight drop off your body. No more worrying and trying to diet, we have the perfect, new solution. One pill, every day, and the weight is gone."

**W**e get bombarded with advertisements everyday; some that sound all too wonderful. It is hard to tell between those that may work and those that are only for profit. Are there really any quick fixes? And if so, are they safe?

In the book, *Perspectives in Nutrition*, the authors have put together some guidelines to ask yourself when you hear, see, or read a weight-loss advertisement. Here are some tips to see if the product is even worth researching.

Examine:

- The background and credentials of the person or organization promoting the drug.
- The size of the group and duration of the experiment. The larger the group and the longer the test period lasts, the more dependable the findings.
- The source. A peer-reviewed journal is more accurate since specialists in that area read and approve them.
- Product labels. Be skeptical of any product promotion not clearly stated on a label.



**VS**



Beware of:

- Personal testimonials (this includes before and after pictures).
- Disreputable publication sources and bias against the medical community.
- Dramatic results.
- Lack of evidence from supporting studies made by other scientists.
- Claims to "cure" a disease or secret scientific breakthroughs.
- Discussions of advantages, but not disadvantages.

- Programs made for "everyone."
- Practitioners that prescribe mega-doses of vitamin and mineral supplements.

These tips are not an all-inclusive list, but they should help you to know what some of the warnings are. The most important things to do before buying or taking anything are: talk to your physician, research the product, and use common sense.

If the product looks too good to be true—it is!

## This Issue...

Spiritual Emotional Physical Intellectual Social

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## **Quick Facts**

How to Help Someone with Body Image Issues:

- Involve a professional or someone who can make resources available to you—a teacher, co-worker, ecclesiastical leader or healthcare professional.
- Learn as much as you can about eating disorders.
- Know the difference between fact and myth when dealing with someone who may be using inaccurate reasons for continuing the behavior.

- Don't judge.
- Be honest and open about your concerns.
- Don't be a pushover. Some may try to recruit you as a sympathizer in order to justify their cause. Caring for someone does not mean you should allow yourself to be manipulated.
- Give kudos to your friend for their accomplishments; remind them that beauty is more than "skin deep."
- Be an example of good eating and healthy exercise.



## Blazing Trails in Southeastern Idaho

The flowers are blooming, the grass is green, and summer is just around the corner. After a long winter it's time to get outdoors and enjoy the beautiful serene mountains that grace our skyline.

Not sure what to do? Hiking in the Tetons is a great and challenging way to get out and enjoy the natural wonders around us. It is important, however, to remember that hiking in the Tetons can be dangerous due to the rough conditions such as changing weather, steep trails, and high altitude. But don't let that discourage you; it's a great opportunity to take a day off of work, pack a picnic lunch and spend some time with your family or friends.

Just remember these tips while hiking in the wilderness:

- This is bear country. Avoid surprising bears by making noise as you hike.
- Carry plenty of drinking water.
- Be prepared for rapid weather changes; pack rain gear and extra clothing.
- Pace yourself; high elevation may cause breathing difficulties.
- Snow melts gradually, though it usually all melts by late July.
- Be careful crossing snowfields and streams.
- Tell someone where you are going and when you expect to return.
- Do not solo or off-trail hike.
- Check with a ranger for up-to-date information on trail conditions.

## Vehicle Emergency Kit

Traveling in a car can have some inherent risks, but you can do something to reduce those risks. For example, consider putting together your own on-the-road emergency kit to ensure good health and safety for yourself and your passengers. Simply follow these three steps:

1. Find or buy a waterproof sack to put everything in. It is also handy to have some of the supplies in smaller waterproof bags in case of a leak.
2. Consider purchasing or borrowing a cell phone (especially for the longer drives) in case of an unreliable vehicle. Keep a pad of paper and a pencil handy in case you need to write down a phone number or directions, etc.
3. Include the following supplies:
  - First Aid kit
  - Personal medicines
  - Bottled water
  - Diapers, if you have a baby
  - Car emergency kit
  - Flashlight
  - Whistle
  - Safety streamers or road cones
  - Cash

## Meditate to Alleviate

Meditation isn't the weird psychobabble we once thought it was. Many doctors say that meditation is a great way to relieve stress. Holistic.com says "more and more doctors [prescribe] meditations as a way to lower blood pressure, help people with asthma breathe easier, relieve insomnia" and balance a person's emotional, physical and mental states.

Here are just a few steps to help you relax your mind and body so that you can feel happier and calmer especially during those times you are taking tests or dealing with family situations and students.

First, begin by taking 10-15 minutes out of your day to relax and lower your emotional stress level. Tobin Blake, author of *The Power of Stillness*, recommends learning visualization and breathing techniques.

Visualization techniques:

1. Sit in a comfortable position with your back well supported.
2. Take 3 deep breathes exhaling completely on the way out.
3. Begin to slowly visualize every muscle in your body beginning to relax and become loose. Start with your hands, face, neck, shoulders, arms, legs and feet then slowly let your eyes close. You should feel much more relaxed and your heart rate should begin to drop.
4. Visualize calming places or you can even

listen to quite, relaxing music.

Breathing techniques (which you can do anywhere):

1. Slowly breathe in through the nose and out through the mouth.
2. Relax the rest of your body while your breathing becomes more rhythmic.

These techniques help your mind concentrate on simpler things and slow your heartbeat. The ability to relax and lower your blood pressure improves your concentration and performance during those especially crucial time periods.



## Exercise Stress Away

**F**eel like your life is out of control? Maybe your mind is cluttered by the events in your life and you feel it negatively affects your ability to perform tasks?

If this is the case, try exercise. It is a great way to release stress and relieve negative energy. You will feel more in control of your life.

Exercise is usually seen as a physical benefit to your body but it also has emotional benefits. Interestingly, exercise

and stress cause similar effects in the body: your heart rate increases, you breathe more deeply, and your muscles contract. This is known as the fight-or-flight response.

Though it causes similar effects to your body, exercise can provide relief because it returns the body to homeostasis, or your body's natural equilibrium. Through exercise the body rids itself of the byproducts of stress like tension.

Some activities that you could try for relieving stress include:

- Jogging
- Racquet ball
- Swimming
- Bicycling

Just make sure you enjoy the activity and feel some satisfaction when you finish. Doing something fun will help relax your body and help you to feel emotionally prepared for all that you do.

## Outdoor Resource Center

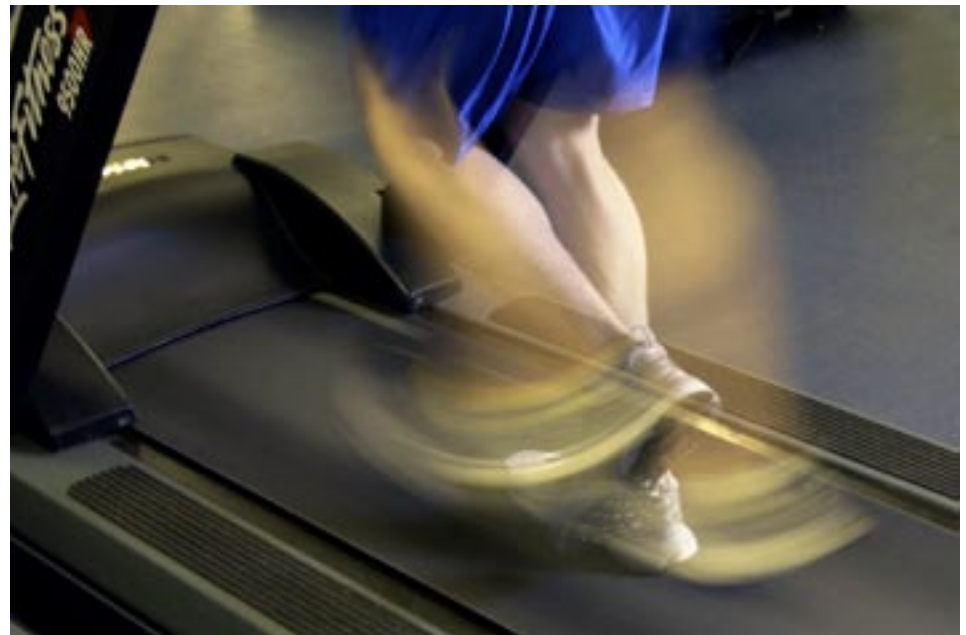
Serving Size: unlimited

Item	\$ Rental*
Canoe Package	\$12.00
Climbing Harness	\$6.00
Climbing/Caving Helmet	\$3.00
Climbing Shoes	\$5.00
Flag Football	\$10.00
Headlamp	\$2.00
Kayak Inflatable	\$20.00
Kayak Paddle	\$4.00
Kayak Tandem	\$25.00
Kayak White Water	\$20.00
Life Jacket	\$5.00
Life Jacket Youth	\$2.50
Mountain Bike	\$15.00
Oars	\$8.00
Rafts	\$60.00
Tandem Bike	\$15.00
Tent	\$10.00
Tug O' War Rope	\$6.00

### Store Hours

Monday - Friday	•	9:00 a.m. to 6:00 p.m.
Saturdays	•	8:00 a.m. to 5:00 p.m.

\*All rental prices are subject to change. Contact the Outdoor Resource Center at 496-2100 for current pricing information.



## The Principle of Short-Term and Long-Term Learning

**T**o achieve a long-term memory of new material learned, reciting or re-writing are some of the most effective methods. Reciting or rewriting new material holds that material for the four or five seconds which allows information to be moved from the short-term (primary) to the long-term memory. Neuroscientists believe that the few minutes it takes to review or think about what you are learning is the necessary time allotted to develop, "a lasting and more easily retrievable memory."

To help retain new material:

- Rewrite or recite until you understand it.
- Learn it the first time.
- Evaluate. Agree, disagree, or relate with the information presented.

Recitation is the method of transferring material from the primary (short-term) memory to the long-term memory. In repeating information there are three forms, listed from least effective to most effective:

- Thinking about it
- Writing it out
- Saying it out loud
- Take notes and then review it out loud later.

As a student, a main focus is to retain what has been previously learned and continue to learn new concepts and ideas. Possible obstacles that interfere with remembering may be caused by fatigue, the loss of interest (boredom), or ineffective study habits. There is always room for improvement in retention and practice.

## How Much Exercise Do You Really Need?

What ever happened to, "Get some exercise every day because it's good for you?" You hardly ever hear that anymore. Instead, we now hear about "Revolutionary, breakthroughs" that allow you to train once a week and presto!—overnight muscle and instant abs!

We also hear advice and instruction:

- "Don't do too much cardio, or you'll lose your muscle and get weaker."
- "Watch out for catabolism, and beware of cortisol!"

Though there might be some true and sensible advice in there, whatever happened to exercising everyday because it's good for you?

Do you remember when fitness trainers used to recommend daily exercise? Have you noticed the "Achieve more by doing less" theme getting worse these days? (and being taken to ridiculous extremes?) Have you noticed that a tiny core of fitness professionals still promote daily exercise, but their voices are seldom heard today amidst the marketing cries of 21<sup>st</sup> century Madison Avenue and slick, big-city publishers? People *do* judge a book by its cover and publishers know that. Typical magazine articles and books in the health and fitness section today have titles that sound like this:

- Massive muscles in minutes
- A few minutes in the morning
- The "indulge" program: Enjoy delicious dishes while losing all the weight you want, without exercise
- The power of one: How to transform your body and your life with one workout a week

All of these pitches appeal to your lazy side. Inside, the authors coddle you like a helpless infant, saying, "Poor baby, it's not your fault, we understand. We know you don't have any time. Don't worry; *of course* you don't have to work out for hours and hours. Awwwww. There now. Working out too much is bad for you anyway—it breaks down muscle, suppresses your immune system, causes oxidative damage and releases cortisol. Follow our easy 5-minute program and you'll be just fine."

With all of this going on, do you think it's a coincidence that obesity is at an all

## BYU-Idaho Personal Trainer: Breathing

Most of us simply don't breathe deeply enough. Breathing using all four stages (inhaling, full pause, exhaling, and empty pause) helps increase oxygen in the blood. The more oxygen in your blood,



the less fatigued and more mentally alert you are.

There is a strong connection between respiration and one's mental state, so it is obviously beneficial for everyone to start working with their breathing.

Shallow breathing does not exercise the diaphragm and lungs enough, and most people only use a small portion of their lung capacity. Whether or not you are an athlete, you will see many benefits, including increased mental alertness and a reduction in stress, if you can learn to breath properly.

Breathing properly is so vital to decreasing stress and promoting proper physical stamina and development, that you would think that more people would practice it. It is simple knowledge like this that can keep you fit and healthy for a long time.

So, why not try it: Inhale completely, then pause fully. Exhale and pause while your lungs are empty. You probably feel better already.

time high, rising in lockstep with these lackadaisical attitudes?

Even with all these "new" exercise programs, training routines, scientific "breakthroughs," diets, books, websites, and of course, all the "cutting edge" supplements, Americans are fatter and less healthier than ever before! And other countries are not far behind.

Human beings are capable of reaching breathtaking heights, but they also have a lazy side hard-wired into their natures. We need a push to overcome inertia. We need motivation. We need to be inspired to look up and reach for the stars instead of settling for what we are now.

And currently, the very diet and fitness industries that are supposed to be helping and motivating us are actually making it worse with silly promises made for getting the sale and appealing to our inherent slothfulness.

Just how far has this down-sizing of

exercise trend gone? All the way to zero in some cases: Some "experts" tell you that you don't need *any* exercise at all: "Just take this youth-restoring hormone therapy, a once per week injection, rub on some crème, take a handful of pills, get a nip here and a tuck there, have some fat suctioned, drink a few specially formulated shakes three times a day, eat these special foods, staple the stomach, stick on a patch, and there you have it: A perfect body without almost no energy expenditure!"

Many people who have been struggling with weight loss want to believe these claims so desperately, they take the bait every time, even when it sounds too good to be true and defies common sense. But think about it like this: The human body-mind is the most remarkable creation in the universe and it was designed and engineered to be used often and vigorously. Your body is begging for daily exercise.



# Thymes & Seasons

## Great Recipes for Summer Snacking

Summer is for snacking. Most appetites decrease during hot months, and it goes without saying that cooking isn't high on anyone's priority list.

These healthy, cool snack recipes need minimal cooking. Storing them in the

pantry, fridge or freezer is a great way to avoid running out to for fast food.

Besides, by making the recipes yourself you get to control the foods your kids eat! Children should have light snacks between meals, so offering delicious, healthy snacks

is a great way to add to their nutrient intake during the day. And kids just love dips. Whether you serve a dip for fruits or veggies, your kids will gobble them up!

Try serving a dinner of just fresh fruits, veggies, and two kinds of dip.

*Recipes from <http://busycooks.about.com/od/summerrecipesandmenus>*

### Spinach Pesto Spread

This spread recipe will last for several days in your refrigerator. It makes a fabulous sandwich spread with some fresh summer tomatoes and crusty bread or pita bread. Or combine it with some sour cream or mayonnaise for a healthy vegetable dip recipe.

#### INGREDIENTS:

9 oz. pkg. frozen chopped spinach, thawed  
1 cup grated Parmesan cheese  
1/4 cup fresh basil leaves  
2 garlic cloves  
3/4 cup olive oil  
2 Tbsp. lemon juice

#### PREPARATION:

Drain thawed spinach well by pressing into a strainer until most liquid is removed. Combine spinach with cheese, basil, and garlic in food processor until mixed. With machine running, gradually add olive oil, a little at a time through feed tube, until a thick paste forms.

Stir in lemon juice, cover, then store in refrigerator. Serve as appetizer dip with crudites and french bread, or as a sandwich spread. Serves 8-10

### Gingery Fruit Dip

Dips don't have to be savory! Vary your offerings by making this sweet dip to be served with fresh fruits.

#### INGREDIENTS:

3 oz. pkg. instant vanilla pudding mix  
1-1/2 cups whole milk  
6 oz. can frozen orange juice concentrate, thawed  
1/3 cup sour cream  
1/8 tsp. ground ginger

#### PREPARATION:

Combine pudding mix, milk and orange juice concentrate in a small bowl and mix well with wire whisk or eggbeater for 1 minute. Stir in sour cream and ginger.

Chill several hours to blend flavors. Serve with fresh fruit for dipping.

### Hummus

You can find tahini in most supermarkets in the ethnic foods aisle.

#### INGREDIENTS:

15 oz. can garbanzo beans (chickpeas) drained, reserving 1/3 cup liquid  
3 Tbsp lemon juice  
1/2 cup tahini (sesame seed paste)  
1 clove garlic, minced, or 4 cloves roasted garlic, mashed  
1/2 tsp salt  
1/8 tsp white pepper

#### PREPARATION:

Mash beans and blend with lemon juice, tahini, garlic and salt. The texture of the finished dip is up to you—make it totally smooth or leave some beans unmashed for more texture.

Serve with raw vegetables, pita crisps, crisp crackers or French bread slices.

## BYU–Idaho Wellness Center

Located: Hart 152

Hours: Mon/Wed 1:00 - 6:00 p.m.; Tue 8:00 - 11:00 a.m., 3:00 - 6:00 p.m.;

Thu 9:00 a.m. - 12:00, 3:00 - 6:00 p.m.; Closed Friday

Phone: (208) 496-3046; e-mail: [wellness@byui.edu](mailto:wellness@byui.edu)

## Reading Comprehension Tips

You know the feeling: you've read a page of context and suddenly realize you have no idea what you just read. Then you have to re-read it. Perhaps you've even gotten lost over the wordiness of a text. To understand what you are reading, it may help to know some essential reading comprehension tips.

1. Learn new vocabulary. Try a word of the day, using it in conversation throughout the day. Try reading more difficult text or play scrabble.
2. Let the text's structure guide your reading. Pay attention to headings, subtitles, and sentence structure. This will help you navigate through your reading.

3. Know your learning style. Find different methods that work for you: take notes, scan, reread, use repetition, or even question and answer style studying.



4. Ask yourself questions about the text. Write them down and then answer them.
5. Read aloud. Reading aloud helps you focus on the reading. Put a personal-ity in your voice and you will grasp the content better.
6. Remove distractions. Try this experiment: keep a tally of all the times you are distracted while you read. You will progressively get fewer tallies as you realize and eliminate what it is that distracts you.
7. Keep reading. Practice makes perfect. It's enjoyable, educational, and worthwhile.

## The Long Arm of Service

People the world over search for the key ingredient to a happy, satisfying, and fulfilling life. While many search through myriads of self-help books and tapes, the answer is service.

President Ezra Taft Benson said, "If you would find yourself, learn to deny yourself for the blessing of others. Forget yourself and find someone who needs your service, and you will discover the secret to the

happy, fulfilled life."

It is human nature to always be looking for something bigger and better than what we already have. We need to be careful where we find that satisfaction. Elder Derek A. Cuthbert of the Seventy said, "Service helps us establish true values and priorities by distinguishing between the worth of material things that pass, and those things of lasting, even eternal, value."

Our world is increasingly based on the material. The media constantly bombards us with commercials, billboards, and magazine ads promoting products that appear to bring happiness. However, as members of the Church, we know that we cannot purchase happiness. True happiness is found not from things but from actions.

Service is a deed that must become a habit. Elder Cuthbert stated, "Wise parents will provide service opportunities in the home for their children from an early age. Growing up with this tradition will blossom into community service and Church service. It will develop a spirit of volunteerism in a world where people more often ask, "What's in it for me?" Service begins with the individual and will stem out to families, communities, nations, and the world.



**FACT or FICTION:** Spot exercising will burn fat from specific areas.

**Fiction:** One of the most common exercise myths is that you can reduce fat from specific parts of your body, such as your thighs, buttocks, or stomach. The truth is that fat cannot be burned from specific body parts. Fat is stored throughout the body and exercise will use fat from different areas and not necessarily the part you are working on. The best way to reduce body fat is through a consistent routine of cardiovascular exercise, strength training and stretching. The following tips can help you stay motivated:

- Set simple achievable goals. Start slow and progress your workout gradually.
- Choose a workout that fits your lifestyle.
- Do things that you enjoy doing, and do it in groups; good companionship is a great motivator.
- Add some variety.
- Track your progress. Tracking your progress and how you felt will help you achieve the progress you desire.
- Reward yourself. After a good workout session, sit down and relax, spend some time by yourself.

External rewards for accomplishing your goals are motivating too, such as new shoes or a new music CD.