

SPIRITUAL

SOCIAL

PHYSICAL

EMOTIONAL

INTELLECTUAL



Taking Time For You

In your pursuit of happiness what have you discovered about yourself? Do you feel like you are in charge of the direction your life takes? NBA champ Michael Jordan said, "Some people want it to happen, some wish it would happen, others make it happen." Creating a bucket list can help you prioritize all the things you have always wanted to do. Today can be the day your wishes become reality. Today can be the beginning of the rest of your life, and your bucket list can be the guide that ensures finding joy in the things that you value most.

How to Write A Bucket List

Where have you always wanted to go? What foods are you eager to try? What have you always wanted to see? Bring some excitement into your life by being spontaneous. Get a pen and paper and write the answers to these and other questions. You might write something like this:

1. Hike "R" mountain to see the sunset
2. Try food from a foreign culture
3. Watch the stars through the sun roof of a heated car
4. Make s'mores using a lighter, teddy grahams, and mini marshmallows
5. Talk to someone new in one of your classes
6. Apply for a study-abroad program
7. Take a 15 hour drive with a few friends to Mexicali and soak up the sun on a beach
8. Learn how to surf
9. Cook dinner for a friend
10. Share the gospel with an old friend from high school

Ignite Curiosity from Within

Take a deep breath. Know that at end of the day you are in charge of your happiness. Laugh a little more, smile at a stranger, hug a little longer and seize the day.

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Need A Brain Boost?



Want to boost your brain power? What about prevent cancer, chronic bronchitis, or osteoporosis? Take a second look at the seafood menu the next time you go out to eat, and add fish to your grocery list.

Disease Prevention

Did you know that fish is one of the best sources of omega-3 fatty acids? Omega-3 fatty acids reduce the inflammatory processes in your body that lead to diseases and chronic conditions. That's why they are a great protection from cardio disease, cancer, asthma, depression and rheumatoid arthritis. Bring on the omega-3s!

Brain Power

Omega-3 fatty acids are prevalent in fatty layers of cold-water fish and shellfish, as well as plant and nut oils, flaxseed, algae oils, and some fortified foods. According to an article on WebMD, by eating fish two times a week, in addition to preventing diseases, you are boosting your brain power. Omega-3 fatty acids are one the most prevalent fatty acids found in the brain, which means the more you consume, the more power you are adding to your brain. Research has proven that those who eat fish of any kind are two to three times less likely to do poorly on exams.

Cautions

Not all fish are full of these nutrients. Farmed fish—which are fed, chopped up fish—like tilapia, have higher levels of contaminants. Wild fish, however, eat other fish that have consumed algae, which is a great source of omega-3s.

Follow this list when buying fish:

- canned light tuna
- catfish
- pollock
- salmon, especially wild salmon
- shrimp

Parmesan Crusted Pollock

25 Minutes to Prepare and Cook, Serves 2

Ingredients:

Pollock (2 filets, about 4 oz each)

2TbIs Grated Parmesan

2TbIs Seasoned Bread Crumbs

2TbIs Light Miracle Whip

Directions:

Preheat oven to 425.

Line baking sheet with foil sprayed with non-stick cooking spray. Pat filets dry, spread both sides with miracle whip.

In bowl mix parmesan and bread crumbs together. Sprinkle cheese/crumb mixture over fish, bake for 15-20 minutes until golden brown. Enjoy!

Enough to Spare for Africa

One of the purest forms of charity is doing something for someone they can't do for themselves.

Where it Begins

David Piggott, a professor of African History at BYU-I, does just that—in Africa. According to Brother Piggott, 32 million Africans can't pay for primary education and 20% of them go hungry on a regular basis. "They would die for the stuff we throw away or send to the D.I.," Piggott says.

In his travels to Africa in 2005 and 2007, Piggott witnessed some areas with living conditions that were filthy and infested. He also saw the desperation of daily starvation, and unchecked violence. Consequently, in 2008, he and his wife founded the non-profit charity organization, Enough to Spare. Those interested in learning more or donating may visit: www.enoughtospare.org.

How it's Done

Enough to Spare organizes funds that enable African children and teens to attend school. Education is key in ending the cycle of poverty. In 2008, the organization sent 14 students to school. Last year, it sent 25 students to high school and four to elementary school. Each year, the numbers increase. Next year's goal? 30 to 40 students.

\$300 a year will send one student to school. 100% of the donations go to the student's education. Piggott wires tuition once a year directly to schools in Uganda. \$300 not only provides an education, but a safe place to live and food too.

"It's amazing how technology allows us to help those on the other side of the globe," Piggott says. Piggott uses the foundation's website and PayPal account to educate others and provide an opportunity to donate.



Why it's Done

The foundation's name, Enough to Spare, comes from section 104 of the Doctrine and Covenants, which teaches about the redistribution of wealth. Piggott says, "I firmly believe the Lord is going to call us on the carpet and ask, 'What did you do with the wealth I gave you?' He's not going to be impressed with your house on Lake Powell or your daughter's \$40,000 wedding."

Did You Know?

Married students with kids can still have fun while going to school. With a little research and planning, you can get out of the house. Whether it's going to an intramural sport or having a picnic in the gardens, you can find activities everyone enjoys. Consider the following activity for you and your family:

Grow a Family Garden – Married students have the opportunity to have a garden plot on campus. Family gardens cut the grocery bill and provide an activity everyone can do together. Check out more information about married student activities at:
<http://activities.byui.edu/married/default.htm>.



Increase Metabolism, Lose Weight

School is crazy busy, cinnamon rolls sound really good lately and you can barely find time to go to the gym once a week. How are you going to trim up for the upcoming spring season? Review the following information provided by health experts on WebMD and reviewed by Brunilda Nazario, MD to learn how to boost your metabolism:

1. Build more muscle. People with more muscle have a higher resting metabolic rate, because each pound of muscle in their body burns six calories a day, as opposed to the two calories a day that fat burns. Resistance training activates almost all the muscles in your body, which increases your metabolism. More muscle equals more calories burned.

2. Avoid “feasting.” Eat more often throughout the day. Do not overeat. Eating a really big meal with several hours in between your next meal trains your metabolism to slow down. If you eat lightly every three to four hours, it keeps your metabolism in gear, which then helps you burn more calories throughout the day.

3. Eat more protein. When your body digests protein, it burns twice as many calories as it does when burning carbohydrates or fat. Eating foods rich in protein helps jump-start your metabolism when you're eating a meal. Look in the sidebar for high-protein foods next time you go grocery shopping and for additional ways to boost your metabolism.

Additional Tips for Increasing Your Metabolism:

1. Get your heart pumping fast.
2. Drink more water.
3. Add ice to your water.
4. Add spices to your food.
5. Avoid crash diets.
6. Stay active.

Buy these high-protein foods:

- | | |
|--------------|---------------------------|
| 1. lean beef | 6.nuts |
| 2. pork | 7. beans |
| 3. fish | 8. eggs |
| 4. chicken | 9. low-fat dairy products |
| 5. tofu | |

What Are Your Fitness Needs?

Staying fit as a busy college student is hard. You have hours of class and homework, and you don't even know your specific fitness needs anyway. Putting off fitness concerns until graduation is tempting and easy. But did you know that BYU-Idaho's Wellness Center offers services to help you understand your fitness needs? The following are just a few of these services:



Fitness Assessment

The Wellness Center offers a free complete physical fitness assessment. This assessment includes an exercise test, a muscle fitness test, a body composition test, and a flexibility test. You will also receive information about your blood pressure, heart rate, body mass index and waist to hip ratio. An appointment is required, and the assessment usually takes about an hour.

Blood Analysis

If you want to go beyond a physical fitness assessment, you can have your blood analyzed through a quick finger prick. This requires a separate appointment and takes about 15 minutes. They will analyze your LDL and HDL cholesterol levels, your triglyceride levels, and your glucose levels. There is a \$15 fee for the service, but this is comparatively inexpensive.

Walk-ins

If you don't have time for a full fitness assessment, you can test your blood pressure, heart rate, body fat percentage, body mass index, flexibility, or waist to hip ratio separately. These individual services do not require an appointment and they take only a few minutes each. Visit the Wellness Center today and take steps to a healthier you.

Wellness Center

Hart 152
 Monday–Thursday 8 a.m.–6 p.m.
 Friday 9 a.m.–4p.m.
 208.496.3046

The Real Face of Codependency

Narcissistic. Paranoid. Déjà vu. Closure. Like other psychology terms, codependent has been adopted from the sciences into daily speech. But is it really what we think it is?

What Causes Codependency?

The Britannica Encyclopedia of Psychology clarifies that codependency is not a formal diagnosis. Codependency is a syndrome that can stem from:

- Being a child or spouse of an alcoholic or drug addict
- Growing up in a home where needs for affection were not met
- Being sexually, verbally, or physically abused as a child

The Signs of Codependency

- Extremely low self-esteem
- Unreasonably high need for approval and affection
- Self validation based solely upon others
- Ignoring of personal needs
- Repeated unstable or abusive relationships
- Denial of family problems
- Feelings of emptiness if not needed by another

What It's Not

Sometimes popular culture depicts codependency as something it's not. You are not necessarily codependent if you:

- Crave the attention of others
- Are "needy" in a relationship
- Obsess over an individual

Professional Analysis & Healing

If you think you may have codependency, counseling is available on the 2nd floor of BYU-Idaho's Health Center, located next to the Hinckley. Appointments can be made by calling 208. 496.9330 Monday- Friday 8 a.m. - 5 p.m.

If you prefer self help, the McKay Library has several resources such as Hold on to Hope: Suggestions for LDS Codependents, located on the 1st floor, call number: BV4596.C57 H65 1993.

Swimming for Health

Need a boost to your usual exercise routine? Don't overlook a workout in the pool. Many of today's workouts focus on weight training, dancing and intense cardio. However, Mathew Luebbers, a professional swim coach who trains champion and record-setting swimmers, says swimming offers much more than a good workout. Some surprising benefits are:

Physical- Swimming develops and strengthens each major muscle group, improves cardiovascular fitness and increases overall physical endurance.

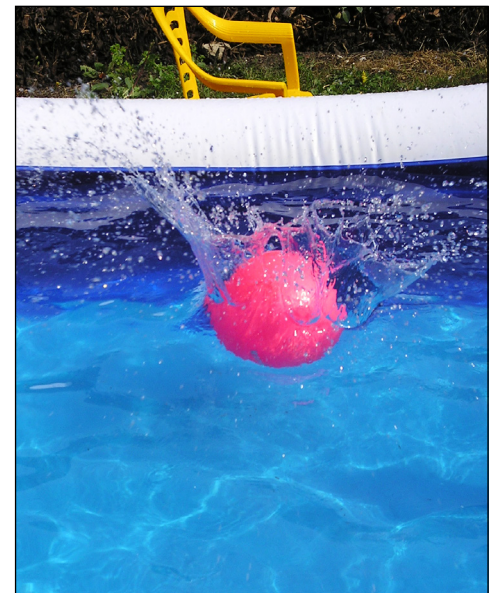
After an intense workout, swimming a few laps gives you a relaxing cool-down as you glide through the water. It also moves blood through your muscles, helping them recover from your workout.

Psychological- Swimming allows your mind to wander, focusing on nothing but the rhythm of your strokes. This is a form of meditation. You'll leave your water session refreshed and ready to go on with the rest of the day.

Social- Avid swimmers develop life skills such as: sportsmanship, time-management, self-discipline, goal-setting, and an increased sense of self-worth.

Medical- Chlorinated water kills the bacteria and microorganisms that cause acne and it eliminates extra oils the body produces.

Reap the benefits of water and go for a swim today. For a schedule of open swim hours visit: <http://www.byui.edu/hartbuilding/Pool.htm>.



BYU-Idaho on Wellness is a student project produced in cooperation with the BYU-Idaho Wellness Committee and the Departments of Health Science and English. For sources, subscriptions or other information, contact Philip Crane at 208.496.7421. You can also find us online at www.byui.edu/CampusWellness.

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