

Developing both spiritual, physical fitness

We have only one body, and we should keep it fit to assist in building God's kingdom and to live a healthy and happy life. The body and spirit are intimately connected. Both grow together. We cannot develop one without the other. When we balance our spiritual and physical fitness, we are better able to handle our daily challenges. One way we can become spiritually fit is to pray often. Prayer is our way of communicating with God, and He commands us to pray always.

In "Using the Supernal Gift of Prayer," Elder Richard G. Scott counseled us to "pray even when [we] have no desire to pray." As we pray and follow Elder Scott's counsel, we will grow spiritually through drawing closer to God. Our ability to more fully keep the commandments will increase. One such commandment is the Word of Wisdom, which will allow us to grow both spiritually and physically. There are also other ways to become

spiritually fit. Below are four things we can do to increase our spiritual fitness:

- Read our scriptures daily
- Partake of the sacrament worthily
- Attend our meetings and the temple
- Heed spiritual promptings

As we develop both our spiritual and physical fitness, we will lead healthier and happier lives. And we will gain greater strength to overcome the trials we face.

Benefits of running outdoors

It's spring, and the Rexburg weather is starting to show signs that it is safe to go outdoors. Nicer weather brings the question, should you stick to the treadmill or run outside? While the treadmill is preferable for much of the year in cold Rexburg, there are added benefits to outdoor running.



Burns More Calories

Running outside takes more work. According to an article in the *New York Times*, running outside can burn up to 5% more calories than running on a treadmill. The wind resistance you encounter while running outside results in the burning of more calories.

According to *Runningplanet.com*, wind resistance can increase your exertion from anywhere between two and ten percent. While running in wind can be difficult, just keep in mind that the added work means a better workout.

Running outside burns more calories and takes more energy from your legs and feet as it does not have the aid of the treadmill.

Improves Your Mood

The best benefit of running outside is that

the outdoors makes you happy. A heightened mood is beneficial to your overall physical and emotional well-being.

According to a study published in *Environmental Science and Technology*, people who exercise outside see improved self-esteem and mood. Next time you are overwhelmed, instead of reaching for that bag of cookies to fight your stress, try running outside.

So go ahead. Ditch the gym and hit the outdoor track. Doing so will give you a better exercise by burning more calories, and you will feel better when you are done.

Featured Recipe



Fried Rice

- 4+ cups steamed rice
- 1 onion
- 1 package frozen mixed vegetables
- 1 or 2 cups cubed meat (ham or chicken)
- 4 tbs. soy sauce
- 3 eggs
- 1 tbs. sesame oil (optional)
- 1 cup water
- 3 cloves minced garlic

Sauté chopped onion and meat with salt and pepper to taste. Add frozen vegetables with water. Cover and steam until thoroughly warm. Add soy sauce, sesame oil, and garlic. Add rice. Cover and heat thoroughly. Crack three eggs over the entire mixture and stir. Cook until the liquids are soaked up and the rice begins to brown a little on the pan.

BYU-Idaho Wellness Center

The BYU-Idaho Wellness Center promotes health and wellness among the entire BYU-Idaho community through preventative, therapeutic, and health care services.

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on Wellness

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Outdoor activities offered near Rexburg

BYU-Idaho students complaining of boredom—this is one of the most common noises in Rexburg. The typical cries include, "There's nothing to do in Rexburg," "At home I can . . ." and "What do people do around here?"

Although these frequent complaints are annoying and unimaginative, they do convey a grain of truth: Rexburg does not have the same recreational options of an urban center.

The major keys of having fun in Rexburg are about simple creativity and exploration.

This city is a hub of outdoor recreation. In the winter, Rexburg is an easy trip away from four major ski resorts (Grand Targhee, Jackson Hole, Sun Valley, and Big Sky).

In the summer, recreation opportunities include hiking, boating, picnicking, biking, caving, outdoor rock climbing, sightseeing, four-wheeling, swimming, bridge jumping, and more.

However, it is fairly common for BYU-Idaho

students to never even visit recreational areas as close as the St. Anthony Sand Dunes or even "R" Mountain.

If you're willing to drive a little further, Cascade Corner is well worth the trip. A little-known area of Yellowstone National Park, Cascade Corner is the closest and, during the summer, most accessible part of the park for BYU-Idaho students. The geysers and bison that are typical in the rest of Yellowstone aren't prevalent here, but neither is the entrance fee.

Cascade Corner features hikes, picnic grounds, many waterfalls, and some wildlife that is uncommon in the rest of the park.

Union Falls is one of the most beautiful waterfalls in the park, and the nearby hot spring creates an ideal spot to sit back and relax.

Going to Cascade Corner is an excellent way to escape the pressures of school and work for a Saturday and enjoy some of the natural wonders that this area has in abundance. Fresh

air, pristine silence, and natural beauty are common staples of the area.

To fully enjoy your experience in Rexburg, you may just want to escape Rexburg from time to time. Drive away from town in almost any direction and you are sure to find something fun and entertaining. Plus, the noises you'll hear will be the sounds of wildlife and waterfalls instead of the incessant chirping of "I'm bored."

Activities around Rexburg

Having fun while living in Rexburg is possible. Ski resorts, the sand dunes, Yellowstone, and other places offer a variety of outdoor activities.

For more information about these places, visit www.nps.gov/yell and www.visitidaho.org.

Five reasons you should meditate regularly

Is there really any reason to believe that sitting still and concentrating on your breathing for upwards of five minutes can actually help you in school and life in general? Yes, there is.

President David O. McKay said, "Meditation is the language of the soul."

There are many different schools of meditation and literally thousands of different practices. No matter which you choose, meditation allows you to take a break from the chaos of life. Meditation:

1. Reduces stress

College is stressful. Deadlines, relationships, getting enough sleep—there's little about college that promotes relaxation. Spending as little as five minutes a day in meditation can significantly reduce the amount of day-to-day stress and make life seem more manageable.

2. Promotes self-confidence

Meditation is a perfect time for introspection. Think of it as quality time you're spending with yourself. The better you get to know yourself, the higher your confidence will be in who you are.

3. Makes you more active

Although it might seem counterintuitive that spending time doing no physical activity can get you geared to exercise or play sports, the body and mind are intimately related. Taking the time to focus one will greatly improve the other's performance.

Taking time to meditate will help you become more active.

4. Increases creativity

There would be no progress without creativity and innovation, and meditation can clear your mind and optimize it for both.

5. Improves learning ability and memory

Being able to learn is one of the keys to being a successful college student. Being able to remember things is one of the keys to getting good grades.

Meditation can help both of these things by providing your mind the focus and clarity it needs to apply new concepts and commit them to memory.

Implementing even five minutes of meditation every day can improve your quality of life and help you focus on the things that really matter.

The BYU-Idaho Counseling Center holds hour-long meditation workshops regularly. For more information about these meditation workshops, see the BYU-I Events Calendar. For more information about meditation, visit www.byui.edu/CounselingCenter/Meditation.htm.

Getting the most out of your night's sleep

We have the choice to go to sleep early, do homework, or socialize. Unfortunately, most of us choose anything but getting enough sleep. Not getting eight to nine hours of sleep each night can have a severely negative effect on our bodies and our minds.

According to the Sleep Institute in Idaho Falls, when we sleep, our brain is solidifying memories and information gained throughout the day.

Going without enough sleep makes it difficult for our brains to store information and makes our mood plummet. Our capacity to react to situations disappears.

In order to avoid these undesirable consequences, here are some tips on how to improve sleep:

Do's

- If you must nap, do it before 5 p.m.
- Do something relaxing an hour before bed.
- Finish dinner a few hours before sleeping.
- Make your room dark and quiet.
- Keep your room around 65-70 degrees Fahrenheit.
- If you cannot go to sleep, get up and do something relaxing with the lights off.
- When you wake up in the morning, let the light from outside in by opening the curtains.
- To aid your internal clock, wake up and sleep



at the same time every day.

- Get eight to nine hours of sleep.
- If you continue to have sleeping problems, see a doctor.

Do not's

- Do not work out or do anything physically or mentally stimulating before bed.
- Do not drink caffeine or take pain relievers four to six hours before going to sleep.

- Do not eat anything heavy before sleeping.
- Do not watch the clock.
- Do not exercise within three hours of bedtime.

A good amount of sleep will stimulate your brain for the next day, help you store information from the previous day, improve your mood, aid your judgment, and make your body less tired throughout the day.



Uncovering truths behind 'healthy' foods

Typically after packing on a few pounds over the winter, you want to shed the extra weight. Usually, you dump your junk food in exchange for healthy food.

What you may have failed to recognize is that some of the supposedly healthy items you've added to your diet can actually be loaded with calories your body doesn't need.

Listed below are some of these commonly mislabeled healthy foods.

Yogurt

According to *The Picky Eater* blog, steer clear of flavored yogurt, which often has around "30 grams of sugar per serving." This snack would probably be better reserved for a dessert.

Look for yogurts that are low in sugar or require you to provide the sweetener.

To go the extra mile, buy unsweetened

yogurt and then add a little honey. Since yogurt helps you feel full, it is a great food to keep you from snacking too much between meals.

Salad

Green usually means healthy, and salad by itself is both healthy and filling. But what you put on the salad can make it one of the least healthy options.

Croutons, for example, are loaded with fat and empty calories, and dressings like ranch are also almost entirely fat.

Yahoo Health suggests, "Instead, use smaller amounts of oil-based salad dressings; you'll get good-for-you fats rather than the saturated fat found in some creamy dressings."

Put some roasted chicken on top for added flavor and important protein. Protein does many beneficial things for your body,

including aiding in the process of burning fat.

Vitamin Water

Some vitamin water flavors have just as much sugar as some sodas. The brand has recently developed a lower-calorie option, but plain water is best because it has no calories.

When a little flavor is needed, try Crystal Light, which only has 5 calories per serving.

Juice

Many juice drinks only contain a small percent of actual juice and many have added sugar. Juice, by its nature, is loaded with sugar, but you can differentiate natural sugar from added sugar by looking for "No Added Sugar."

If the drink isn't labeled "100% Juice" and has added sugar, don't buy it.

Remember, many foods can contain extra calories that your body doesn't need.

Debunking myths to maximize your workout

Working out is not always easy. We suffer through the sweat and sore muscles because we want to lose weight, build muscle, and look good.

But sometimes our workouts are actually hurting our results. Below are some myths that may be sabotaging your workout.

Myth #1: The fat burn setting on electric workout machines will help me burn fat.

Whether you walk or run, one mile will burn around 100 calories. Walking burns fat faster, while running boosts your cardio.

The American College of Sports and Medicine says, "You do burn a higher percentage of fat during a long, slow workout but you burn more . . . calories overall when

you push the intensity." The American College of Sports and Medicine also recommend alternating periods of hard and easy cardio.

Myth #2: I need to stretch before I work out to avoid injury.

The Mayo Clinic explains, "Reserve stretching for after a workout." Mayo Clinic explains that stretching a cold muscle actually increases your chances of injury.

Other studies say that stretching before workouts decreases your muscles' endurance and makes it feel like you're working it harder.

So instead of the pre-workout stretch, stretch after your exercise.

Myth #3: If I lift weights, I will get huge muscles.

Women probably do not have enough

testosterone to bulk up. Instead, lifting weights will tone women's muscles.

Men's muscles will grow as they lift. The muscle women and men gain while working out will speed up their metabolism.

Visit with fitness center instructors for more information on how to gain muscle.

Myth #4: The more I work out, the healthier I am.

Although you need to work out around 30 minutes, five days a week, it is possible to work out too much.

When you work out more than two hours a day, you damage your muscles. Muscle is built while you rest, not while you work out.

Working out more than two hours a day strains your muscles and other parts of your body in ways that can lead to serious injury.