

SPIRITUAL

SOCIAL

PHYSICAL

EMOTIONAL

INTELLECTUAL



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Playing with purpose

We all may know and understand that exercising is good for us, but a series of studies done by Professor Kevin Spink at the University of Saskatchewan have found that people who exercise in groups or in class settings benefit more from their exercise than people who exercise alone, according to *kinesiology.usask.ca*.

One study that was conducted in 2008, found that those who exercised in groups were less likely to suffer from depression and burned more calories overall than those who hit the gym alone.

According to *www.acefitness.org*, Cedric Bryant, chief science officer for the American Council on Exercise, said that group classes and activities create an atmosphere of accountability.

Bryant also said that people participating in group classes and activities “put forth better effort because of the group dynamic that occurs” thus burning more calories than if they had gone alone.

Students attending BYU-Idaho can take

advantage of the benefits of group exercise by participating in any of the many free fitness classes offered morning and night in the Hart Building.

Over 16 fitness classes are offered for every ability level and cover many different interests. Popular classes include Abs That Rock, Pilates, Water Aerobics and Zumba.

Exercising in Rexburg isn’t limited to the Hart. Burn off your Crossroads dinner with a date at one of the weekly dances, including ballroom, country, swing and Latin dancing.

Students can also participate in any of the activities sponsored by the Outdoor Recreation Center (ORC) on campus. The ORC hosts activities for students throughout the semester, including caving, rope courses, hiking, rafting and mountain biking.

Off campus, students can go with a date or their FHE groups to Sticks and Stones for an hour of rock climbing or hike “R” mountain east of campus.

Whatever you’re into, there are plenty of ways to burn calories around BYU-Idaho.



Jogging: a spiritual and physical exercise

During hectic times as a student at BYU-Idaho, peace and serenity are essential for maintaining a balanced lifestyle. Jogging can be one outlet to finding this peace and serenity. This is achieved not merely through taking a jog, but making your jog a spiritual experience. Here are steps to make your exercise strengthen you not only physically, but spiritually.

1. Skip out on the track or on the treadmill; consider changing things up by jogging on a trail through one of the Rexburg parks. Smith Park, Nature Park and Porter Park all have jogging trails that you can take advantage of. Through jogging on trails, you have the opportunity to enjoy the blessing of nature that Heavenly Father has given us.
2. Focus your thoughts on things that you learned in your scripture study or in a religion class. In his talk “Because We Have Them Before our Eyes,” Elder David A. Bednar talks about what pondering is. “The

word ponder means to consider, contemplate, reflect upon, or think about. Pondering the scriptures, then, is reverent reflecting on the truths, experiences, and lessons contained in the standard works.” In order to focus and ponder during your jog, you will need to leave the iPod at home and open your mind to revelation.

3. Take this time to pray in your heart. Doctrine and Covenants 19:28 says “And again, I command thee that thou shalt pray vocally as well as in thy heart; yea, before the world as well as in secret, in public as well as in private.” There is no rule that says we have to fold our arms and close our eyes in order to communicate with our Heavenly Father. We can always pray in our heart.

Now you can look at jogging as more than just a time for exercising. This will be a chance for you to strengthen yourself spiritually through pondering the gospel.

Questions to Ponder

- In what ways have I seen the Lord’s hand in my life this week?
- What can I do to strengthen my testimony of . . . ?
- What can I do to draw closer to the Savior this week?
- In what ways can I serve my roommates?
- How can I prepare myself to share the Gospel with others after I graduate?
- How can I “magnify” my calling or better support others in their callings this semester?

How honesty affects daily spiritual health

On the BYU-Idaho campus there are many opportunities to strengthen the aspect of honesty. The Honor Code that the school has set up is one aspect in which we agree to be honest. As we adhere to the Honor Code, we will strengthen ourselves spiritually.

According to the Oct. 1990 First Presidency Message, President Gordon B. Hinckley said, “How cheaply some men and women sell their good names!”

When our roommate asks us where all the dirty dishes came from, do we say “I don’t know,” or do we step up and take responsibility? Getting out of a household chore that would take fifteen minutes is cheap indeed.

A few steps to being honest are:

1. Gain a testimony of your eternal identity as a child of God.
2. Believe in the worth of all Heavenly

Father’s children.

3. When faced with an opportunity to tell a white-lie for whatever reason, think about what President Hinckley said and ask yourself, “How cheaply am I selling my good name?”



According to his talk “Is it Worth it?” Elder M. Russell Ballard said that the habits we carry in this life will not change when we are resurrected. He also said that this life is the time to train mortal and spiritual selves to act in tandem for the eternities.

As we go throughout our days here at BYU-

Idaho, let’s take a closer look at how honest we are being. Now is the time to take a little bit more responsibility for our actions. Small decisions such as these are the ones that will help us become who we want to be in the eternities. As Alma said, through “small and simple things are great things brought to pass” (Alma 37:6).

After all, President Hinckley said that when one is honest, conscience clears, character blooms, self-respect glows, and integrity can thrive.

Slice through your homework

Brain lag. We've all experienced it. Just when we need that incredible organ functioning at maximum capacity, we feel like a lobotomy patient who just ate a huge lunch on a hot day. Fortunately, there are healthier, more time effective solutions to this malady than a three-hour siesta. The Mayo Clinic recently published an article with several suggestions that will keep your brain sharp so your homework doesn't pile up. Pay attention to these five simple steps to keep your cranium expanding:

1. Body Exercise

Your biceps aren't the only thing growing. Regular exercise helps blood flow to all parts of your body, including your brain, which can enhance cell growth, not to mention do wonders for your energy and alertness.

2. Brain Exercise

Exercising your brain through mental activity creates new

connections between nerve cells. These new connections will be useful when you are trying to remember the study guide you just pored over before sitting down in the testing center. Some good brain exercises include: playing a musical instrument, playing stimulating board games, socializing, volunteering, reading, or learning a new hobby.

3. Eat Healthy

Even though your body and your wallet may crave fast food, your brain craves fruits and vegetables. Fruits and vegetables; especially colorful ones like berries, oranges, spinach, and tomatoes; contain antioxidants. Antioxidants nourish brain cells and supplement blood flow to the brain.

4. Avoid Stresses

Stressful situations confront BYU-I

students daily. When our brain gets too stressed it releases harmful hormones that can damage the brain if it is exposed to them for too long. You can reduce short-term stress by taking a break, taking a few minutes to yourself to relax. Reducing long-term stress may require more drastic steps like simplifying your life.

5. Get Sleep

It's not always easy to get the amount of sleep that you should each night, but doing so will have an immediate effect on your brain function.



At healthy crossroads

Since the Crossroads doesn't have nutritional guides, it may be tough to gauge what you should be eating. The Wellness Center has ventured into the deepest realms of the Crossroads fryer to get you the grease on all their delectables. So put on your bib, and let's see what's going down.

Want to shed a few pounds? You may want to steer clear from the Kung Pao Chicken. It isn't fried, which is good, but one plate has 1,400 calories and 2,600 mg of sodium.

But there are healthier choices. The salad bar has vegetables ranging from broccoli to zucchini, and toppings like fresh nuts and croutons to give that crunch. Salads are always a healthy choice when the dressing is sparse. Two tablespoons of the stuff (148 calories) needs a 26.5 minute walk to burn off the calories.



Craving Italian? It might be a good idea to fast for a few days before eating this heavy load: the Alfredo Chicken, with 755 calories and 915 mg of sodium, might leave you feeling like you need a trip to the doctor for a check up.

If you're in a hurry, you may not have time for a complete meal. The best thing to do to satisfy your hunger and keep healthy is to head to the Odwalla Section. Odwalla offers nutritious beverages and granola bars that are both high

in protein and rich in nutrients. The Chocolate Odwalla drinks contain 34 grams of protein.

Clifford Solomon, a junior studying computer science, said that he thinks the Crossroads' food is fairly healthy. However, he stays away from the Chinese food because it is too heavy for him.

Now that you have some of the facts about the Crossroads, make some healthy choices when you go for a meal.

Roommates for dummies: a crash course

You're finally home. The chemistry test you just failed is worth half of your grade. All you want to do is come home to an apartment that is clean and smells fresh.

You turn the handle and open the door. Your eyes do a double take; the music from "Psycho" starts to play. The apartment is an absolute disaster because your roommate had a party.

Thankfully, there are some simple dos and don'ts you can apply to your daily routine in order to simplify roommate relations.

Take a look at these four points and see how you can apply them:

1. Be Respectful – If your roommate is asleep, don't blast your music all

over the apartment. It is considered common courtesy to be quiet. Would you want to wake up to "Oops, I Did It Again" blasting in your ears?

2. Be Kind – Do not say anything rude to your roommates, even if you think it may be true. Even when your roommates do something a little off the wall, remember that it is always better to be kind than to be right.
3. Be Clean – It takes about five minutes to make your bed, and making your bed can make such a difference. Also, it is helpful to organize your

living space weekly. Not only will your mood be better if your room is tidy, but your roommates will also appreciate the cleanliness.

4. Hold a Powwow – If you have a problem with your roommates, let them know. Don't keep it bottled up. Come to a unanimous decision about how to solve any problems.

No matter where you go in the world, there are always going to be people out there who will bug you. However, your attitude is everything. You can't choose your roommates, but you can choose how to act.

Improve eating habits through meditation

Meditation. We've heard of it, science has confirmed its usefulness, and even the scriptures (D&C 76:19), command it. With stress reduction, concentration enhancement, relaxation etc, it seems there is no end to the benefits of this simple, but largely overlooked practice. Well get ready for another one.

Researchers at Harvard, UCLA, University of Pennsylvania, Indiana State University, and Duke, all agree that meditation can help you lose weight. A quick ten minutes throughout the week can work wonders for your health. Here's two simple steps toward meditative, mindful eating:

1. Focus on breathing. Before wolfing down that plate of pasta, take ten minutes to sit and focus on your breathing, free of distraction. Shut down the computer. Toss the iPhone.

Turn off the TV. Slowly now. Breathe. Pay attention to it.

2. Eat, but only eat. Focus on the meal and enjoying it. Don't cram in other activities like reading, watching TV, or talking. Go slowly. Chew the food, and notice the different flavors of each bite. Get pleasure from the food, but listen when your body says you've had enough. It's about quality, not quantity.

The University of Indiana study showed that those who meditated before eating, and then were mindful of eating, reduced binge eating, and improved diet habits. It's not about control, but awareness. Food is great. Why deny yourself the pleasure of enjoying it by wolfing it down? Remember: breathe and focus, that's the key.



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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