

what the health

THE LATEST BUZZ ON FITNESS, NUTRITION, AND WELLNESS SPRING 2012

OLD-SCHOOL STYLE

GEAR UP IN THESE
RETRO FITNESS LOOKS
PG 33





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Those of us graduating this year, full of dread or excitement, will be packing up our laptops, and dirty laundry (pun intended) and leaving 'Cuse for what may very well be our last time.

What the Health has you covered for post-grad life. Flip to our two-part article on page 38 for tips on keeping up your college workout routine without access to Ernie, and nixing those wings cravings when you're at the office. If you're not hired yet, we've found five jobs that will keep you up and moving until then. Read up on those on page 40.

The best part of graduating though, you get to have a little fun before you leave (what's our Faegan's countdown at, again?). For my final issue as Editor-in-Chief, we added a piece to *WTH* that we hope will become a regular part of our magazine: a photo feature. Why not have a few pages where the only text is clothing credits?

On page 33, you'll find three pages of bold, spiced-up vintage looks for the gym. As a bit of a gym rat myself, I always find a little workout-inspiration in clothes that make me want to be there - my tennis ball-colored Nike's and a hot pink sports bra usually do the trick.

If you're returning to campus and a bit of do-good inspiration is what you're looking for, turn to page 18 for how to get involved next fall. *WTH* also dug in on the causes to low self-esteem and how to turn your mood around on page 45.

Let this issue of *WTH* be your tennis-ball hued sneaks, and add a dose of motivation to these last few weeks on the Hill.

Enjoy,

Heather Rinder
Editor-in-Chief

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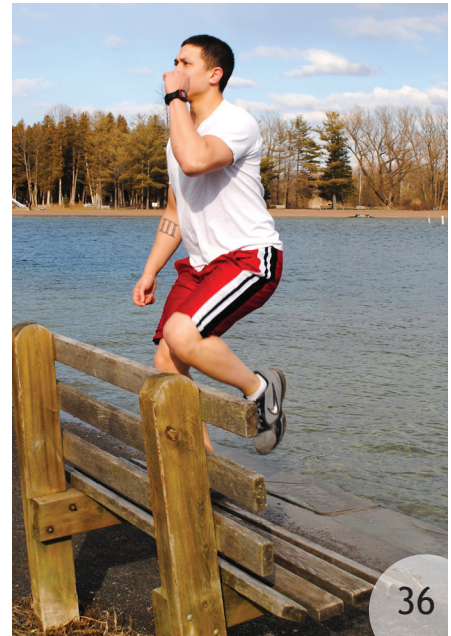
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THE BITS AND PIECES YOU SHOULD KNOW ABOUT NOW

compiled by brittany fuino // illustration by alicia zyburt

MOTIVATION TO MOVE. Drop the solo cup and take part in a little dose of healthy competition this semester. You and your friends can compete in a campus-wide fitness challenge hosted by Fit Campus for the chance to win cool prizes like fitness gear, trips and gift cards. The process is easy—log your workouts on FitCampus.com to become eligible to reap the rewards of your gym time, as long as it's at least 2.5 hours each week.



PILL POPPIN'. One in three WTH readers would replace their daily workouts with a pill, if given the opportunity. A newly identified hormone named Irisin may mimic the effects of exercise, according to researchers at Dana-Farber Cancer Institute. Irisin is released by the body during exercise and triggers the conversion of white fat into brown fat—the “good” kind of fat that burns excess calories. While this may be great news for your muffin top, no pill can replace all the added benefits you get from a jog in the park.

ETHICAL EATS. As Americans, our portion sizes get bigger each year, as do the amount of people living in hunger. This spring, a non-profit in Texas called Halfsies will attempt to combat both obesity and hunger. Participating restaurants will put the Halfsies logo on their menus. Customers can choose to pay full-price for a meal but receive a smaller, healthier-sized portion. Not only will diners be less tempted to overeat, but 90 percent of the proceeds will go to other nonprofits to help fight world hunger. Finally, you can feel good about cleaning your plate.

FEELIN' FIT. This year, Syracuse University ranked sixth in the *Men's Fitness* list of the “25 Fittest Colleges in America.” With six fitness facilities on campus, SU offers more resources for students to stay active than any other major college campus in the country, according to SU's LiveU web page. Keep your workouts interesting and make it a goal to check out each of the campus gyms before summer hits.

story by rakelle shapiro

NOT YOUR MOMMA'S KITCHEN

Make all of your favorite foods from home with these budget-friendly kitchen appliances.

MAGIC BULLET

VITAMIX 5200 (\$449)

VS.

MAGIC BULLET (\$44.99)

Many families own expensive blenders, such as the famous Vitamix 5200. But for one-tenth of the price you can get the Magic Bullet, which makes different types of soups, smoothies, dips and more in just 10 seconds. Small and easy to use, it makes the perfect addition to any kitchen. Prepare your favorite smoothies using frozen fruit, juice and even ice cream, or make homemade salsa for the next tailgate party.

HOT POT

DELONGHI ELECTRIC WATER KETTLE
(\$72.95)

VS.

RIVAL EXPRESS HOT POT (\$12.39)

At home you might use an expensive water kettle such as the DeLonghi DK350 Electric Water Kettle to boil water. A useful kitchen appliance for college students, the Rival Express Hot Pot, boils water and soup. This all-in-one appliance also allows you to boil water, cook pasta, then drain the water and add in your sauce. It's a no-brainer appliance that let's you do a lot more than your average water kettle.

MINI CUPCAKE MAKER

KENMORE 30" ELECTRIC SELF-CLEAN
SINGLE WALL OVEN 4883 (\$1034.99)

VS.

SMART PLANET MINI
CUPCAKE MAKER (\$22.60)

Your mom might have an oven like the Kenmore 30-inch Electric Single Wall Oven 4883, but, you can still make some of your favorite baked goods with a cupcake maker, such as the Smart Planet Mini Cupcake Maker. Use it to make muffins, a healthier choice. Pour your favorite batter into the cupcake maker and in minutes you will have your very own mini muffins. You can share them with friends or keep them all for yourself!

STEAMER

KRUPS RK7009 RICE COOKER AND
STEAMER (\$60)

VS.

OSTER 5711 MECHANICAL FOOD
STEAMER (\$36)

Not all college students have the luxury of having an oven in their apartments, or they don't have a big enough oven to make all of their dinner. The college-friendly solution is the Oster 5711 mechanical food steamer. With two tiers, this steamer allows you to cook your veggies and protein all at one time. Steaming is also a healthier way to cook your food. To add flavor, try some delicious dipping sauces or just drizzle some balsamic vinegar over your veggies.

BLACK AND DECKER BREW-N-GO

KEURIG PLATINUM BREWING SYSTEM
(\$199.99)

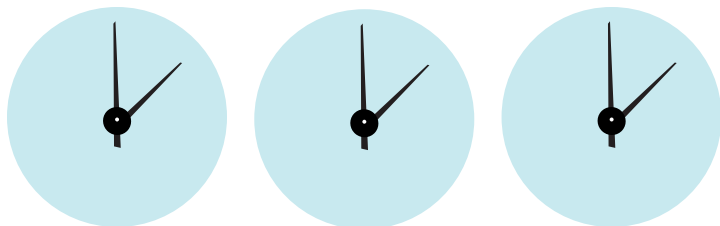
VS.

BLACK AND DECKER BREW-N-GO (\$19.99)

Getting a cup of coffee is constantly on a college student's mind. To make sure you are always covered, get the Black and Decker Brew n Go, which will allow you to brew coffee right into your favorite travel mug. Instead of splurging on an expensive coffee maker, like the Keurig Platinum Brewing System, you can get the Brew-n-Go for a lot cheaper and suit your on-the-go lifestyle.

FIT FACTS

facts compiled by // anna kuskin
infographics by // anita sukha



New research suggests that three 10-minute sessions of moderate exercise a day can help maintain your health — that's just three regular walks to class.



CHATTER CHATTER CHATTER
CHATTER CHATTER CHATTER
CHATTER CHATTER

Try the “talk test” to check your workout’s intensity. If your workout is vigorous, you shouldn’t be able to say more than a few words. If you’re doing a moderate workout, you should be able to talk, but not sing.



Reduce the chance of getting hyponatremia, a condition when body cells do not get enough salt and blood pressure is comprised, by having a sports drink when exercising strenuously to replace the sodium lost in sweat.

Pushing yourself at the beginning of a workout, instead of slowly increasing intensity can yield a higher overall after-burn of your workout by up to 10 percent.

50 & 100

Whole grain products over multigrain products ensure the best amount of nutrients and fiber.

An organic cookie usually has the same amount of sugar, fat, and calories as its regular counterpart.

Blotting your pizza with a napkin can save up to 50 calories, while scooping the dough out of a bagel's center can save up to 100.



The Mayo Clinic advises adults to get seven to nine hours of sleep nightly. Limiting daytime naps, regularly partaking in physical activity, and creating a bedtime ritual are all ways to ensure getting a solid night's sleep.

19 million

An estimated 19 million new STD infections occur every year in the U.S., according to the Centers for Disease Control.

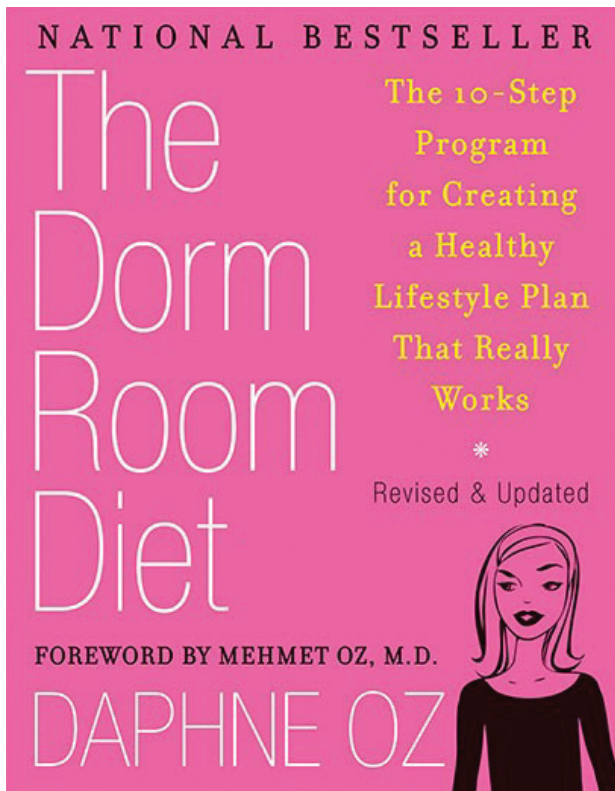


photo credit: google images

THE DORM ROOM DIET

BY DAPHNE OZ

story by // madelyn perez

The transition to college life can be difficult, and Daphne Oz knows this first hand. College can include exhaustion and stress, making it hard to create healthy lifestyle habits. Daphne had personal struggles with weight as a teenager, despite having the cardiac surgeon and host of *The Dr. Oz* show for a father, and a holistic nutrition advisor for a mother. After dealing with various fad diets that didn't work, she decided to change her life once she got accepted into college.

"College proved to be my motivation, the catalyst that led to my lifestyle overhaul, because it marked the onset of my life as an adult," Oz says. After successfully re-vamping her lifestyle with the help of her medically knowledgeable family, she developed *The Dorm Room Diet*, a 10-step program dedicated to creating a "healthy lifestyle plan" for college and beyond. From anecdotes of girls struggling with weight to tips on what to eat and how to work out, this book has it all.

One of the most important pieces of advice that Daphne offers readers is to get over the fear of success. Change can be scary, and if you achieve a healthy lifestyle by making changes, it means you chose to leave behind a familiar lifestyle. But once you get over that hurdle, change can make you happier and healthier than you have ever been. Oz recommends filling up on fiber, which keeps you healthy and full, as well as keeping portion sizes in mind, and most importantly, avoiding counting calories. Instead of counting, find out your Basal Metabolic Weight, the number of calories your body burns daily without doing anything, and use that as your caloric guideline. *The Dorm Room Diet* leaves you feeling hopeful and confident with the tools Oz provides to help fuel change in your life, including methods to de-stress and feel happy. Oz encourages meditation and aromatherapy, but also to do whatever de-stresses you personally to help you stay healthy.

The Dorm Room Diet makes sure that you don't feel left out in college

with your new healthy lifestyle. You can still go to parties, tailgates, and snack away, just as long as you do it mindfully. Satisfy a craving for party food when it hits, but don't overdo it. Also, make sure to stay active—make use of the exercise facilities on campus, since you're paying for them anyway. Even if your busy schedule doesn't give you time to go to the gym consistently, you can take a walk, play a sport, or work out in your room with the clear instructions Oz's book gives for basic abs, legs, arms, and butt exercises. Top it all off with simple and tasty meals thanks to the recipes in the back of the book, and you'll be on your way to healthy in no time.

The goal of this book is to make your time in college about reinventing yourself, and improving your life for the better—and for the long run. **WTH**

MAKE THE MOST OF YOUR OHM AT O YOGA

DEDICATED YOGI TIFFANY O.
SISCO SHARES HER PASSION
IN ARMORY SQUARE.

story by // brianna caires
photography by // yelena galstyan





A woman in yoga pants sits cross-legged holding a cell phone to her ear. “I’m already at the studio,” she says. The wrinkles on her face multiply as she smiles in anticipation of taking her first yoga class. It is only a few minutes away. A black sign with ivory letters hangs from the closed door at the end of the hallway, reading “class is in session.” Although the hallway is windowless, there’s no need for fresh air. The scent of lavender incense is intoxicating. It becomes more prominent the closer you move to the door, as does the sound of an “Ohm.”

From inside, the door suddenly opens, puncturing the stillness. The sitting woman jumps up to make room for a sea of excited yogis leaving class. She looks past them and into the studio’s honey-colored interior. Tiffany O. Sisko, the proud owner of O Yoga, Armory Square’s new yoga studio, glows with excitement, eager to begin class. After teaching an intense Vinyasa session, Sisko is dripping with sweat. Still, she is full of enthusiasm and energy. As both old and new students sign into her next class, Sisko greets each one of them warmly.

Sisko loves sharing her passion for yoga with others. At 17, Sisko was diagnosed with an autoimmune disease called Crohn’s, in which inflammation causes pain to the intestines. Stress increases inflammation caused by Crohn’s, but fortunately for Sisko, yoga helped her find peace and balance while living with her disease. “Yoga gave me the tools to manage the pain, manage the stress, and not get so upset about feeling sick,” she says.

Sisko believes yoga’s benefits can trickle into your life, especially for college students. “Most people start to become a little softer, kinder, more open minded,” she says. “I used to be an uptight, high stress, high-anxiety sort of person. Over time, [after taking yoga], I noticed I wasn’t so flustered by things and I wasn’t so stressed. I started to slow down.”

The O Yoga community, however, has not slowed down. The numbers of members at the studio has continued to grow since the studio opened last September. This winter alone, the studio’s enrollment grew immensely. “It was a huge risk opening the studio,” Sisko says. “I wanted to create a space people loved being in.” O Yoga’s eco-friendly design attracts a lot of yogis and makes it unique. The entire space is made of reused materials. Sisko’s husband, Joe, an assistant director in the school of architecture at Syracuse University, worked with City Woods to design and fabricate the studio’s furniture from a rescued tree that once stood in Syracuse.

O Yoga offers mixed-level classes for beginners and advanced yogis, as well as both men and women. With so many students, new classes are always being added to the studio’s schedule. O Yoga currently offers 22 classes, which blend elements of traditional and nontraditional yoga. Classes like Hip-Hop Vinyasa Flow and Hot Core Rock make O Yoga stand out among the ranks of other local studios.


O Yoga is located in an ideal off-campus spot for college students. Students receive a 15 percent discount on regular classes and class packages. Members can also attend monthly seminars and master classes led by professional guest yogis. Jennifer Hawke, an information management masters student, says she is “obsessed” with O Yoga. Hawke says she can see Sisko’s passion for yoga come through in every class she attends. “She cultivates a welcoming atmosphere through her treatment of others,” Hawke says. “She makes you want to smile.”

Sisko juggles her role as a business owner, a wife and mother, and a yogi with a smile on her face. She describes her life as being constantly in motion, just like yoga. **WTH**

WHAT THE HEALTH // SPRING 2012

get well





LETTING THE JEALOUSY LINGER

story and photography by // yelena galstyan

How your partner's history can take a toll on your relationship, and what you can do to prevent your jealous feelings from taking over.

You're clicking through pictures on Facebook when it hits you like a brick wall. Your stomach tightens, your heart picks up a beat, and you cringe a little. It's him and her. That person you spend your nights with, wine and dine with, share your body and mind with was with someone else, before you. You click past the image but it's imprinted in the back of your mind, bound to come back and haunt you again.

We all have a past. But in some relationships, that history can lead to jealousy issues. *What the Health* asked Joseph Fanelli, Ph.D, professor of Lust, Love, and Relationships at Syracuse University, for advice on what couples can do to remedy this common struggle in relationships.

JEALOUSY'S DOUBLE-EDGED SWORD

The underlying feeling of jealousy exerts itself in two forms: reactive and suspicious. Reactive jealousy is a response to an actual threat to your relationship. For example, you see someone hitting on your partner, or your partner accidentally calls you by their ex's name. Suspicious jealousy, on the other hand, is when your suspicions don't fit the facts at hand. There is no actual threat and the uncertainty is all in your head. This type of jealousy can be very destructive in a relationship because your partner hasn't necessarily misbehaved, but you act as though they have.

When you have no data to substantiate your concerns but continue to bring up the past, make comparisons, and ask interrogating questions, eventually your partner ends up feeling frustrated, mistrusted, and resentful.

The more your insecurity grows, the more your partner gets fed up having to justify their life and shuts down.

DEALING WITH YOUR PARTNER'S PAST

Fanelli says you have a choice: You can let your partner's past become a noose that hangs you, or you can allow the past to empower you, teach you, and excite you into trying something different in your relationship.

It might just be a matter of details. Being curious is a part of love, but demanding details might cause more harm than good. Think about it, do you really have to know all the people, places, and positions? As time goes on and you learn more about your partner's history, you have to ask yourself whether they are being labeled by their past indiscretions, or if they are being accepted for who they are with you. Fanelli says, "condemning a person by



their past experiences doesn't allow you, within a relationship, to recognize what you have in the present and the future."

For those struggling, he recommends honest self-reflection. You have to determine if you are really committed to getting over your partner's past and making the relationship work. The important part, Fanelli says, is whether your partner has earned your trust while the two of you have been together.

Fanelli recommends avoiding giving energy to your doubts. Instead of asking questions that focus on the past, think before you speak; is what you're about to say going to enhance or detract from their relationship?

Lastly, Fanelli says that although your partner has a past, that doesn't distract from the specialness of your current relationship. You're going to love a lot of people in your life, but when someone says, "out of all the

men/women in the world, I want to be with you," that commitment means a lot. In extreme scenarios, Fanelli recommends pursuing therapy—it's an empowering way for two people to work on a relationship with guidance from a professional.

DEALING WITH A JEALOUS PARTNER

If your girlfriend or boyfriend is constantly questioning you about your past and feeling jealous about it, you have to be understanding and patient. Jealousy is often a sign of insecurity. Margaret Mead, a famous cultural anthropologist once said, "Jealousy is not a barometer by which the depth of love can be read, it merely records the degree of the lover's insecurity." Help your partner become more secure within your relationship.

Ask yourself if there is anything you are doing that's adding to your

partner's suspicions. Convince your partner that you've learned from your past experiences and let them know that your current relationship is unique and special. Be aware that the things you share online can spark those jealous feelings.

WHEN YOU'VE REACHED THE END OF THE ROAD

Fanelli says that some people simply can't accept their partner's past. That's OK too. There's nothing wrong with having standards and deciding that you're not comfortable with dealing with someone that has different morals or values than you. If you know deep down that you'll never feel right about the situation, you have to let go and find a relationship you're more comfortable in.

WTH

diagnosis: **DIABETES**

story by casey fabris // illustration by jake walker



TYPE 2 DIABETES CAN DEVELOP FROM UNHEALTHY EATING HABITS.



TYPE 1 DIABETES IS GENETIC.

THIS DISEASE ISN'T JUST FOR THE ELDERLY OR THE OVER-WEIGHT. *WHAT THE HEALTH* DISCOVERS HOW DIABETES AFFECTS COLLEGE STUDENTS, AND HOW THEY DEAL WITH THE DISEASE.

When Meg Lane went into the doctor's office for a sinus infection in March of 2007, she weighed approximately 120 pounds. When she returned in June for her annual check-up, she weighed only 100. The weight loss wasn't intentional; Lane wasn't dieting. For months, she felt tired, moody, and irritable. At the time, she was only 13 years old and her family assumed she was just going through a teenage stage.

Lane, a freshman public relations major at Syracuse University, says there was no apparent reason why her weight dropped. Originally, she says, she wrote it off because many of her friends were also thinning out at the time. But as Lane grew slimmer by the day, it became obvious that something was wrong. Lane told her doctor she was concerned with her weight. After running a few tests, Lane's doctor said there was good news and bad news. The good news: they knew what was wrong with her. The bad news: she had Type 1 diabetes.

Nearly 26 million children and adults in the United States have diabetes, according to the American Diabetes Association. Type 1, previously referred to as juvenile diabetes, is usually diagnosed in children and young adults.

"This is an autoimmune disease where the body attacks the pancreas so that it doesn't produce insulin. You need to have

insulin to live, so that means you need some outside source of insulin, either injections or a pump," Jane Uzcatogui, professor in the department of public health, nutrition, and food studies at Syracuse University, says. She explains that about five to 10 percent of all cases of diabetes are Type 1. Those with Type 1 diabetes have a genetic predisposition to the disease, which is then triggered by other illnesses, Uzcatogui says. However the specific triggers are unknown. Type 2 diabetes often develops from an unhealthy lifestyle.

When she was first diagnosed, Lane says she didn't know the impact it would have on her life. Lane is a Syracuse native, and luckily she has the Joslin Diabetes Center, an internationally recognized treatment center, located right around the corner. At the center, Lane went through a three-day training program where she met with nutritionists and endocrinologists to create a treatment plan.

Lane's doctors gave her a stuffed bear for teaching purposes. They hoped the felt patches on the arm and stomach areas would help her get adjusted to injections. But Lane grew tired of the shots. She found it inconvenient to find private places where she could give herself insulin when she was at school or out with family or friends. Five months after being diagnosed, she attended a pump information class and decided to switch

from self-injection to an insulin pump.

In the last 10 years or so, Uzcatogui says she has seen more students using insulin pumps, which greatly changes their management of the disease. "The insulin pump is the best alternative to a working pancreas," Uzcatogui says. "You don't have to carry any of the syringes; you don't have to draw them up; and you don't have to inject yourself. It's much more subtle."

The transition to college can make management of diabetes particularly difficult, Lane says. She explains that snacking in the dorm, consuming alcohol, and experiencing newfound freedom for the first time can be challenging to some diabetics whose parents played a significant role in their treatment.

Uzcatogui says it's important that students eat three meals a day, tell their friends about the disease and what they should do if something were to go wrong, and make sure to consume alcohol carefully. She says the effects of alcohol can mimic some of the signs of low blood sugar, so students must monitor their blood sugar while drinking.

One of Lane's doctors once told her that the only thing constant about diabetes is change. Though the adage makes her cringe, she says it's true. "If you keep that [saying] in mind and take things one day at a time, diabetes is manageable." **WTH**

LENDING A HAND

STUDENT VOLUNTEERS
PROMOTE HEALTHY LIFESTYLES
FOR THE YOUTH OF SYRACUSE

story by // leanna garfield
photography by // marissa donovan & victoria li





A group of elementary students, dressed in aprons, chop kiwis, apples, and pineapples placing them into a giant bowl. For the first time, these children learn how to make crepes at an after school program with the help of Syracuse University student volunteers.

Junior Marissa Donovan and senior Victoria Li are nutrition and dietetics majors and volunteer coordinators for the nutrition program at SU. Through the Mary Ann Shaw Center for Public and Community Service, they help recruit student volunteers for different nutrition-related programs throughout the Syracuse community. They've even started a few programs themselves.

"Books and Cooks," is a culture-based program, established by Li, which advocates literacy and health for school-aged children. The volunteers meet with the elementary students in the Syracuse area biweekly, where they help them stir up a healthy dish, while also teaching a lesson based on the culture they choose to highlight that week. The students have explored the cuisines of countries like Japan, India, Italy, and even local food traditions here in the U.S.

"Cooking on the Hillside" is another volunteer opportunity started right here at SU. Donovan, the coordinator for this after-school program, explained that volunteers lead a short, weekly, interactive lesson that focuses on a particular health-related topic to teach middle school students various nutrition skills. At the end of the year, the students pick a dish and participate in a cooking competition (with the help of the

volunteers), where they show the judges what they've learned about nutrition and why they are passionate about their dish. "It's a really successful program for the students at Hillside as well as the SU nutrition volunteers," Donovan says.

To get involved in afterschool programs like these, or other nutrition-related community service opportunities, interested students can complete a small survey handed out in their nutrition class or pick one up from room 237 in the Schine Student Center. Volunteer coordinators, like Li and Donovan, then match each student with a corresponding program or organization that meets their interests. Although the coordinators primarily work with nutrition students, you can still get involved through the Shaw Center in Schine.

Li says that watching the children learn, eat, and enjoy the healthy food is the most rewarding aspect for her as a volunteer. "It gives the children a sense of accomplishment and pride to master their own nutritious meals," she says. **WTH**

FOR MORE VOLUNTEER INFO
VISIT THE VOLUNTEER COORDINATION
OFFICE IN 237 SCHINE

healthy people for a healthy environment

DR. TANYA HORACEK TALKS WITH
WHAT THE HEALTH ABOUT HER
INFLUENCES IN THE NUTRITION WORLD.

story by // elizabeth pastor
illustration by // alicia zyburt

With health issues prevalent among college campuses, tips and reminders help students make beneficial changes. Syracuse University's associate professor in the department of public health, food studies and nutrition, Dr. Tanya Horacek, uses her experience and influence in the field of nutrition to help make SU a healthier campus. *What the Health* spoke with Horacek about her motivations, involvement on campus, and her current research project.

What the Health: What is ORANGE WRAP: Out Reach and Nutrition Group Education by Wellness Responsibility Advocating Peers and how did it begin?

Dr. Tanya Horacek: I am the former nutrition education professor, a class for upperclassmen and graduate students. Many ideas came out of the curriculum for this class, and one idea was creating nutrition education tools for the Resident Assistants (RAs) on campus. We created a Wellness Kit for the RAs so they could educate their residents.

WTH: When did ORANGE WRAP officially begin?

TH: ORANGE WRAP began about six and a half years ago because of the higher success rate with peer-to-peer education.

WTH: What is the main goal of ORANGE WRAP?

TH: The students in the organization work to promote healthy eating and living. They create tools to reach out to their peers using a non-diet approach. You can often find them tabling at the dining halls or giving a lesson to a dormitory, sorority house, or a class presentation. ORANGE WRAP also reaches out to the Syracuse community. We work with the Girl Scouts, day care programs, and we volunteer at various community service events on campus and around the city.

WTH: How is ORANGE WRAP making a positive impact on SU and the Syracuse community?



TH: The students have done a great job promoting and assisting SU and the community in regards to improving nutrition knowledge. ORANGE WRAP just won the Chancellors Award for Public Engagement and Scholarship, which recognizes students who use their knowledge to contribute to the public good.

WTH: You do research outside of the Nutrition Education program here at SU; what is your current project?

TH: I am involved in the 15-State Web-Based Non-Diet Approach Study, which focuses on the behaviors of young adults, 18-24 years old. We are currently working on the YEAH Project: Young Adults Eating and Active for Health, where we develop methods to increase the participant's physical activity and fruit and vegetable intake without dieting, but rather with education and lifestyle changes.

WTH: What are you doing with your research in regards to college students?

TH: For the past 15 years I have been solely focusing on behavior, but I am now focusing on the environment and how it influences behavior. I took the lead on the Healthy Campus Environmental Audit here at SU where we assess dining halls, vending machines, recreational services, university policies, and campus support. We are in the process of finalizing the audit so we can present it to other universities. **WTH**

WHAT THE HEALTH // SPRING 2012

eat smart



GO NUTS

What the Health breaks down the benefits of six types of nuts. Snack on these next time you're looking for a tasty (and healthy!) treat.

story by // alyssa rothschild
photography by // shelby jacobs

While some studies suggest nuts protect against heart attacks and diabetes, the flipside shows they are high in calories and fat. Certain nuts, however, are actually packed with nutrients and provide a wealth of health benefits. If you're a fan of peanuts, walnuts, or even the Brazil nut, we've got the scoop on how they can help your health, and be the perfect afternoon snack.

For one, forget about those fishy-smelling omega-3 pills to keep your heart in top shape. Walnuts deliver a huge punch of the nutrient, which your body cannot make on its own. Melissa Dabbiero, a registered dietician at Crouse Hospital, recommends eating a quarter cup of walnuts daily. Aside from helping to protect against heart disease and stroke, omega-3s have been found to offer protection against a wide range of illnesses, from cancer and rheumatoid arthritis to inflammatory bowel disease and depression.

"Plain, unsalted nuts should be eaten in moderation," Dabbiero says. "They are convenient to carry with you and very healthy. Additionally, nuts are high in protein and fiber—two important ingredients to help curb appetite and promote satiety."

Tanya Horacek, a professor in the Department of Public Health, Nutrition, and Food Studies at Syracuse University, recommends storing nuts in the freezer to prevent them from going stale. She adds that nuts are a great addition to students' diets, but are especially important for vegetarians. Here, we break down the facts—from protein-to nutrient-content—on six different nuts. **WTH**

BRAZIL NUTS

Brazil nuts help prevent breast cancer and contain omega-3 and high levels of selenium.

Serving size: 6-8 nuts
Calories: 190
Protein: 4 g
Fiber: 2 g
Total fat: 19 g

CASHEWS

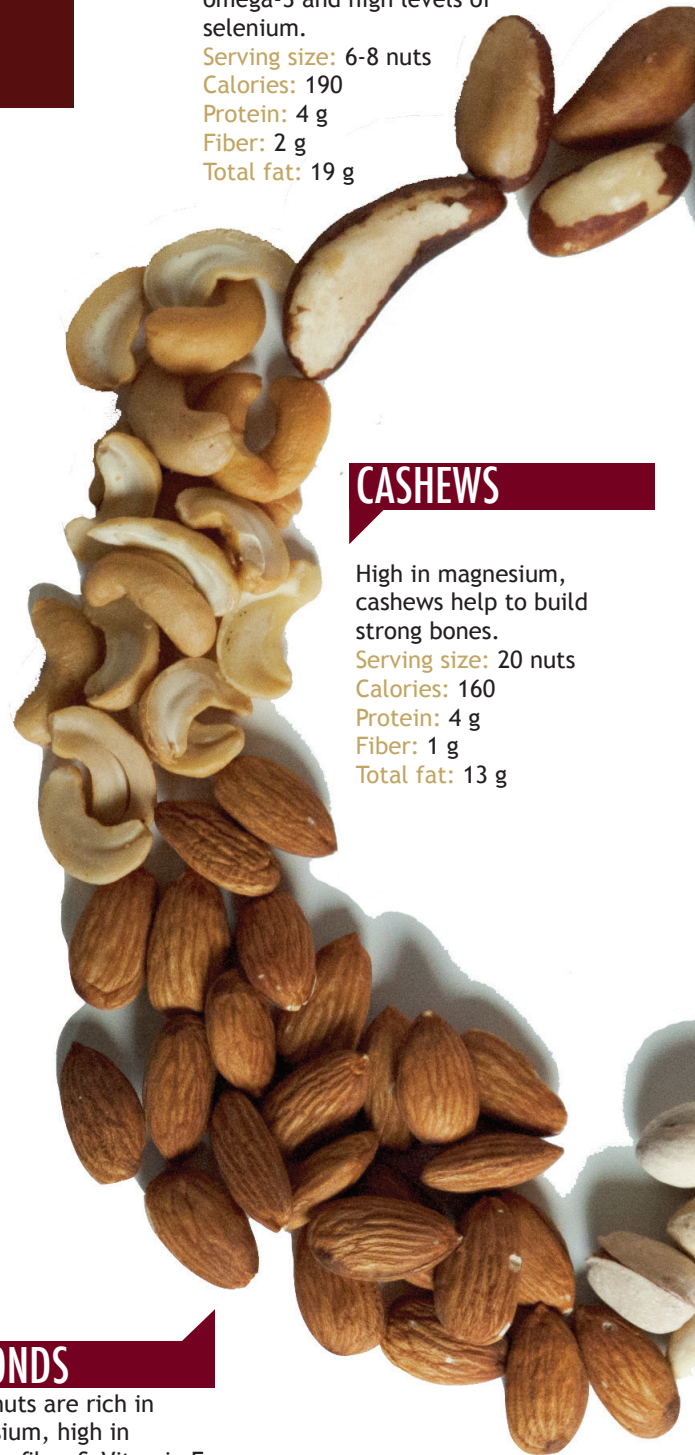
High in magnesium, cashews help to build strong bones.

Serving size: 20 nuts
Calories: 160
Protein: 4 g
Fiber: 1 g
Total fat: 13 g

ALMONDS

These nuts are rich in magnesium, high in calcium, fiber & Vitamin E.

Serving size: 25 nuts
Calories: 170
Protein: 6 g
Fiber: 3 g
Total fat: 15 g





PEANUTS

These legumes are high in protein and have small amounts of omega-3.

Serving size: 30 nuts

Calories: 170

Protein: 7 g

Fiber: 2 g

Total fat: 14 g

WALNUTS

High in Vitamin E, walnuts offer an ideal ratio of omega-3 to omega-6 fatty acids. These fatty acids have anti-inflammatory properties, promote heart health and guard against arthritis.

Serving size: 14 halves

Calories: 190

Protein: 4 g

Fiber: 2 g

Total fat: 18 g

**All serving sizes are 1 ounce*

PISTACHIOS

Full of calcium, magnesium and Vitamin A, as well as fiber and iron, pistachios are a great way to get your nutrients.

Serving size: 45 nuts

Calories: 160

Protein: 6 g

Fiber: 3 g

Total fat: 13 g



UNVEILING THE TRUTH ABOUT FATS

Not all **fats** are created equal

story by // emily borgeest
illustration by // alicia zybert

What was once the scariest and most forbidden word to dieters is now recognized as a mandatory part of every diet: fat. Beware, though, there are good fats and bad fats. Before you embrace the fact that eating this once-taboo morsel is now considered necessary, know which types of fats to eat and which to avoid.

Good fats are unsaturated, meaning they improve cholesterol levels, stabilize heart rhythms, give our bodies energy, and keep our skin soft. Two types of unsaturated fats, monounsaturated and polyunsaturated, have been proven to decrease levels of the harmful, low-density lipoprotein cholesterol (LDL) and increase the protective, high-density lipoprotein cholesterol (HDL).

The best food sources of the (good) monounsaturated fats are plant-based, such as nuts, seeds, vegetable oils, dark leafy green vegetables, and avocados. The polyunsaturated fats, which are highest in omega-3, are found in sunflower seeds, soybeans, ground flax seeds, and oily fish such as salmon, tuna, and mackerel. Eat ground flax seeds, though, because your body can't digest the full seed.

Diane Caughey, a registered dietitian at Centre Syracuse, a treatment center for

eating disorders, says that it's important to keep in mind that the good fats still have fat calories. Fat contains more calories than carbohydrates and protein. Almost 70 percent of adults in the United States are overweight, one in three are obese, and half that many kids and teens are considered obese. A 2012 study done at the Harvard School of Public Health, found that most people actually don't get enough good fat in their diets. Eating too many bad and saturated fats leads to such high obesity rates in America.

Saturated fats are found in pizza, dairy products such as milk and butter, and in meat products such as burgers and bacon. Saturated fats are even found in typically healthy foods like chicken and nuts. Fortunately, the bad fat content in these foods is much lower than that in beef and dairy products. "Be cautious of the saturated fat when consuming meat, cheese, ice cream, and baked goods such as cake and muffins," says Jane Uzategui, an instructor in public health, food studies, and nutrition at Syracuse University. "Be especially careful about cheese. Cheese is often mistaken as a healthy food, when it is actually the biggest source of saturated fat in children's diets."

A general rule of thumb is to keep



saturated fat intake as low as possible. Aim to eat red meat only once or twice a week at most, poultry a few times a week, and eat fish, beans, and legumes more often. However, completely eliminating saturated fat from your diet is nearly impossible given that there are small amounts of bad fat in nutritious foods that are also high in the good fats, such as salmon, avocados, walnuts and olive oil.

Trans fat is the worst type of saturated fat. Trans fat is the result of a process called hydrogenation—when vegetable oil is heated in the presence of hydrogen gas. This type of oil is especially useful for fast-food chains because hydrogenated oils can withstand heat, making them perfect for frying. Trans fats are also found in many processed snack foods such as granola bars, crackers, and baked goods. “Be careful to check the full ingredient list on these products,” Caughey says. “When labels say ‘no trans fat’ there could still be .5 grams trans fat in the product. It may be listed closer to the bottom since it isn’t the first ingredient.”

To live a long and active life, cut out the bad fats and embrace the good ones. Try to consume more fish, beans, nuts, and whole grains to get the good fats into your diet. **WTH**

MEAL SWAP

Taco Night: Swipe out sour cream and cheese, and load up on guacamole and beans.

Lunchtime: Forget the mayo on your sandwich, replace it with hummus or avocado. Swap ground beef for skinless chicken breast, ground turkey meat, or a mild white fish.

Salads: Avoid creamy dressings like ranch and bleu cheese. Use oil and vinegar or a light vinaigrette instead.

Asian Fusion: For sushi, avoid rolls that contain fried fish or spicy mayo. Choose a salmon and avocado roll with brown rice. For an appetizer, try miso soup or edamame instead of fried dumplings.

Pizza Night: Instead of a thick deep dish, try a flatbread or thin crust pizza, and if available, get a whole wheat crust. If you like toppings, try vegetables and olives to add flavor.

OUT WITH THE BAD AND IN WITH THE GOOD

BUTTER

Use spreadable butter made with canola oil and olive oil

MAYONNAISE

Substitute with non-fat Greek yogurt

HAMBURGER

Grab a turkey burger made with white meat

STEAK

Try skinless chicken breast

CREAM CHEESE

Replace with almond butter

BACON BREAKFAST

Swap in smoked salmon

BE PULP SAVVY

story by // paige carlotti
photography by // marina zarya



High sugar contents may scare you away from your favorite fruit juices, but the truth is, many juices offer a punch of nutritional benefits to keep you moving throughout the day. While most nutritionists recommend eating the whole fruit versus drinking juice, incorporating some unsweetened, 100 percent fruit juice in moderation has its benefits. Here's the scoop on the hidden nutritional values that some of today's most popular fruit beverages offer.

CRANBERRY JUICE

To stay healthy this season, incorporate 100 percent cranberry juice into your diet. It's packed with antioxidants that will help your body fight diseases. Cranberry juice also helps prevent urinary tract infections. A recent study by Tufts University and Boston University found that cranberry juice may boost heart health. However, steer clear of cranberry juice cocktail—"it's loaded with sugar and lacks significant nutritional value," says Jane Uzcategui, an instructor in the department of public health, nutrition, and food studies at Syracuse University.

GRAPE JUICE

Drink a glass of this purple beverage to get your fill of phytonutrients, an anti-cancer component found in grapes. The vast amounts of antioxidants have been linked to reduced blood sugar levels and offer both anti-bacterial and anti-inflammatory benefits. The flavonoids, which are types of antioxidants, found in this drink have also been shown to lower the rate of cardiovascular events, like heart attacks, according to Julie Damp, a cardiologist at Vanderbilt Heart and Vascular Institute. When shopping for grape juice, look for an organic brand, otherwise, the fruits are often sprayed with pesticides.

V8 JUICE

If you prefer veggies to fruit, V8 is the perfect choice. This veggie juice contains plenty of potassium, as well as Vitamins A, C, and E. V8 juice is also rich in beta-carotene, which enhances overall immunity by protecting against toxins, cancer formation, bone disease, eye problems, skin disorders, and other infections. Just 12 ounces of V8 100 percent vegetable juice provides you with three out of your five recommended daily servings of vegetables.

APPLE JUICE

Although apple juice is praised most for its rich Vitamin C and antioxidant content, it packs more nutritional value than it's given credit for. Apple juice is also a great source of fiber and iron. A 2007 study by The National Heart and Lung Institute found that apple juice may help calm asthma and promote respiratory health. The phytochemicals in apples reduce inflammation in the airways, lowering a risk of asthma. A 2009 study conducted by the Center for Cellular Neurobiology at the University of Massachusetts also showed that drinking apple juice can delay the onset of Alzheimer's disease.

ORANGE JUICE

This drink should be your main squeeze. Uzcategui says, it's the most nutrient-dense of the fruit juices because it's naturally rich in Vitamin C, potassium, folate, antioxidants, and other phytochemicals. Some brands are also fortified with calcium and Vitamin D. The American Cancer Society defines phytochemicals as a wide variety of compounds produced by plants, which are helpful in the prevention and treatment of many health conditions, including cancer, heart disease, diabetes and high blood pressure. The large quantities of Vitamin C make OJ the best juice to boost your immunity, reducing your risk of contracting a cold. To pack in more fiber and get some of the advantages found in eating the whole fruit, Uzcategui recommends choosing OJ with pulp. **WTH**

SNACK ATTACK

story by melia robinson // photography by alice xiang

WHEN FUNCTIONING ON LESS SLEEP THAN YOUR BODY REQUIRES, THE TEMPTATION TO RIP INTO A BAG OF M&M'S IS A FORCE TO BE RECKONED WITH. AVOID THE SUGAR CRASH ENTIRELY BY INDULGING IN THESE ALTERNATIVE TREATS THAT FUEL THE BRAIN. WE CAN'T PROMISE CLASS WILL BE INTERESTING, BUT THESE SNACKS—RICH IN COMPLEX CARBOHYDRATES AND PROTEIN—ARE SURE TO KEEP YOU ATTENTIVE.

GNU BARS

Meet your new best friend: fiber. The complex carbohydrate is slow to absorb into the body, curbing your appetite. Gnu Bars contain 12 grams of fiber and six natural whole grains potent in nutrients. Try flavors like Chocolate Brownie, Espresso Chip, Lemon Ginger, and Banana Walnut.

AVOCADO

It's okay to be a little gluttonous with this fatty fruit (yeah, it's a fruit—we checked). Avocado's buttery texture may trick you into steering clear, but Lynn Brann, an assistant professor of nutrition science and dietetics at SU, says not all fats are created equal. Avocados contain mostly monounsaturated fat, or "the good fat," which may reduce your cholesterol and risk of heart problems. Slice half an avocado to garnish a salad, or season with a pinch of salt and dig in spoon first.

ORVILLE REDENBACHER'S SMARTPOP!

The single-serve popcorn is just 100 calories of whole grain. High in fiber, each serving makes about six and a half cups when popped. You'll feel full until dinner. Resist drizzling on extra butter. Experiment with brands, but check the packaging to make sure it's low-fat.



HUMMUS AND RED PEPPERS

Pair hummus, made from protein rich garbanzo beans, with red bell peppers, which have the same satisfying crunch as chips without the unhealthy saturated fat. To get your fill of Vitamins A and C, mix it up with zucchini strips, mushrooms, sugar snap peas or raw asparagus for dipping. But beware — the individual snack-packs of Sabra hummus are rich in iron and protein, but each container serves more hummus than a recommended serving.

QUAKER INSTANT OATMEAL

When you fail to meet your daily iron needs, your blood is slow to deliver oxygen throughout the body. You'll feel sluggish, and your work will suffer. Quaker's got you covered. A package of their whole grain instant oatmeal can fulfill half of your recommended daily value of iron, so you've got energy to spare. Try the Flavor Variety Pack: maple & brown sugar, apples & cinnamon, and cinnamon & spice.

PEANUT BUTTER & BANANA SANDWICH WITH SUNFLOWER SEEDS

When you're in-between meals, there's no need to limit yourself to snack foods. Try this twist on PB&J. Use whole grain bread for the complex carbohydrates, two tablespoons of peanut butter for the protein, one sliced banana for potassium and fiber, and a generous sprinkle of unshelled sunflower seeds. The little nuts are packed with magnesium, which can help prevent migraines.

GREEN MONSTER SPINACH SMOOTHIE

Dust off your blender and show some courage because this smoothie is as delicious as it is adventurous. We scooped this healthy recipe from the foodie blogosphere. Blend one frozen, sliced banana, one-tablespoon peanut butter, a half cup plain yogurt (low-fat or Greek), and one cup of milk (non-fat or almond milk) for consistency. Fill the remainder of the blender with raw, baby spinach, and mix until smooth. Spinach is a complex carbohydrate that has it all: it's rich in vitamins and minerals, and is a good source of protein, calcium, and fiber. If it's not green, you're not doing it right.

WHAT THE HEALTH // SPRING 2012

feel great





AS THE RELAXING FITNESS TREND BECOMES MORE POPULAR, PEOPLE ARE TAKING HOLIDAYS AT YOGA RETREATS.

ESCAPE UNWIND ENLIGHTEN

story by // hannah redfield

photography by // yelena galstyan

Students of all shapes and sizes, male and female, from athletes to free spirits, enter Schine 228B on Monday mornings. They carry their mats, wear yoga pants, fitted tank tops, or enter empty-handed wearing sweats and a T-shirt. Kelley Purcell, a graduate student at ESF, teaches the free Healthy Mondays yoga class at Syracuse University. She enters the room, welcomes everyone, puts on a calming Xavier Rudd song, and begins the class.

Although the Healthy Mondays class is enough yoga to last many students the week, others want more. For those who can't seem to get enough yoga in their lives, yoga retreats are a popular solution. The Kripalu Center for Yoga and Health in Stockbridge, Massachusetts—the country's largest residential yoga retreat center—draws over 25,000 guests a year, according to Yoga Journal.

In a 2009 survey, Mediamark Research Inc. reported that 2.2 million Americans began practicing yoga in 2008, for a total number of 13.4 million practitioners; a 200 percent increase since 2001.

While yoga is intended to lead the practitioner to enlightenment and promote a sense of calm, it has countless other benefits. “Even if someone comes for stress reduction, he or she will find fitness, flexibility, and relief from chronic pain and inflammation,” says Kim Fischer, owner and director of Lotus Life Yoga Center in Syracuse.

Yoga retreats offer something for everyone. For many people, attending a retreat serves as a way to relax and get away from a busy lifestyle. Bringing in some of the best yoga instructors in the world, retreats provide a way for advanced practitioners to learn from the best of the best.

One drawback to the rising popularity of yoga is the quality of teacher training programs offered. “Yoga is getting so main stream and becoming such a thriving business that teachers rush to get certified,” says Purcell. “Yoga retreats bring advanced teachers and experts from all fields of study of yoga who know what they're talking about.”

Usually, a yoga retreat is set up through an agreement with a yoga

teacher and a specific resort or studio. People can then sign up to spend time at the resort learning yoga from the instructor during two to three lessons each day, depending on the program. All the meals are planned ahead of time, and usually consist of organic and vegetarian foods. “If someone is curious about becoming a vegetarian or vegan, yoga retreats are a great way to make the transition,” says Fischer.

In between meals and lessons, there is downtime to enjoy the surroundings and embrace the tranquil nature of the retreat.

“It's like a vacation with a yoga and wellness theme” says Fischer.

Although the more commercialized yoga getaways are located in exotic destinations, they can be found around the world. From retreats designed for beginners, to those designed to perfect one's yoga skills, yoga lovers have a limitless selection to choose from. Here are 3 different retreats, from the sort-of-close-to-home, to the ultimate yoga escape. >>



Kripalu Center for Yoga and Health

Location: Stockbridge, Massachusetts

Kripalu is the largest residential yoga retreat center in the country. Only about three and a half hours from Syracuse, they offer weekend and 5-day programs. The center offers daily classes in yoga, meditation, and movement, as well as amenities like a whirlpool, hiking trails, and fitness room.

Big Sky Yoga Retreats

Location: Bozeman, Montana

Advertising themselves as teachers of “cowgirl yoga”, this retreat is located in the Southern Montana. On a typical day there are one to two yoga practices; the morning one is usually more vigorous, and the afternoon session acts as a restorative session. All yoga is practiced outside under the “Big Sky.”

Shreyas Retreat

Location: Bangalore, India

If you’re looking to immerse yourself in the land where yoga first originated, there is no better place than Shreyas Retreat. They emphasize living an ashram lifestyle. This includes daily yoga, meditation sessions, and chanting classes. The Shreyas Retreat also encourages interaction with the village community, and taking part in local activities. This is one among many reasons that the Shreyas Retreat is considered one of the best yoga retreats in the world.

DORM ROOM YOGA MOVES

ENERGY

Backbends are the number one posture for energy because they squeeze your adrenal gland, releasing adrenaline, according to Kim Fischer. “I always joke we’re going to put Starbucks out of business,” she says. Place your hands on your lower back and lift up your chest. Take a gentle breath, hold it, and release.

RELAXATION

Here is a simple yet effective way to relax. Lie on your back, either on the floor or on your bed. Raise your legs above your head and place them straight against the wall. Stay like this for a few minutes, and breathe deeply.

SLEEP

If you’re having trouble falling asleep, a pose as simple as Child’s Pose should help you find better shut-eye. Kneel on the floor or on your bed with your knees slightly apart. Bring your chest down to your knees and extend your arms above your head.

OLD SCHOOL STYLE

SPLURGE ON A FEW BRIGHT PIECES
TO ADD TO YOUR COLLECTION OF SU
GEAR AND VINTAGE FINDS.

photography by // yelena galstyan

SYRACUSE UNIVERSITY JUNIOR JAMES BARRETT
DESIGNED THE PEACE TEE COLLECTION, GRAPHIC
APPAREL WITH A POSITIVE MESSAGE. SHOP JB CO.
LOCALLY AT J MICHAEL SHOES ON MARSHALL STREET.



On Joe:
JB Original Peace Tee \$24, J Michael
Shoes; SU Athletic shorts; SU Nike
Sneakers
On Brittany:
The North Face jacket \$80,
J Michael Shoes; Champion Cami Bra
\$16.99; Champion Capri Pants \$21.99;
Nike sneakers \$100

On Kyle:
Vintage jacket; The North Face Tee
\$45; SU Athletic shorts; Nike High-top
socks \$14; Nike sneakers \$115
On Allie:
Viewpoint Beast Mode tank \$25;
Champion Running Shorts \$14.99;
Adidas sneakers \$90, J Michael Shoes.

MIX YOUR SU GEAR WITH VINTAGE
FINDS AT THE SALVATION ARMY.
KEEP IT BRIGHT.

Brittany: Ol' Gorgeous bag, \$149
Steve: Vintage jacket; SU
Athletics long-sleeve shirt; SU
Athletics shorts; Nike High-top
socks \$14; Nike sneakers \$115
Allie: Champion bra \$16.99; Love
Culture hoodie \$18; Champion
shorts \$16.99; Nike sneakers
\$110.

FOR THOSE GYM BUFFS WHO WANT A VISUAL ON HOW HARD THEY'RE WORKING, VIEWSPORT OFFERS CLOTHING, LIKE THIS SHIRT, THAT REVEALS WORDS LIKE "PUSH YOUR LIMITS" WITH SWEAT-ACTIVATION.



Joe: Viewsport Beast Mode T-shirt \$25; SU Athletics shorts; SU Athletics sneakers
Maria: The North Face singlet \$18, J Michael Shoes; Champion capri pants \$21.99; model's own shoes
Kyle: Vintage Jacket; The North-face tee \$45; SU Athletics shorts; Nike high-top socks \$14; Nike sneakers \$115

SPRING CLEANING FOR YOUR EXERCISE ROUTINE

story by kara labounty // photo by anita sukha



“SHAKING OFF THE MONOTONY OF THE GYM AND ITS INDOOR SETTING WILL NOT ONLY LIFT YOUR SPIRITS, BUT INCREASE YOUR PACE AS YOU GET LOST IN THE SURROUNDINGS...”

DEBBIE CERELLI

Summer is around the corner, signaling us to ditch the crowded gym for the sunny outdoors. Take advantage of the fresh air and get creative with your workout. To tone your entire body sans gym equipment, simply step beyond the doors of Archbold. Park benches aren't just for sitting on and jungle gyms don't have an age limit. Wait until the kids leave, then hop on those monkey bars. It's time to drop the daunting exercise circuit you've had all winter long.

Shelby Keys, a nutrition student and personal trainer at Syracuse University suggests doing pull-ups on playground monkey bars. Find a park bench and prop one leg up, bent at the knee, and do some squats facing away from the bench. Using the same bench, quickly step up and down repeatedly to add a cardio boost to your routine.

Keys also suggests hitting up the local track for a great workout spot. Run laps around the track on a timer. Challenge yourself to beat your own personal record. Do lunges or skip for 100 meters. Find an open space anywhere outside and create your own 15 minute circuit of crunches, pushups, and mountain

climbers (hands on the ground with your feet kicking back and forth in a running motion). Do squats for one minute, and hold a plank by propping yourself up on your elbows and toes for another minute, and then repeat.

If you really want to get your heart rate up, find a flight of stairs and run up and down as many times as you can (there's a great set on Euclid Ave., or use the stairs heading up to Flint Hall). Then on the same steps, do calf raises; hold onto a railing if there is one, and raise and lower yourself up on your toes with your heels hanging off the back of the step. Keys also suggests doing decline pushups with your feet propped up a step or two higher than the rest of your body.

“Shaking off the monotony of the gym and its indoor setting will lift your spirits and make your workout more enjoyable rather than just ‘getting it done,’” says Debbie Cerelli, trainer at Trillium gym in East Syracuse. Cerelli says working out outdoors will bring back the same feeling we had as kids every time the recess bell rang - excited and ready to burn off your excess energy outside. **WTH**

ditch the gym and incorporate the outdoors into your workout



GEARING UP AFTER GRADUATION

story by // liz searight
photography by // yelena galstyan

PART 1: HOW TO FIND THE MOTIVATION TO STAY HEALTHY AND WORK OUT POST-COLLEGE.

It's your first day on the job - a real job. You've been up since 6 a.m. It's now nearing 8 p.m., and you're just heading home after dinner and a meeting with colleagues. The only thing on your mind is hitting the shower, then your bed.

Maybe you'll make it to the gym tomorrow.

After commencement weekend, Ernie Davis, Archbold, and Marshall Square Mall won't be places you visit at any hour of the night to squeeze in a workout, even if you had the extra energy. Keeping up with the exercise and diet routine you've maintained since sophomore year won't be easy without unlimited access to seven (free) fitness facilities.

Post-graduation, it's important to find a new exercise and nutrition plan that can keep up with life in the working world. *The Journal of Exercise Physiology* states that more than half of the U.S. adult population is overweight or approaching obesity. To help our upcoming Syracuse graduates beat this statistic, *What The Health* seeks advice from alums and trainers on how to avoid the graduate's gain.

The number one way to lead a healthy lifestyle after graduation is to start in college. Graduates who were physically active prior to entering the workplace gained less weight than those who weren't, according to *The Journal of Exercise Physiology*. While it's often assumed the Freshman 15 is an inevitable reality entering college, keeping the weight off after college --when we're stuck sitting in a chair all day--is when many graduates begin to struggle.

Kulaa Bucheyre, fitness trainer at Gold's Gym in Central New York suggests taking advantage of your lunch hour. Don't eat at your desk. Go for a walk, and always take the stairs instead of the elevator. Bucheyre also recommends walking to speak to your co-workers rather than emailing them (make sure your co-workers don't mind the brief interruptions). At the very least, get up and move once every hour. Small changes like these can burn those few extra calories each day to ensure you don't pack on the pounds at your new job.

While living on your own, it's easy to get stuck in a take-out-dinner routine. Avoid meal-making laziness, and pick up some healthy groceries instead. Although healthy food can sometimes be pricy - it's worth it in the long-run. Proper choices can be made on a tight budget. For one, choose whole grain bread over white-- the fiber keeps you feeling full longer, according to a study from the Harvard School of Public Health. Keeping up with a nutritious diet at home may also help encourage a work-out routine. Reach for a low-fat yogurt or oatmeal to kick-start your metabolism at breakfast. You'll feel better about yourself as soon as you wake up in the morning.

Sometimes our food choices are based on what we're capable of preparing for ourselves. Registered dietitian Donna

Acox says graduates often have trouble staying slim due to a lack of culinary skills. Taking a basic cooking class will provide you with skills to create easy meals at half the calories compared to fast food. Learn how to make a simple pasta dish with chicken and vegetables - keep it as a staple for when you're ready to reach for the to-go menus.

Carry over your healthy at-home choices to the workplace as well. Bring a bottle of water to work and continue to re-fill it throughout the day. You'll stay hydrated and won't give-in to sugary drinks or coffee later in the afternoon. Acox also suggests avoiding the office mints. "If you eat five, that's 50 extra calories a day. A ten pound weight gain in one year can happen by only eating 50 extra calories a day." This applies to the muffins at the early-morning meetings or the sweets in the employee lounge.

For some graduates, though, living in "the real world" helps keep them on the right track. Christine Robertson, a graduate from the class of 2010, now works nine-hour workdays in New York City. In college she was inactive, and struggled with working out. Robertson now finds that having a job helps make living healthy part of her routine. "I eat smaller meals throughout the day and form my schedule around yoga and Pilates classes at a gym one block away from my apartment," Robertson says. She finds office cafeterias to be expensive, so packing a lunch is a must. Switch up what you bring, so you don't get bored with the same turkey sandwich and resort back to the pizza or baked ziti in the café.

Those who do not make healthy lifestyle choices a priority could face some serious health risks. The Official Journal of the American College of Sports Medicine states that if you stay active through your adult life, your risk for cardiovascular disease, coronary heart disease, hypertension, Type 2 diabetes, and cancer is significantly reduced. The journal also points out that if you appear a healthy weight but are actually inactive, you're still at risk for health problems later in life.

In order to maintain your current weight, Bucheyre, from Gold's gym suggests working out two to three hours a week, preferably in the a.m. "Work out 20 minutes every morning, no matter what. Working out in the morning is better for you, it jump-starts your metabolism so your body burns calories all day," he says. You also won't have to worry about making it to the gym after work when you're physically and mentally tired.

As we get older, our metabolisms slow, meaning we need to work harder to stay healthy. Changing your food choices and exercise patterns won't come easily, but small changes will add up over time. Find ways to incorporate healthy living into your day, and you'll continue to reap the benefits. **WTH**



GEARING UP AFTER GRADUATION

PART 2: FIVE JOBS THAT KEEP YOU MOVING

If you're caught in post-grad limbo without a position at whichever company you thought you had an "in" at, you'll need a way to make money, and stay in shape - you can't pay for a gym membership without any income. Here, *What the Health* investigates five healthy jobs. Consider these options until you get a phone call from that public relations company looking to hire. Or just as a weekend job, if you're already getting a full salary somewhere else - lucky.

TOUR GUIDE

A great choice for fans of the outdoors and all-things active, working as a tour guide keeps you physically engaged all day, while getting paid. Kim Beaumont, owner of Downunder, a kayak rental and tour company in Connecticut, says, "Whether you're a dock hand or a tour guide, kayaking exercises your back and core." It serves as a full abdominal workout, and one that will leave you sore the next morning. Not only do kayaking and paddle boarding keep your metabolism humming, but cleaning and putting away the equipment takes strength. If you're not into boating, look for jobs as a walking, hiking, or biking guide.

FITNESS INSTRUCTOR

There's no better way to ensure you'll stay active than teaching a fitness class. You're signed up to make people sweat, and by default, you will too. Nathalia Ferreira took a position as a Zumba fitness instructor after losing 60 pounds from the classes. A typical Zumba cardio workout burns anywhere from 500-1,000 calories, according to instructor Melissa Boyles. Certification only requires a six-hour workshop, costing \$200. Ask your nearby gym or fitness facilities if they're looking for new instructors. If they don't offer a class you want to teach, suggest they add it to their list of fitness options.

FLIGHT ATTENDANT

This job is more of a commitment than the others, but if you've changed your mind on the job-route you want to take, it could be the right pick for you. This job keeps you up and moving. A typical voyage from New York City to Los Angeles is between five and six hours - attendants are on their feet almost

Don't wait for that "when can you start?" phone call while sitting on the couch. Check out one of these physically engaging jobs that will keep you active in the meantime.

story by // liz searight and diane choo

the entire flight. Clint Clifford, former flight attendant for Delta Airlines says she was in the best shape of her life during her years as a flight attendant. The best part of the job -she can fly at a highly discounted rate even after retirement. It's easier to deal with cranky passengers when you get free trips around the world.

WAITER/WAITRESS

This may have been a job you had during high school, or perhaps even now. The best part about this job: you can do it anywhere. Restaurants almost always need more waiters to fit the needs of their busy schedules. The job, though, can be physically demanding. John Tummino, a Syracuse University freshman, says a restaurant he worked at was on the bottom floor of a hotel with the kitchen upstairs. "I was constantly going up and down stairs lugging food and water to the customers," says Tummino. If you're sitting at a desk all week, getting up on your feet for a few hours as a waiter or waitress is an easy way to get you moving either in the evening or on the weekends.

FLORAL DESIGNER

Here's a unique work environment that still keeps you active all day. Floral designers spend time cutting thick flower stems, washing flower buckets, mopping the floor, picking up fallen flower petals, and delivering bouquets and arrangements to customers. Harang Lee, an active floral designer, says she's constantly walking in order to collect different pieces to create her design. "I don't think many people realize what goes on behind the doors," says Lee. "It's a lot of moving around to make these beautiful flowers." **WTH**

WHAT THE HEALTH // SPRING 2012

features





TRANSITION

THIS SEMESTER SYRACUSE UNIVERSITY ADDED TRANSGENDER HEALTH-CARE TO ITS EMPLOYEE AND GRADUATE INSURANCE PLAN. HOWEVER, WE CAN EXPECT TO SEE A DROP IN OUR FIVE-STAR LGBT RATING IF WE DON'T FOLLOW IN THE FOOTSTEPS OF UNIVERSITIES LIKE UPENN AND HARVARD THAT OFFER THE POLICY TO UNDERGRADS AS WELL.

story by maria marino // illustration by jake walker

During his freshman year at the University of Pennsylvania, Joshua Tweedy sat in the student health center waiting for prescription hormones that would help him appear more like the gender he identifies with: male. Before handing over the prescription, the doctor cautioned him about the risk of heart disease and reproductive cancer—diseases that go hand-in-hand with taking hormones, diseases that could drastically shorten his life. Unfazed, Tweedy took the prescription. He started the treatment several years ago, well aware of the risks.

Tweedy battles with gender identity disorder (GID), a psychological diagnosis for a man or woman who identifies better with the opposite sex and feels as though they were born in the wrong body. The hormone replacement therapy he received through UPenn's insurance helped him feel more like himself, but in order to prevent the development of reproductive cancer, Tweedy desperately needed to have a hysterectomy and oophorectomy to remove his uterus and ovaries. These procedures cost upwards of \$40,000 out of pocket, and without insurance coverage, Tweedy didn't have the means to pay for them. "There were a couple of nights I fell asleep crying, imagining my own funeral," Tweedy says. "And maybe that was dramatic, but we've lost very important members of our transgender community to reproductive cancers because they either couldn't afford to take care of it, or couldn't find a doctor."

“
IF I HAVE TO LIVE THE
REST OF MY LIFE AS A
WOMAN, I’LL HANG
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SO I’M ACTUALLY
EXTENDING MY LIFE
EXPECTANCY,”

JOSHUA TWEEDY

Tweedy could finally breathe a sigh of relief in August 2010, leading into his senior year. UPenn expanded its Aetna insurance policy to offer up to \$50,000 in chest reconstruction, genital reconstruction, hysterectomies, and breast implants, allowing him to get the \$48,000 worth of surgery that he couldn't afford. UPenn is one of 26 colleges across the nation, including Harvard, Stanford, and University of California that include transgender healthcare under their university insurance plan for undergraduate students. As of March 2012, Syracuse offers hormone replacement therapy, mental health resources, and transgender surgeries under its insurance policy, but only for employees and graduate students. This excludes undergraduate transgender students from potentially receiving these medical procedures.

Cory Weaver, a Newhouse graduate student and member of the gay community, came to Syracuse because of its impressive LGBTQI (lesbian, gay, bisexual, transgender, queer, intersex) reputation. Weaver says although he feels comfortable on campus, he believes the university should offer the transgender insurance coverage to undergrads as well. Weaver witnessed a few of his friends go through gender reassignment surgeries and hormone replacement therapies. He saw how every aspect of their lives drastically improved. "They would come back with a whole new confidence; it was amazing," Weaver says. And even after just a few hormone treatments, Weaver remembers them telling him, 'I've never felt so much like myself'.

Not everyone is so lucky. For Weaver's friends who couldn't afford the procedures, it was challenging to find jobs that were accepting of pre-operation transgender people. Some even resorted to prostitution to fund their surgeries, just so they'd be able to get normal jobs down the line. Some traveled to Thailand to receive more affordable procedures.

Syracuse's LGBT Resource Center director, Chase James Catalano, says there are many risks associated with the inability to reassign gender, when a person desires. They may experience unhappiness, discomfort in one's self and interactions with the outside world. Struggles in everyday life are prevalent, such as the uneasiness of using a gender-specific public restroom, seeing a doctor, or being referred to »

by the wrong pronoun. Issues with harassment, depression, and self-harm also affect the transgender community. According to a 2006 study published in the *Journal of Homosexuality*, 33.2 percent of transgender youth have attempted suicide.

Catalano persuaded human resources to include the coverage for faculty and graduate students this year, and he thinks it's possible the university will offer the same to undergrads if students push for it and express a need. Erin Gross, the associate director of UPenn's LGBT center for more than 13 years, says institutions need to cover reconstructive surgeries because transgender people today tend to identify their gender identity earlier in their lives than in the past. "They're recognizing it in kindergarten and younger so if a university doesn't offer this insurance they are doing their students a disservice," she says.

Despite the lack of hormone therapy or transgender procedure services for undergraduates, Syracuse University is one of only 19 colleges in the country that has a five out of five-star rating on the Campus Climate Index, a website

that uses scientific research to gauge how LGBTQI-friendly a campus is. However, Genny Beemyn, Ph.D., a representative of the CCI, says the university won't be able to hang onto the impressive ranking for long without offering transgender health coverage to undergrads. For the first time since the website launched nearly 10 years ago, the staff is reevaluating the material that the scale is based off of and will take into account factors such as transgender insurance. When this happens, Beemyn says SU's ranking will definitely take a hit, most likely knocking it down to a four or 4.5 out of five rating.

UPenn's policy could be responsible for saving Tweedy's life and the lives of at least four other students who took advantage of the trans procedures. A great deal of criticism, though, surfaced about the premium increasing by \$.94 cents for all students who purchase the university's insurance. "We are such a misrepresented, misunderstood, and discriminated against minority that people feel free as birds to complain that we have health care, that my insurance policy paid for me to not die from cancer."

Weaver attributes the misconception that these procedures are not medically necessary to a lack of knowledge about the transgender community and gender identity disorder. "If somebody needed a heart transplant, that wouldn't be a problem under the insurance," Weaver says. "To these people, this is a heart transplant. They are diagnosed with a problem and this is the means to an end for that problem."

Today, Joshua Tweedy's blue eyes, short black hair, and chiseled biceps reflect in the gym mirror as he bench presses. Tweedy had the hysterectomy and oophorectomy for health reasons but wasn't interested in any of the cosmetic procedures offered. Yet, his life has drastically improved, freed from the everyday worries that consumed him. He now works at the LGBT resource center at UPenn as an advocate for students who are interested in the transgender procedures. "Everyone has the right to fair and equal health care," he says. "I'm not less than human and neither are my other transgender brothers and sisters."

WTH

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STRUGGLING WITH SELF-ESTEEM

story by // amy marturana
photography by // jennie bregande

THE SUMMER BEFORE HER SENIOR YEAR OF HIGH SCHOOL, ALLISON WALKED IN ON HER BOYFRIEND CHEATING ON HER AT A PARTY. SHOCKED, SHE CHUGGED HALF A BOTTLE OF RUM AND BLACKED OUT. WHEN SHE WOKE UP, SHE WAS BEING RAPED >>

She didn't tell anyone what happened, but word traveled through her small town. Her assailant's friends would threaten her whenever they saw her. For the rest of the summer, she drowned herself in alcohol. She convinced herself that she probably asked for it, and blamed herself for her rape. She felt tainted, disgusting. Allison believed that no one would ever want her again since she was now damaged. She developed a drinking habit and resorted to promiscuity. Desperate for attention, she was spiraling out of control. Allison felt robbed of her value and worth. With no self-esteem left, she lost herself and became attention-hungry; eager to feel wanted and loved.

Self-esteem, in simple terms, is having positive feelings about yourself. "It's about looking at yourself as objectively as possible, understanding your strengths and challenges, and being able to accept those things about yourself," Tracey Mussara Marchese, professor in the school of social work at Syracuse University's David B. Falk College of Sport and Human Dynamics says. In Allison's case, an extreme circumstance stripped her of her self-worth. She blamed herself, making it impossible for her to accept who she was after the rape. But not everyone who struggles with self-esteem has suffered through a traumatic event in their past.

Many factors cause low self-esteem. It sometimes begins in childhood, and if untreated, can follow into adulthood, Marchese says. Messages from parents, teachers, and peers that imply "you're not good enough" can take a serious toll on a person's sense of self-worth. Nicole Christina, a clinical social worker in Syracuse notes that peer pressure in college can cause many students to feel poorly about themselves. "The culture supports a lot of drinking and a lot of hooking up," she says. "They feel ridiculed and ostracized if they don't participate." Often times students who are uncomfortable with this expected college lifestyle will participate anyway to fit in, which doesn't raise their self-confidence, but masks their insecurities.

Poor self-esteem can also develop when parents or professors put unrealistic expectations on young adults. When they can't keep up, they begin to feel inadequate. It also depends on a person's perception, though, Marchese adds. When someone says, "try your best," or "you'll do better next time," these constructive criticisms can sometimes do the opposite of encourage. Whether this happens or not is up to the person, Marchese says. Some people interpret comments like that as they're failing, or not good enough, which ends up putting them down instead of motivating them to do better.

College students are also challenged with deciphering between who the media says they should be and who they

really are inside. Shows like *Jersey Shore* and *The Bachelor* set the standards for what makes someone a fun, likable person. According to these shows, people who are attractive, physically in shape, promiscuous, and party hard will fit in. Christina notes that many of the young women she treats struggle to find a place at school because they feel they have to fit into an expectation. Although it is talked about less, this affects young men as well. Marchese suggests that the reason it doesn't seem as common is because women tend to speak more openly about their feelings. They are more likely to seek help, whereas young men often try to cover it up. This can lead to masking problems with alcohol and drugs.



IT'S ABOUT LOOKING AT YOURSELF AS OBJECTIVELY AS POSSIBLE, UNDERSTANDING YOUR STRENGTHS AND CHALLENGES, AND BEING ABLE TO ACCEPT THOSE THINGS ABOUT YOURSELF."

PROFESSOR MARCHESE

EFFECTS OF LOW SELF-ESTEEM

People with poor self-esteem tend to become depressed, Marchese says. Depression can cause feelings of worthlessness, hopelessness, helplessness, low energy levels, and in extreme cases, suicide. It can also cause poor concentration and energy levels, which can affect performance in school and a person's ability to get a job, she adds. Allison never became suicidal, but her feelings of worthlessness caused her to break down frequently, abuse alcohol, and act irrationally, especially when she was drunk. She remembers a time when she threatened to jump out of a moving car; she was so desperate to escape.

Low self-confidence can certainly affect relationships with friends and romantic partners. "If you don't feel good about yourself, then you're most likely going to attract people who will take advantage you," Marchese says. This could lead to one partner walking all over the other or ending up in an abusive relationship.

When Allison left for college, she found herself in a new place where no one knew about her past. She had no baggage, just a clean slate. She told herself, "I don't have to be this



person,” and stopped blacking out and throwing herself at guys. She then met a guy who finally showed her that she could be loved and convinced her that despite what happened, she was going to be fine. Today, Allison is at peace with her past.

HOW TO RAISE YOUR SELF-ESTEEM

Learning to accept yourself, flaws and all, takes time and practice, Marchese says. You have to change the skewed negative image of yourself and look at every situation realistically. This is called cognitive restructuring, and it starts the moment you wake up, Marchese notes. Don't lie in bed in the morning after you wake up; that is when we tend to think most negatively. Instead, hop out of bed right when you wake up and set a positive intention for yourself -- tell yourself that you're the best person you can be and that you will make the most of the day ahead. Marchese also suggests leaving a Post-it note in plain sight that reminds you that you're good enough just the way you are.

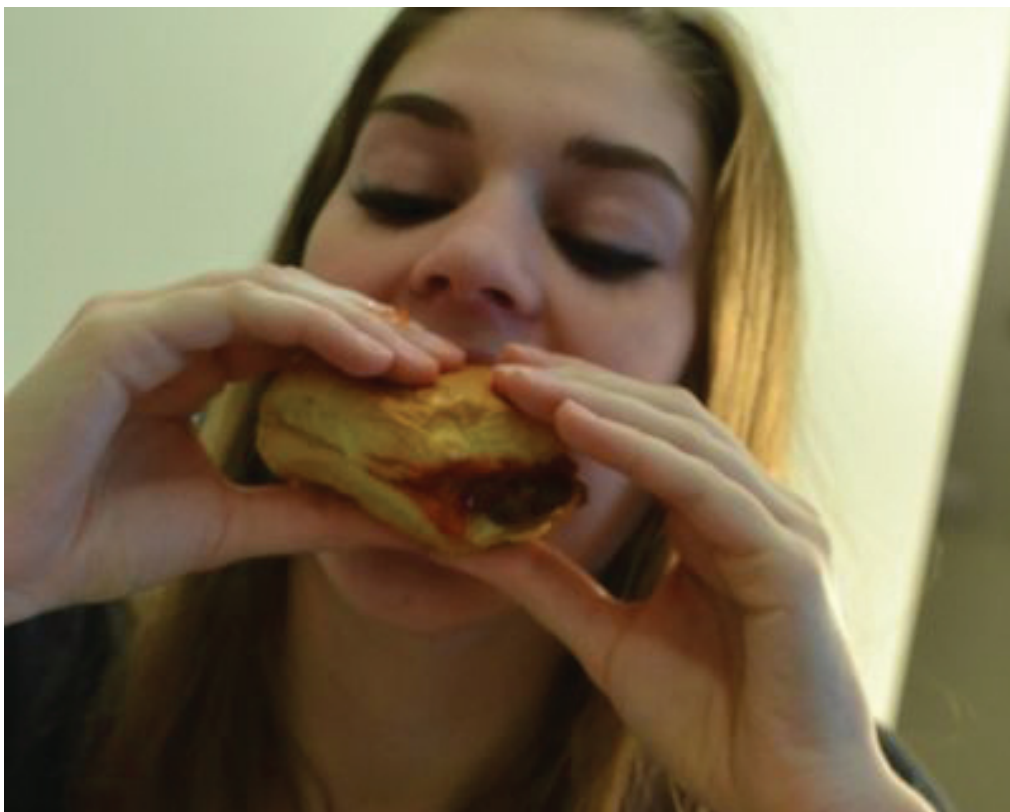
Along with positive affirmations, Marchese recommends keeping a gratitude journal. At the end of the day, write down three things that you're grateful for, no matter how small and insignificant they might seem. This way you're waking up and going to bed with positive thoughts. Always treat yourself and

THE COUNSELING CENTER AT SU
MON - FRI: 8:30 am — 5:00 pm
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your body right, she adds. Proper nutrition, sleep, and exercise all make you feel better and healthier, which contributes to high self-esteem. Keep your mind clear and body relaxed by attending mindfulness workshops or take a yoga class.

Christina recommends setting aside time to do things that make you happy, even if it's only for five minutes. Whether it's reading a book, riding your bike, or doing a crossword puzzle, you will feel more satisfied when you can do something that brings you pleasure. She also recommends spending time in nature; without material distractions, you can clear your mind and focus on the simple, beautiful things around you.

Keep in mind that sometimes professional help is necessary. If low self-esteem is breeding signs of depression, visit the counseling center on campus or find a local therapist. You might need someone to help get you started on the path to accepting yourself. With the right tools, you'll come to see that even with all of your flaws, you're fine the way you are. **WTH**



the future of food

story by rebecca toback // photography by debbie letchman

**THE LATEST NUTRITION SCIENCE
YIELDS WEIGHT-LOSS HELP AND
PROVIDES DISEASE FIGHTING-POWER**

You watch your skinny-as-a-twig friend wolf down a double cheeseburger and a large order of fries while sitting right next to you. She helps herself to a hunk of chocolate molten cake, seemingly devoured in one fell swoop. You'd never dream of eating a meal like that. You feel like you gained a pound just from watching. But the part that really makes you sick, is realizing the calorie-laden meal will have no effect on your friend's weight. Metabolism might play a key role in allowing your friend to indulge, but the emerging field of nutrigenomics could prove there's more to it.

In nutrigenomics, researchers strive to determine how the combination of nutrition and genetics affects weight, health, and proneness to disease. Nutrients have the potential to determine the way our genetics are expressed, says Sudha Raj, a senior part-time instructor in the nutrition science and dietetics program at Syracuse University. A person's nutrition is an environmental factor that can alter gene expression, which is how the genetic information inherited from one's parents is manifested. Nutrigenomics determines if a person's diet can increase their chances of cancer and other chronic diseases. It also helps pinpoint which unexpected foods could cause weight gain or loss. Raj says the food we eat is information to our cells.

Everyone's body absorbs food differently, says Ruth DeBusk, a registered dietitian who works with the Family Medicine Residency Program in Tallahassee, FL. "Genetic technology can look at the DNA of a specific person and see what the genetic signature of that person is, so we can match food much better to their body." DeBusk says everything broken down and absorbed has to be a good match for our machinery. Since everyone has different genes, two people who eat the exact same meal might experience different

“ TWO PEOPLE WHO EAT THE EXACT SAME MEAL MIGHT EXPERIENCE DIFFERENT EFFECTS ON THEIR BODIES.”

effects on their bodies since their enzymes act differently. Perhaps your skinny friend's genetics are what allow her to eat the way she does.

For people with celiac's disease, for example, eating foods with gluten increases their chances of gastrointestinal cancer by a factor of 40 to 100 times that of the normal population, according to Celiac.com, a worldwide resource for people who seek information about the disease and related disorders. Those with celiac's disease have more information about how their diets shape their future than the average person does. DeBusk says this is nutrigenomics in action.

In 2004, Penn State University opened the Center of Excellence in Nutrigenomics to foster research initiatives. They offer many services

relating to the field, one of which is genotyping. "Genotyping is the process of determining differences in the genotype or genetic make-up of an individual by looking at their unique DNA sequence," says Christina Costello, an adjunct professor in the Department of Public Health, Nutrition, and Food Studies at SU. Genotyping reveals the genetic material an individual inherited from their parents.

Currently, there are few scientists administering research in the field of nutrigenomics. In the future, researchers hope to help people discover at a young age, possibly even at birth, which diseases they're predisposed to and what foods they can eat to try to lower their chances of developing diseases. As time goes on and obesity and chronic illnesses continue to cause problems for millions of Americans, DeBusk and others in her field hope more trained researchers will develop interest in food science and make nutrigenomics more relatable to the average person.

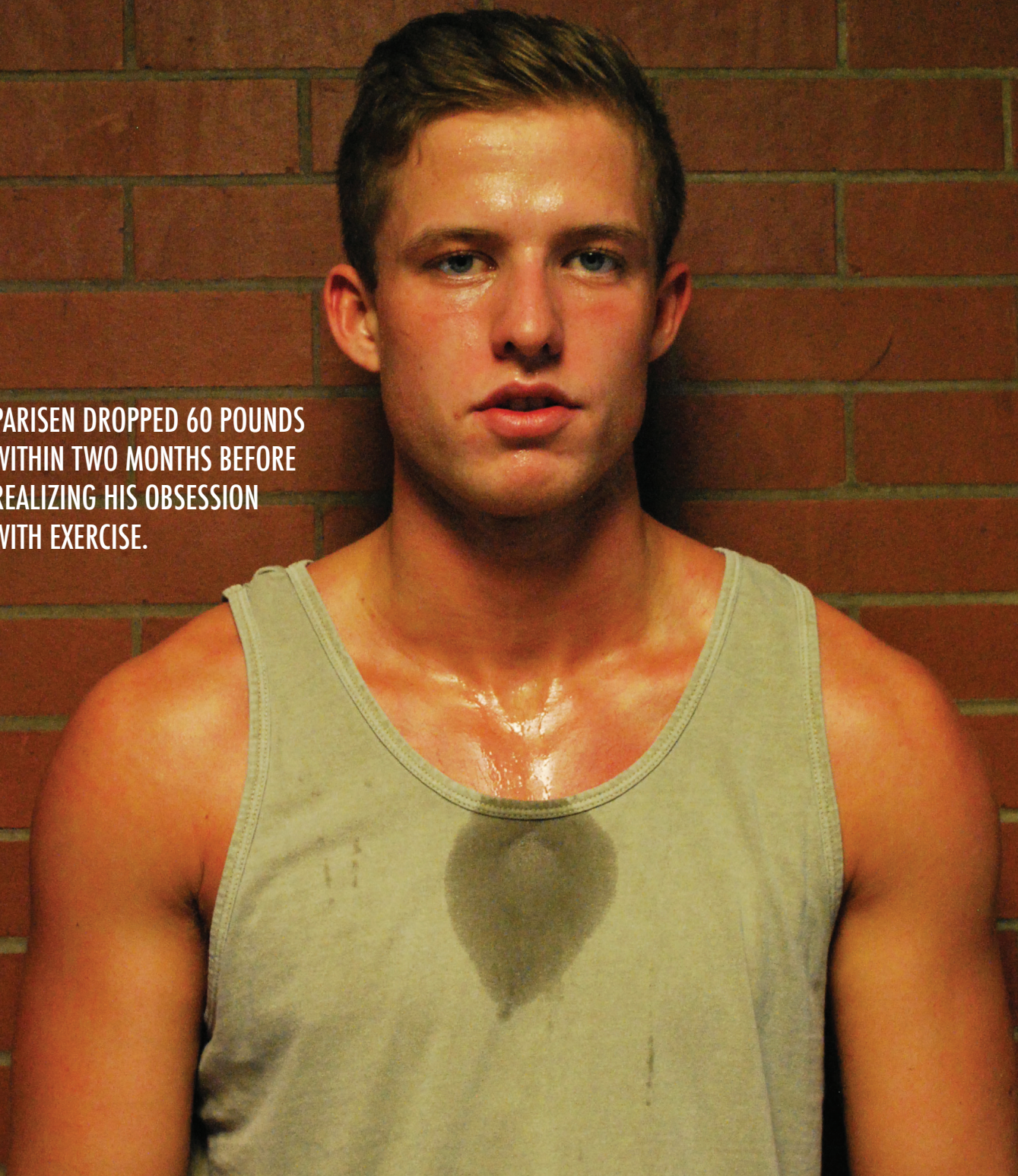
DeBusk sees nutrigenomics as the future of nutrition. "We are going to develop therapies that are geared toward an average person, but customize them to specific people," she says. **WTH**



EXERCISE ADDICTION

story by jordan clifford // photography by yelena galstyan

PARISEN DROPPED 60 POUNDS
WITHIN TWO MONTHS BEFORE
REALIZING HIS OBSESSION
WITH EXERCISE.



It all began with a knee injury during her sophomore year soccer season at Hobart-Williams Smith College. The required rest for rehab left Tiffany Jones out of shape and displeased with her level of performance. She returned to the field and her regular training schedule during her junior year, lost the extra weight, and began to feel and look better. The improvements pleased her, but she wanted more. “It was something completely in my control,” Jones says. She did it for the natural endorphin rush, but before she knew it, it became a compulsion. Jones began counting her calories, weighing herself multiple times a day, working out at the gym, and lifting weights after games. She lied to her friends and would work out instead of spending time with them or going out.

Jones continued this routine through the spring semester and into the following summer. Her performance on the field improved, as did her body image and attitude, until she finally hit a dead end. “I wanted to do things but my body just couldn’t do it,” Jones explains. Overworked, Jones lacked the calories needed to sustain herself over extended workouts. She became victim to an exercise addiction that took over her life.

Exercise addiction is defined as a condition in which an individual exercises excessively, often to the detriment of his or her physical and psychological health and well-being. It’s accompanied by symptoms of stress fractures, depression, and amenorrhea (absence of a menstrual period), and noted by signs such as rigid routines, increase in exercise over time, and fixation on weight loss. It most often affects athletes or habitual exercisers, but not always. There aren’t many definitive statistics regarding this disorder because it’s not defined by the DSM-IV, a diagnostic and statistics manual used by clinical psychologists to diagnose cognitive and behavioral disorders. However, according to Jeffrey Pauline, a sport psychology consultant and assistant

professor in the Department of Sport Management at Syracuse University, the area of exercise and health psychology as a whole has boomed over the last 10 years, though, especially in terms of research.

Ethan Parisen, a senior finance and marketing major at SU says that in a way, he’s addicted to exercise, but believes it’s a healthy addiction. “I use it as a way to keep my life in balance.” Parisen began a rigorous exercise routine his junior year of high school after jokingly being called a fat ass. “It kind of struck a nerve with me,” Parisen says. Standing 6-feet tall and weighing 230 pounds, his initial goal was weight loss, but toward

specializes in addiction, explains that a large part of the nature of addiction is the neuro-chemical component, which for exercise is the rush of endorphins often known as “runner’s high.” Addictions are based in biology and are essentially a physiologic phenomenon, explains Scholl.

Diagnosing exercise addiction is difficult because it is not inherently unhealthy, like drugs or alcohol. “If you ask someone about exercise, their indication is that exercise is good,” Pauline says. Therefore, identifying exercise addiction can be difficult because the person suffering only sees it as positive activity.

“ WHAT STARTED AS A FAT-KID JOKE ENDED WHEN PARISEN LOOKED IN THE MIRROR AND SAW A SKINNY, PALE, SICKLY FIGURE. ”

the end of high school his exercising was out of control. He ran in the morning before school, went to the gym after school, and did extra pushups in the break room at work. He dropped from 230 to 170 pounds in two months.

What started as a fat-kid joke ended when Parisen looked in the mirror and saw a skinny, pale, and sickly figure. “I was like ‘Oh my God, what am I doing to myself?’” Today Parisen continues to workout, but at a healthier pace. He does the same exercise routine everyday for an hour and a half exactly six days a week, seven if he can. He runs for 30 minutes, then works every muscle group in his body. He says he uses the gym as a form of therapy. “It’s the one place where I know exactly what’s going to happen and I can set some level of control over my life,” Parisen says. While he knows that taking a day or two off won’t change his body, he still struggles against the urge to go anyway.

Susan Scholl, a professor in the Department of Public Health, Food Studies and Nutrition at SU who

Tiffany Jones, now a sport psychology consultant and president of X-Factor Performance Consulting, realized her addiction senior year, but didn’t want any help. It took graduate school and a change in location for her to realize how intruding the addiction actually was. “It came down to what was more important—my grad school studies, or my obsession with exercise,” Jones says. “When I started my graduate work and counseling classes, I had to really self-reflect and know my true self,” Jones says.

Now, 12 years later, exercise is no longer controlling her life. “The difference is if I miss a workout, I am not freaking out as much,” Jones says.

Exercise addiction occurs unexpectedly, one day you are working out to get fit and in a couple of months you’re spending more time at the gym than with your friends. Keeping a realistic perspective on weight loss, and knowing how much activity your body can reasonably handle, are keys to managing a compulsion to exercise. **WTH**



EXERCISE ADDICTION CAN SNEAK UP ON YOU. THIS QUIZ FROM THE DEPARTMENT OF SOCIAL SCIENCES AT NOTTINGHAM TRENT UNIVERSITY IN THE U.K. CAN HELP YOU DETERMINE IF YOU HAVE A HEALTHY RELATIONSHIP WITH EXERCISE.

1. Exercise is the most important thing in my life.
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
2. My friends and/or family and I have argued about how much I exercise.
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
3. I use exercise as a way of changing my mood (i.e. get a "runner's high" or escape/relieve stress)
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
4. Over the past six months I've increased the amount of exercise I do in a day.
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
5. If I can't workout I feel moody and irritable.
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
6. If I try to cut down on the amount of exercise I do in a day, and then start up again, I always end up exercising as often as I did before.
 - a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

CALCULATE YOUR RESULTS: Add up your answers and check your score below to see where you fall.

A=1 point
B= 2 points
C= 3 points
D= 4 points
E= 5 points

Score of 0-12—Not at Risk

There is such a thing as a positive addiction to exercise, says Jeffrey Pauline, a sports psychology consultant. When you're able to successfully integrate an exercise routine in with other aspects of your life, you are in balance. By keeping your priorities in line, you're ensuring that you have a healthy relationship with exercise.

Score of 13-24—Symptomatic

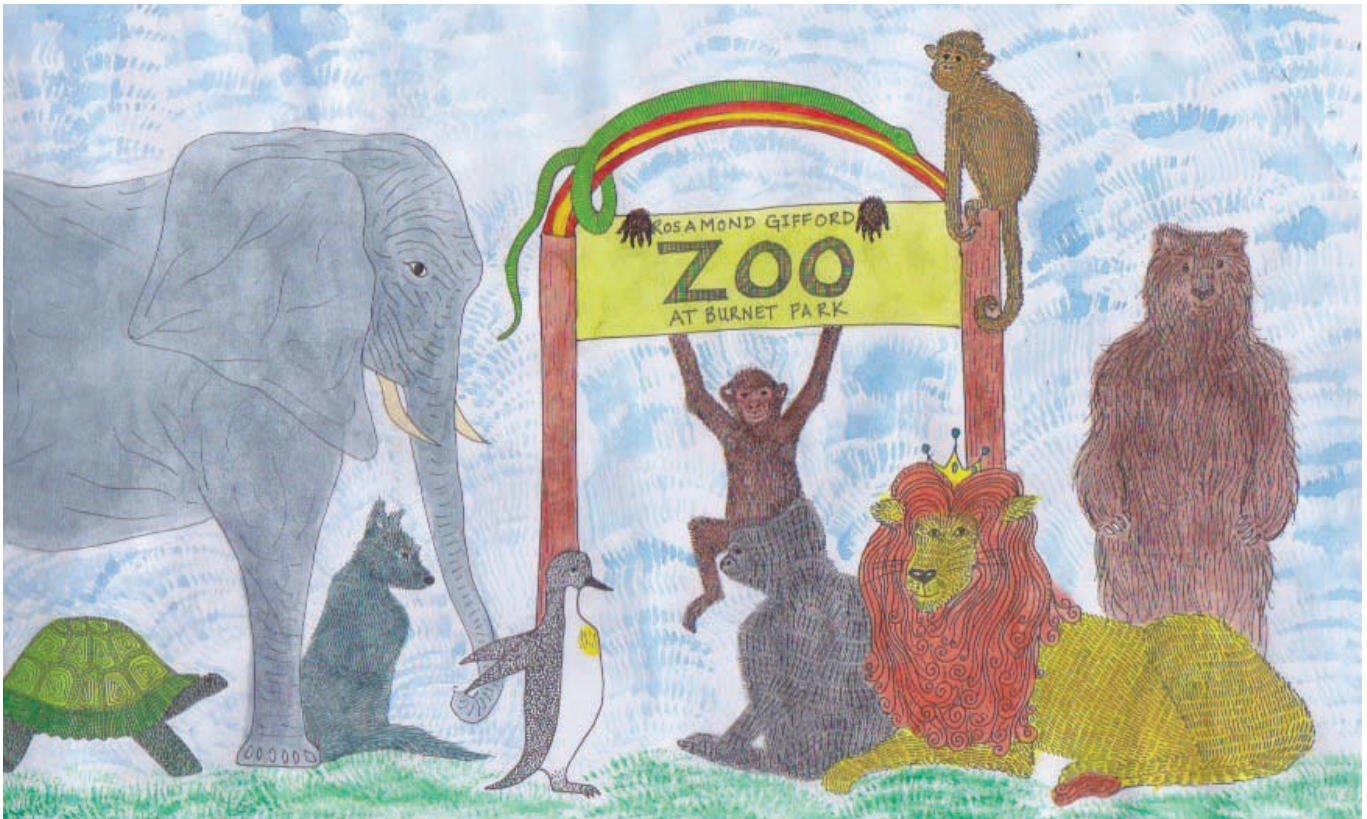
Key indicators of an exercise addiction include increasing your time at the gym consistently week after week, lying about your workout habits, and sacrificing other things in life to exercise says Tiffany Jones, sports psychology consult. If this is where you're headed, scale back your workouts and make a conscious effort to take a day or two off.

Score of 24-30—At Risk

You are organizing your life around your exercise routine and it's beginning to have adverse affects. "When it's hurting your personal life is when exercise goes against what's good for you," Jones says. She suggests consulting a sport psychologist or clinical psychologist for advice and treatment.

It's A ZOO IN HERE!

story by // kate cheung
illustration by // katie pfingsten



Step into Syracuse's wild life where their students will roar, howl and chirp at you at any moment!

Want to do something different than go to the mall this weekend? Venture outdoors to the Rosamond Gifford Zoo, where you can walk through the submarine cave, see penguins dive, or encounter red wolves. The zoo is open from 10:00am to 4:30pm seven days a week. Admission is \$8 for adults. Make sure you enjoy the return of the Asian elephants to Syracuse and check out the new tiger triplets. If transportation is keeping you from getting to the zoo, Centro has a stop at the bottom of the Zoo's driveway. [WTH](#)

COCKTAIL COOL OFFS

Six satisfying (and skinny!) seasonal sips.



Blueberry-Lime Margarita

2 cups ice
1 cup frozen blueberries
1 tablespoon lime juice
3 ounces tequila

Treat your sweet tooth with this fruity margarita. Combine ice, blueberries, lime, and a touch of tequila—that's it. The best part is, this yummy cocktail contains only 125 calories per serving.



White Wine Sangria

1 bottle of white wine
1 lemon
1 cup fruit of your choice

This is the perfect cocktail for wine lovers. Combine your favorite fruits—like green apples, pears, oranges, pineapple, and watermelon—with some fresh lemon juice and a glass of sauvignon blanc. Now you're ready to enjoy a delicious sangria cocktail. Cheers!



Bloody Mary

3 ounces tomato juice
1 ½ ounces vodka (optional)
½ ounces lemon juice
½ teaspoon Tabasco
Celery stalk

Stay cool (in every sense of the word), because this treat can be enjoyed with or without the booze. Combine tomato juice, lime juice, and half a teaspoon of Tabasco for the perfect Bloody Mary. Top it off with a celery stick for some additional crunch. For the virgin version, simply leave the vodka out.

IF YOU'RE SEARCHING FOR A DRINK THAT WON'T MAKE THE NUMBERS ON THE SCALE JUMP, HERE ARE A FEW IDEAS TO QUENCH YOUR THIRST.

story by cristina baussan // photography by yelena galstyan



Melon Kiwi-Tini

½ ripe honeydew melon, flesh only
2 kiwi fruits, peeled
1 ounces lime juice
4 ounces Sake

A fun name for a fun drink. Kiwi, which has only 50 calories per fruit, is a great source of fiber and is among the few low-fat sources of vitamin E and C. Enjoy a Tini by blending ripe melon (flesh only), two kiwis, lime juice, and Sake on high speed. Don't forget the ice—you'll want it chilled.



Good Morning Mimosa

1 ounce orange juice
3 ounces Champagne

Here's a treat for those lazy mornings where you want breakfast in bed - even if it's closer to noon. This sparkling cocktail is the perfect match for pancakes and French toast. Simply combine orange juice and Champagne to start off your day (or keep it going) with a smile. Replace the orange juice with passion fruit juice for a tropical twist.



Homemade Daiquiri

1 ½ ounces light rum
¾ ounces lime juice
¼ ounce honey

Here's a secret to keeping this tropical cocktail healthy: make the syrup yourself. Homemade syrup contains a fraction of the calories and is surprisingly easy to make. Mix honey with a quarter-cup of warm water, stir together to melt, and voila! Add white rum, fresh lime, and ice and your daiquiri is ready to be served.

SPRING INTO HEALTHY EATING

4 Easy Recipes in 30 Minutes or Less.

story by brianna sander // photography by yelena galstyan



ORANGE CHICKEN STIR-FRY (30 MINUTES)

INGREDIENTS:

2 tablespoons cornstarch (or flour)	2 cloves garlic, minced
1 $\frac{3}{4}$ cups chicken stock	3 cups fresh vegetables, chopped
2 tablespoons soy sauce	1/2 cup orange juice
Vegetable cooking spray	4 cups hot cooked rice
1 pound skinless, boneless chicken breast, cut into strips	

DIRECTIONS:

In a small bowl, combine cornstarch and soy sauce. Set aside. In a pan over medium heat, brown chicken with olive oil, constantly stirring to assure it won't stick to the pan. When chicken is browned, add garlic and vegetables while constantly stirring for about one minute. Finally, add in the cornstarch mixture along with the orange juice. Once the mixture is thickened, serve over rice.



BALSAMIC BRUSCHETTA (10 MINUTES)

INGREDIENTS:

4 tomatoes	Pepper
2 tablespoons balsamic vinegar	1 teaspoon basil seasoning
2 tablespoons olive oil	Parmesan cheese for garnish
1 teaspoon minced garlic	One baguette, sliced and toasted
Salt	

DIRECTIONS:

Dice up tomatoes and place in a bowl. Add olive oil and balsamic vinegar to the bowl and toss. Next, season with salt and pepper to taste. Finally, mix in garlic and basil. Place bruschetta on toasted slices of baguette. Sprinkle with Parmesan and serve.

COOKING AS A COLLEGE STUDENT CAN BE UNAPPEALING WHEN THE PREPARATION BECOMES A CHORE. HECTIC CLASS AND STUDY SCHEDULES LEAVE US WITH LIMITED TIME TO PREPARE MEALS, WHICH MEANS OFTEN TIMES WE LIVE OFF MICROWAVABLE DINNERS AND POWER BARS. BUT THERE ARE OTHER OPTIONS - LIKE THESE 4 TASTY CHOICES BELOW.

HOMEMADE BASIL HUMMUS (15 MINUTES)

INGREDIENTS:

¼ cup pine nuts	¼ cup olive oil
2 cups sweet basil leaves	Up to ¼ cup water
3 cloves garlic, smashed then minced	1/3 cup fresh lemon juice
2 15-ounce cans garbanzo beans (chickpeas), rinsed and drained	1 1/2 to 2 teaspoons salt
	1 teaspoon tomato paste

DIRECTIONS:

In a small skillet, heat pine nuts over medium heat. As they begin to brown, take them off the heat and set aside. Place basil and garlic in a food processor (or a blender). Pulse until they are all fully chopped. Add garbanzo beans, pine nuts, olive oil, water, lemon juice, tomato paste, salt and pepper. Pulse until the hummus is smooth. Serve with pita chips, bread or veggies.



CHERRY TOMATO ORZO SPRING SALAD (30 MINUTES)

INGREDIENTS:

8 ounces orzo pasta, cooked	1 large cucumber, peeled and chopped
1 pint red cherry tomatoes, halved	2 green onions, thinly sliced
1 pint yellow cherry tomatoes, halved	2 tablespoons minced fresh oregano
1/4 cup olive oil	Juice of one lemon
8 ounces feta cheese, crumbled	Black pepper to taste

DIRECTIONS:

Cook pasta according to directions on box. Toss with olive oil in a large bowl. Add tomatoes, feta cheese, cucumber, green onions, oregano, lemon juice, and black pepper. The feta is salty so you shouldn't need to add any more salt. This dish can be made ahead by refrigerating pasta tossed with olive oil until ready to serve.



POWERING THROUGH THE PAIN

I spent three weeks of my senior year of high school in intense physical therapy. For eight hours each day, I did some bizarre exercises - rolling myself down a long hallway while lying facedown on a skateboard-like contraption, jumping in and out of a bathtub, and doing the crabwalk as fast as humanly possible. As bizarre as those all sound, they're treatments for Reflex Neurovascular Dystrophy, or RND, a neurological disorder that causes pain in joints and muscles.

When I was sixteen, I travelled to Europe on a family vacation. While we were eating lunch in Rome, I suddenly had intense back pain. I thought it was from the uncomfortable hotel beds, or maybe all the walking tours my dad insisted on taking, but the pain didn't go away, even after returning home. I put up with it for the rest of the summer, but when school started in the fall, the pain became unbearable. Sitting at a desk all day or spending hours hunched over a computer did not help. Anytime I had a big assignment or test, the pain increased. I went to my doctor who recommended physical therapy. For the next few months, I spent an hour a day, three days a week doing therapy exercises. It took up excessive amounts of time and wasn't helping my pain, so I stopped going.

At the end of the school year, I decided to try another doctor - this time, a pain specialist. He told me I was in pain because I was horribly out of shape and overweight. I was 5-foot-3, 115 pounds. I tried a few more doctors after that: another pain doctor, who injected me each week with a cortisone shot; an orthopedic surgeon, who ruled out scoliosis; and finally, a rheumatologist, who looked for signs of arthritis and other joint diseases. The rheumatologist was the one to finally diagnose me with RND.

RND is caused by nerve sensitivity,

Victoria Wolk developed a chronic pain disorder at 16. Now, nearly 5 years later, she's learning to cope.



story by // victoria wolk
photography by // yelena galstyan

meaning the nerves in your body send pain signals to your brain that aren't really there. It also constricts blood vessels, which reduces the flow of oxygen to the rest of the body. Without oxygen, acid builds up in your muscles, and the whole pain cycle begins again. Most people experience the pain in one or more body parts; for me, it was my back, though it's recently been spreading to my legs. The disorder can be made worse with stress, which explains why it hurt more when I was overwhelmed in school.

Just like all other neurological disorders, there is no medication to treat RND. The only treatment that has had positive effects for some patients is an extreme physical therapy regime, which is only offered in five locations around the country. Thankfully, one of the programs is at The Children's Institute of Pittsburgh, in my hometown.

I was put on a wait list, and after about a month, I was admitted to The Children's Institute. It's an inpatient program, which means I had to stay overnight and miss three weeks' worth of school. It was awkward when rumors went around my high school about my absence—everything from drug rehab to a mental breakdown—but my friends tried to set the record straight.

I had a team of therapists working with me, including a yoga instructor, a retired Army general, and a psychologist. The physical therapy aims to overwork your muscles, in the hopes of rewiring your pain signals. To achieve this, I worked out

eight hours a day. I wasn't used to this much exercise and developed tendonitis in both of my knees, pulled a muscle or two, and nearly threw up on multiple occasions. Because the program also teaches how to reduce stress and how to live with chronic pain, I learned how to meditate and control my breathing, too.

For many patients, the intensive physical therapy helps to reduce the pain, and for a lucky few, even stops the pain forever. Some of us, though, aren't so lucky. After spending three weeks at The Children's Institute, my level of pain didn't change at all. At home, I kept up with the exercises they prescribed, 30 minutes every day with a few weights and a medicine ball. I worked on reducing my stress and improving my posture, but nothing helped.

Even now, three years later, my back pain persists. Aspirin doesn't work, heating pads are useless, and exercise only makes it worse. It sometimes gets so bad that I can't get out of bed in the morning. Luckily, I have some really compassionate friends who don't mind giving me endless massages, and when I'm stuck in bed, they drag me out. Living with chronic pain isn't easy, but it's not impossible either. RND's mantra is "power through the pain." I try to live by that everyday. I still have faith that someday, somehow, the pain will end. **WTH**

WTH ASKS: "WHAT'S YOUR FAVORITE COCKTAIL?"

interviews by // laura cohen

"PIÑA COLADA"

Zoë Batt Stern: Freshman, Communication and Rhetorical Studies

"RUM AND COKE"

Jordan Elkin: Freshman, Information Management and Technology

"CAPTAIN AND COKE"

Alexa Lesnewich: Sophomore, Television, Radio, and Film

"STRAWBERRY DAIQUIRI"

Chloe Slade: Junior, Communication and Rhetorical Studies

"MOJITO"

Ilana Kaye: Junior, Advertising

"MARTINI — SHAKEN, NOT STIRRED"

Rob Schmidt: Sophomore, Television, Radio, and Film

"LONG ISLAND ICED TEA"

Ashley Theilig: Sophomore, Marketing



