

Eating Disorder Awareness Month

February is eating disorder awareness month. Generally, eating disorders involve self-critical, negative thoughts and feelings about body weight and food, and eating habits that disrupts normal body function, and daily life activities. What causes eating disorders is not entirely clear, though a combination of psychological, genetic, social and family factors are thought to contribute to the disorder. The most common eating disorders are **anorexia nervosa** and **bulimia nervosa** (usually called simply "anorexia" and "bulimia"). But other food-related disorders, like binge eating, body image disorders, and food phobias, are becoming more and more common.

If interested in learning more about eating disorders, there is an Eating Disorder and Body Image Support Group at IPFW every 4th Sunday of the month at the Walb Student Union Room 114 at 4 pm. For more information contact Carly Thompson at: thomcj02@students.ipfw.edu

"Life is like a game of cards. The hand that is dealt you represents determinism; the way you play it is free will."
Jawaharal Nehru

Hobbies for Health

How can hobbies help with your health? Having hobbies can help you keep busy so you are not over-eating—they can lower your blood pressure, provide a release from stress, and keep your mind and body active. Want to quit smoking or drinking? Want to feel more interested in life, a sense of accomplishment? Find some Hobbies. Your hobbies will be unique to you—find things you are good at, you have always wanted to learn, or bring back something you did years ago. They can range anywhere from crafts, games, art, music, writing, pets, gardening, and exercise. Hobbies such as sports, exercise, and gardening are forms of physical activity, providing movement for the body. This movement helps to tone and stretch the muscles, balance the blood sugar, lower the blood pressure, reduce stress and rid the body of toxins. Art and music and writing have been used for therapy. It has been shown that developing our creative side is so valuable for overall health. Singing requires one to breathe deeply, bringing more oxygen into the lungs and cells of the body. Writing allows us to express our feelings and creativity. Art allows us to de-stress and to express ourselves. All three provide a sense of accomplishment. Hobbies are great when you are trying to quit smoking, drinking, overeating, or other bad habits. Take up new hobbies instead of the bag of chips. Start today to keep your mind and body active. The latest studies show we can develop new pathways in our brain, so start learning new hobbies today!!

All Cooped Up...

Sometimes, it just isn't feasible to go outside to get active, and the gym can seem so far away, especially if you just want a few minutes of exercise. Don't ditch the idea of working out.

- **Jumping Jacks:** This gym class classic works your entire body and gets your heart rate up
- **Dance:** Add some upbeat music, and you have your own personal aerobics class.
- **Tricep dips using a chair:** place your hands on the edge of the seat of a sturdy chair (that doesn't roll) with your back facing it. Then just bend at the elbows, lowering your body toward the ground. Do as many as you can.
- **Chair knee lifts:** Sit in your desk chair and pull your knees toward your body. Then move them back, finishing with your feet on the floor.
- **ITY:** To stretch your back and shoulders, make yourself into the letters of the alphabet- I, T, Y. Start out in a "I" position with your arms at your sides and head tilted back. Move your arms out until you look like a "T." Bring your arms above your head to form a "Y."

Banishing Bloat

Suffering from a bout of the bloat can be mildly annoying to down-right painful. If you suffer from bloating try these tips:

- Avoid gum and hard candies:** Sugarless varieties that contain sorbitol, which is poorly absorbed and increases gas
- Eliminate carbonated beverages:** carbon dioxide turns gassy when warmed in the stomach
- Reduce the dairy you eat:** insufficient lactose digestion leads to more sugar in your colon where normal bacteria eat it, pumping up your gas level.
- Try an over the counter gas relief:** This will help when eating gas producing foods
- Exercise:** movement helps gas pass through the digestive tract

