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Health & Fitness



ILLUSTRATION BY NATE DAYMUT/THE ROCKET

By Amber Wilhelm
Rocket Contributor

She cracks her eyelids open at the sound of her alarm clock. It sounds distant, like there is cotton in her ears. Sinuses throbbing, she turns off the alarm and immediately the coughing fit begins.

It's not cold season yet, but here she is with the sniffles. How does this happen?

The common cold is an infection caused by viruses, which are the result of the spread of germs from hand to mouth.

Stuffy nose, sneezing, watery eyes, cough, low grade fever (one that is less than 101 degrees) and feeling run down are all signs that indicate the body is fighting off an infection, which is what cold symptoms are a result of.

However, the best way to beat a cold is to prevent it from happening in the first place.

"The most important three words

are, 'wash your hands,'" said Kristina Benkeser Chiprean, director of Student Health Services.

Chiprean, a nurse practitioner, has been working at the McLachlan Student Health Center since 1992.

Chiprean said a little extra effort in hand washing is all it takes to more effectively stop the spread of virus causing germs.

She said just running hands under water and a quick pat drying is not enough to kill germs.

Use soap and warm water, and lather hands "long enough to sing the 'Happy Birthday' song, or your ABCs twice," Chiprean said. Drying hands thoroughly is also important to prevent chapping and cracking of the skin.

"It's stuff you learned on Sesame Street, but most people still don't do it," Chiprean said. "Wash your hands after you go to the restroom, before you eat, after you blow your nose and after any major kootie contact."

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ARC provides place to work out, stay active

By Jessica Rupell
Rocket Focus Editor

A recent Nike ad reads, "If you think you'll have more time to run tomorrow, remember, you said that yesterday."

In a country where flat stomachs and bulging biceps are the standards for being beautiful, where new health and fad diets come out every other week and health and fitness seem to be so important, the contradiction stands that obesity rates in the United States are soaring far higher than in many other countries.

In fact, according to the National Center for Health Statistics, nearly one third of U.S. adults 20 years or older are obese.

So how can these numbers be lowered?

"Strong body, strong mind," said

Brian Mortimer, the Coordinator of Wellness at the Russell Wright Fitness Center.

Mortimer, whose main duties include member services, being in charge of the fitness center staff and being in charge of the equipment and managing group fitness, got his bachelor's degree in physical education with an emphasis on exercise science from SRU in 1994 and his master of science in physical education with an emphasis of cardiopulmonary rehabilitation from SRU in 1996.

"I think being active and trying to keep yourself healthy and well is a very important part of life," Mortimer said. "One constant in life is health and if you don't stay healthy, what's the point?"

On SRU's campus, the main

place students can do this is at the Aebersold Student Recreation Center.

The ARC, which opened to the public in January 2000, is now the hub of nearly all student recreation.

The 82,000-square foot center houses the Russell Wright Fitness Center, a six-lane pool and aquatic center, a 44-foot tall climbing wall, a three-lane mondo-surfaced indoor track and Gyms A and B, used for various activities.

Mortimer explained that when the ARC was opened, it was decided to put many of the athletic programs and activities together, collectively providing campus recreation.

"Everything is organized under the campus recreation umbrella now, including intramurals, outdoor adventures and club sports," Mortimer said.

"(That way they) are all run through a group of managers and we are more organized for the student body."

Though many students do take advantage of the activities at the ARC, Mortimer said every student already pays for a membership in their tuition bill, so it would be a waste of money for those who never use their membership.

"During the busy intramural seasons, we can have 2,200 card swipes a day,"

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ASHTON RUBY/THE ROCKET
The jogging path in Grove City opened to the public about three weeks ago. Health and safety professor Michael Cleary donated \$5,800 for its construction.

Prof donates money to fund jogging path in Grove City

By Dominique Oliveto
Rocket Contributor

The scene is not unique: a person is out trying to enjoy a run, but can't seem to get anything accomplished due to the hustle and bustle of traffic.

But with limited places to run, the side of the road seems to be the one of the only options. Although not always safe, what else is a runner to do?

Fortunately for those with this problem, there is now a solution.

As of the end of August, locals could finally run on a path designed specifically with runners in mind, thanks in large part to Michael Cleary.

Cleary, a professor in the health and safety department, has made a great contribution to the community's fitness by donating \$5,800 to fund a jogging path in Grove City.

Cleary said that he thought

of the path as a safe place for people to get in shape.

The path, located next to Grove City High School, is designed so that it is far away from the roads to keep runners away from traffic. The path will also be used as part of Grove City High School's cross country course.

"My idea was to help out the community," Cleary said. "I was happy to fund a worthwhile cause to promote safety and fitness."

The path, which is 700 yards long and 10 feet wide, was designed so that runners will be able to travel in both directions at the same time. It's made up of three layers of crushed limestone.

Cleary said that the crunching underfoot of the limestone is good for ankle, knee and hip

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STEVE REED/THE ROCKET
In the cardio section of the ARC, (left to right) freshman fine arts major Bethany Apt, sophomore physical education major Liz Heid and retired faculty member Dale Stewart ride the stationary bikes.