

The first wealth is health... get rich at Palo Alto

By Melinda Ivy
Pulse Staff Reporter

According to the Department for State Health Services Obesity Data Sheet May 2010, nearly 70 percent of adults in San Antonio were overweight or obese in 2009.

Obesity is one of the leading causes of diabetes and heart disease, which may lead to an early death. Two solutions for improving your health and wellness are improved nutrition and exercise.

Exercise is a key to a successful life. According to Anna Bustamante, Kinesiology department chair, every little bit helps. The more you move, the more you will be able to move. It really just takes the motivation to get up and do it.

Palo Alto has many resources to assist in getting you healthy and fit. The Olympic-sized pool, weight room and a new cardio room may be used at no cost to students, faculty or staff with a valid Banner ID card. Plus, a .86 mile walking and fitness trail that was built last year may be used by anyone. Kinesiology classes are offered for college credit year round.

Samantha Tripas, a student at Palo Alto College noticed a difference after taking the

Kick Boxing I course.

"I recommend Professor Bustamante for classes here," said Tripas. "I can do more sit-ups, and the music Professor Bustamante plays pumps me up."

Exercise 30 minutes most days and pick something you enjoy doing. The more you move, the better you will feel, and the more calories you will burn.

Nutrition is another key factor, because your body needs fuel to make energy. Fruits and vegetables provide high nutritional value. When deciding what to eat, it is best to cover your plate with many colors. This insures you are giving yourself a broad range of nutrients.

"Nutrition is not being perfect; it is being good most of the time," said Alexis Lowe, a Kinesiology instructor at Palo Alto College. Lowe also suggests thinking ahead. Instead of spending \$15 at a fast food restaurant, spend it at a grocery store. With the same \$15, you can buy whole grain bread, lean lunchmeat, low fat cheese, fruits and vegetables. This meal goes farther and is healthier than fast food.

Water consumption is another important part of nutrition. Lowe suggests consuming a minimum of eight 8-ounce



Beatrice Rivas and Rosalinda Vivey use the walking trail at Palo Alto.

Photo by Melinda Ivy

glasses of water daily. Many times we eat because we are thirsty. When we are thirsty, we ignore our bodies, so our bodies make us hungry and we eat food that is rich with water. Keep a reusable bottle of water handy throughout the day. In doing this, you are less likely to crave foods.

It's never too late to start living a healthier life. Changing nutrition and exercise will put you on the road to a longer life. Take your time; changing your whole lifestyle at once may overwhelm you. Take gradual steps. Set short-term goals. When those goals are reached, make new ones. Don't wait! Start today. Fill up your water bottle, grab an apple and walk to class. You are on your way to a healthier you.

Early to bed, early to rise, makes the student wise!

By Priscilla Degollado
Pulse Staff Reporter

Sleep deprivation has been linked to obesity and illness according to WebMD Sleep Disorder Guide. It is important that we get at least 8 hours of sleep a night.

Sleep helps keep our immune systems healthy. Today's students have so much going on in their lives that they lose track of time and sleep. Not only is it important to get a good night's sleep, but it is also important that students manage their time wisely.

"I do all my homework and studying as soon as I get home from school. That way I have time to rest and go to bed early," said Le Anna Peña, a sophomore Accounting major at Palo Alto College.

Today we are faced with so many distractions that people often lose sleep procrastinating and focusing on other things, like talking to friends on Facebook, texting, watching TV or just surfing the Internet.

"Being on the Internet in general is a huge distraction. Whenever I'm on the Internet doing research or homework, I get distracted by social networking sites because I feel the need to talk to friends or

check my messages," said Valerie Zapata, a sophomore undecided major at Palo Alto College.

Lack of sleep makes it more difficult for students to concentrate in school and succeed. They go to class tired and sleepy, and it makes it more difficult for them to stay awake in class.

"There is always a bunch of work to do for school, and sometimes it's hard to get to sleep early because I stay up really late studying," said Destinee Aguillo, a sophomore Biology major at Palo Alto College.

When students don't get enough sleep, it often leads to them getting sick, constantly being tired and stressed. Here are some ways you can avoid sleep deprivation: Turn off the TV at night, switch to caffeine-free drinks, limit after-school activities, do something relaxing before going to sleep, don't play video games before going to sleep and turn off your cell phone.

To help yourself fall asleep at night, play music, but not too loudly, because it can disrupt your sleep. Or, try reading a book and drinking "chamomile tea." It also helps to study right before bed because it helps to store information.

Time management is the ability to properly plan and use time in order to promote efficiency and productivity, according to Woopidoo Business Glossary. It is very important to create some type of schedule to help with the chaos that goes on in our lives.

One thing you should do to stay organized is to buy a calendar and schedule everything from homework to appointments to relaxation time.

"I use a student planner to keep myself up to date with homework, tests and appointments. It really helps out a lot with time management," said Aguillo.

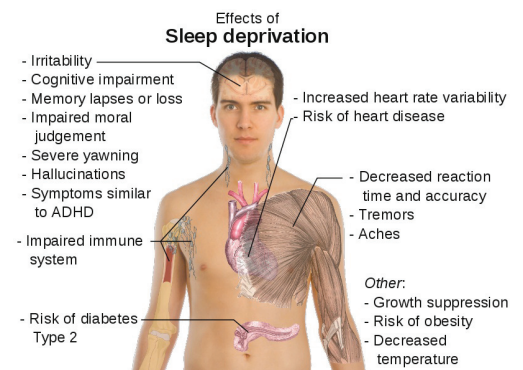


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