

# Insights



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## Upcoming Events October

- 14—Fall Career Day
- 18—Walkout Day, No Classes
- 19—Homecoming
- ENCORE Event- "POP Go the Classics"

## November

- 06—Lunch & Learn- "Academic Skills Part 2" 1:00
- ENCORE Event "Punch Brothers, Featuring Chris Thile"
- 25—Thanksgiving Break Begins

## December

- 04—SSS Open House and Graduation Reception, 11:00-1:30
- 05—Last day of class
- 08-12—Finals
- 12—Graduation

## Plan Ahead for the Best Homecoming

We are all in need of a break about this time of the year. With midterms, homework, missing family, and other stress that comes with school it is quite clear that there needs to be a national holiday in October (at least one that would close campus for a few days.) Well, since no college student has the ability to declare a national holiday and the University gives us a little present around this time of the year, they call this present "Walk Out Day".

That is right Homecoming is this week. So many activities to add to that already packed academic planner. While the extra day off is probably not going to be used for the much needed rest and relaxation, this week does come packed with fun. I advise everyone not to get so wrapped up in the festivities that you completely forget about the school work that is due this or next week.

Here are a few tips to ensure that you have time for the fun and your able to get your homework done.

- Make a list of all the assignments and tests you have coming up.
- Decide how much time it is going to take you to complete these items and plan the time to work on them accordingly.
- Allow free time for the homecoming events you know you will want to go to.
- Get as much as you can done prior to going out so you can allow for relaxation and light studying on Sunday!

Make sure to have fun and be safe!

*Enjoy Homecoming,*  
SSS

## The Myth Regarding: Spot Reducing

Written by: Nick Bender

# M

ost people are guilty of making some type of comment very similar to the following, “I want to lose some weight on my belly, or around my hips.” Even though this is an extremely common remark, it is also extremely erroneous! Please, don’t blame yourself. Instead, blame those ridiculous infomercials which advertise machines claiming to “target the hips and thighs” or “other target areas.” People buy these machines simply because they are unaware of this myth. Now that we’ve uncovered that this is a myth, let’s go further into why it’s a myth and how to PROPERLY go about targeting body fat.

Everyone’s body stores fat differently. One person’s body may store more fat on the belly than on the hips, while another person’s body may store more fat on the hips than on the belly. Consequently, this is where that myth began; people saw more fat in these areas and wanted to “target” those areas to lose fat there quicker. While this is an understandable desire, we all need to be aware that it is not a feasible one. The human body loses body fat collectively; meaning that if body fat is coming off in one area, it’s coming off in all areas. As a result, if someone wants to target hip fat, they simply need to target the whole body, and as the body loses fat collectively, it will come off of the hips.

### Remember:

- Don't blame yourself
- Everyone's body stores fat differently
- The body loses fat collectively
- Try to incorporate strength training into your exercise

A popular sub-myth of this one large myth, which I receive emails about almost daily, is targeting the lower belly fat or working the lower abs. I hear at the weight room all the time “Nick, do you know any good lower ab exercises?” Sorry people, not happening. The “abs” are ONE big muscle. When one part of them works, they all work; so while you may feel the burn in one area more than another, the whole rectus abdominus muscle is working the whole time. Your best bet: do a variety of exercises that focus on the whole abdomen, and DO NOT do ab workouts everyday!



So, we now know that spot reducing is a myth, but where do we go from here? If decreasing body fat is a desire of yours, then don’t look at one area, look at the whole body. Include cardio sessions each week, and please do not ignore the importance of weight training. Studies have shown that a person’s metabolism stays elevated up to 36 hours following strength training in order for the body to repair muscle; while metabolism returns to about normal 30 minutes after a cardio session. Try to include weight training into your routine 3 days a week, and do different body parts everyday. To end, if you remember one piece of information from this whole article, remember that 85% of how you look is how you eat. Take care and be healthy everyone!

## Party Mix Recipe

This quick and easy snack mix is great to have around when you need something to get you through the late night's studying, and don't fret it is healthier than eating potato chips or pizza!

You can add your favorite items or take some out if you don't like them. For instance, I love cheese crackers like Cheezits® so I add them but I don't like peanuts so I omit them. Have fun and make this your own!

### Instructions:

1. In a large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.
2. In a large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside. In a small microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in seasonings. Pour over cereal mixture; stir until evenly coated.



### Ingredients:

- 3 cups Corn Chex® cereal
- 3 cups Rice Chex® cereal
- 3 cups Wheat Chex® cereal
- 1 cup mixed nuts
- 1 cup bite-size pretzels
- 1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces
- 6 tablespoons butter or margarine
- 2 tablespoons Worcestershire sauce
- 1 1/2 teaspoons seasoned salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder

## Managing Stress

This seems to be an important topic at this time of year. While managing stress is highly individualized there are general tips that work for a vast population of people.

First things first, you need to know where the stress is coming from. Stress can be caused by many different areas in a person's life such as; family, friends, work, homework, environment, or overload. Identifying the stressor is the first step in relieving or dealing with the stress.

When you feel yourself becoming overwhelmed or stressed STOP: take a breath, stretch, take a walk, hug a friend, talk to someone, listen to your favorite music, take a bath... find something that will give you positive emotions to combat the negative stress. Even if you are busy, you will find that taking a little time to relieve stress can be much more productive than if you continued through the stress.

Here are some daily things to do to reduce stress and ensure greater mental health:

- Plan time for relaxing daily- whether it be while you eat or an hour to watch your favorite show, every mind needs some resting time.
- Sleep on it- sometimes the solution will come after a good night's sleep.
- Know your limits- knowing how much you can handle and allowing yourself to say no to new projects will reduce the stress of overload.
- Be an optimist- know that pushing through will eventually pay off and find the good through the bad.
- Ask for help- use the resources available or enlist a friend to help
- Stay Healthy- a healthy body handles stress better so make sure you eat right, exercise and take care of yourself!

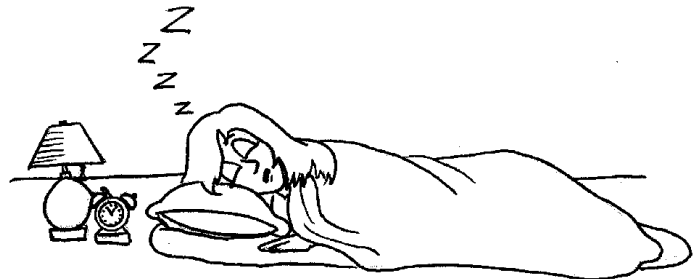
## Sleep for Better Health!

All of us have pulled all nighters to get assignments done or to study for that important test. While doing this every now and then might not be detrimental to your health, making it a habit will take a toll on your mental and physical health. WebMD lists some possible consequences of inconsistent sleeping patterns.

- Alertness- When deprived of sleep, alertness and performance decline. Simply reducing normal sleep by an hour or two can reduce a person's alertness up 32%.
- Cognition and Memory- The decrease in alertness effects your memory and reduces your capacity for thinking and processing information.
- Injury- Being less alert increases your risk of injury and according to The National Highway Traffic Safety Administration driving while tired causes fifteen hundred traffic fatalities a year and close to one hundred thousand accidents.

There are also physiological health consequences that accompany sleep deprivation. These include:

- High blood pressure
- Heart attack
- Heart failure
- Stroke
- Obesity
- Psychiatric problems, including depression and other mood disorders
- Attention Deficit Disorder (ADD)
- Mental impairment
- Fetal and childhood growth retardation



In addition, many of the above conditions can trigger other health problems in the body. When you know all this why would you still deprive yourself of sleep? Probably because your busy, but here are a few tips so that lack of sleep won't adversely effect your health:

- Keep a regular sleep schedule- try to go to bed and get up around the same time so you're body can get use to this cycle.
- No Caffeine or Exercise before bed- these work against falling asleep due to their stimulant effect.
- Keep the bed for sleeping- do not watch TV or work on your laptop in bed, keep your bed a place where your body knows it can relax.
- Avoid looking at the clock- this will only create more anxiety about falling asleep. Don't stress out if you don't fall asleep fast because it will only worsen the problem.

## What's my GPA?

Here's a simple way to figure out what your semester GPA will be.

Grab a piece of paper

1. Make four columns with these headings: Class, Hours, Grade, Hours X Grade
2. Write each class that you are taking in the first column
3. Write the number of credit hours that each class is worth in the second column
4. In the third column, write what you will expect your grade to be
5. Put a 4 beside all A's, a 3 beside all B's, a 2 beside all C's, a 1 beside all D's, and a 0 beside all F's
6. Add up all the hours and write that number below your hours (total number of credit hours you are taking)
7. Multiply the hours times the number you wrote beside the grade for each class and write that in the last column
8. Add up the numbers in the hours times grade column and write it below (number of grade points you have)
9. Divide your grade points by the number of credit hours you are taking, and you have your semester GPA!

\*This format can also be used to find your major, science, or any other class combination GPA.

Class	Hours	Grade	H X G
Biology	3	A-4	12
Biology Lab	1	B-3	3
American History	3	C-2	6
Oral Comm	3	A-4	12
College Algebra	3	B-3	9
Racquetball	1	A-4	4
Total Hours:			Grade Points:
14			46
<b>GPA: <math>46/14 = 3.29</math></b>			

## Congratulations!

Shawnta Addison, Linda Huff, Nick Start, Crystal Damewood, and Christina Fuentes, were all recipients of SSS scholarship drawings at SSS events. Roxie Burden and Scott Tobin were our winners for the September drawing! They each got a great bag full o' treats, and all they had to do was knock on our door!

You can be a winner, too! All you have to do is meet with your mentor and come to SSS events!



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