

The NEWS

INTRODUCING *THE NEWS!*
WHAT'S IT ALL ABOUT?

The NEWS is a quarterly publication by the Nutrition, Exercise, and Wellness student group (NEW) at the FSU College of Medicine. Our mission is to provide simple ideas and information that can help you maintain a healthy and active lifestyle.

Soda Ages You and Your Cells

We all know that consuming sugary drinks can pack on the pounds, but some of its other effects may not be so visible. A study published in December 2014 out of the University of a California at San Francisco found that drinking soda and other sugary drinks is associated with faster aging of cells.

The study looked at telomere length in leukocytes of 5,309 adults. Telomeres are the DNA-protein caps on the ends of chromosomes that protect your DNA and are known to shorten with aging. Shorter

telomeres have been linked to an increased risk for cardiovascular disease, diabetes, and some cancers.

Consumption of sodas and 100% fruit juices were associated with shorter telomeres. The researchers estimated that drinking a 20 ounce soda every day would equate to an extra 4.6 years of aging. So the next time a sugary drink calls your name, you might want to grab a water instead. Your cells will thank you.

Leung, Cindy W., et al. "Soda and cell aging: associations between sugar-sweetened beverage consumption and leukocyte telomere length in healthy adults from the National Health and Nutrition Examination Surveys." *American journal of public health* 104.12 (2014): 2425-2431.

Down Dog: It's not just a funny-looking pose

Yoga has been realized as an effective method for improving flexibility and overall health in healthy and diseased populations. The practice of yoga results in the down-regulation of the hypothalamic-pituitary-adrenal axis and sympathetic nervous system associated with physical and mental health benefits. Hatha yoga, a slower-paced type of yoga, is especially effective for stress management. In addition to reducing stress levels, yoga improves overall fitness by increasing strength and flexibility; thus, reducing the risk of general injury. Strength gains associated with the practice of yoga generally depend on the poses, their level of difficulty, and/or the amount of time in which they are held. Though most people do not think of yoga when they think of exercise, yoga reduces the risk

of many chronic diseases, such as heart disease, and common psychological conditions, such as depression and anxiety. Many physicians have even begun to suggest yoga for patients with osteoporosis and irritable bowel syndrome.

Although there are no current guidelines or recommendations specific to yoga practice, the American College of Sports Medicine suggests 20-30 minutes of moderate-intense physical activity 3-5 times per week. It is important to note that the warm-up and cool-down during yoga practice are very crucial, and skipping these steps greatly increases risk of injury. Although yoga is a form of exercise, it is also a form of meditation and should be practiced as gently or intensely as needed to experience the desired outcome by each individual.

Alyson Ross and Sue Thomas. *The Journal of Alternative and Complementary Medicine*. January 2010, 16(1): 3-12. doi:10.1089/acm.2009.0044.

BASIC OVERNIGHT OATMEAL



Ingredients

- ½ cup rolled oats
- 1 t. chia seeds
- 1 packet natural sweetener of choice
- ½-1 cup milk of choice (depending on how thick you like your oatmeal)

Directions

Before going to bed, mix all ingredients in a tight-seal jar (like a mason jar), cap it, and refrigerate it. The oatmeal will be ready to eat in the morning, as is, or you can heat it up in the microwave. Top with your favorite fruits, cinnamon, yogurt, nuts, seeds, etc. and enjoy!

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How Do I Know If I'm Working Out Hard Enough?

Ever wonder if you're getting a good enough workout? Here are some indications to help you figure out your exercise intensity compiled from the Mayo Clinic!

Based on How You Feel and Heart Rate:

- ◆ Moderate Intensity: 50-70% of your maximum heart rate
Your breathing quickens, but you're not out of breath.
You develop a light sweat after about 10 minutes of activity.
You can carry on a conversation.
- ◆ Vigorous Intensity: 70-85% of your maximum heart rate
Your breathing is deep and rapid.
You develop a sweat after a few minutes of activity.
You can't say more than a few words without pausing for breath.

Calculate your max heart rate using this formula: $220 - \text{your age} = \text{your max HR}$
Next time you're exercising check your heart rate halfway through! Just take your pulse for 15 seconds, multiply that number by 4. After that check to see what range your HR falls into and if needed adjust your workout intensity accordingly.
Be careful not to overwork yourself by working out too hard or too often! Warning signs could include being in pain, unable to complete your planned workout or being short of breath.

"Fitness." *Exercise Intensity: How to Measure It.* Mayo Clinic, n.d. Web. 05 Jan. 2015.

FSU Leach Center

Come visit our free student fitness center, and check out the group exercise classes!

Hours:
Mon.-Thurs, 6:00am-11:45pm
Fri. 6:00am-10:00pm
Sat.-Sun. 11:00am-9:00pm

<http://campusrec.fsu.edu/leach/>

Tobacco Cessation

Need help quitting? Call the Florida Quit-line 1-877-U-CAN-NOW, and join a tobacco cessation class at www.ahectobacco.com

PUMPKIN PIE BANANA SMOOTHIE



Ingredients

- 1 small frozen banana
- 1/4 cup pumpkin purée
- A few shakes of cinnamon (I like a lot of shakes)
- A few shakes of pumpkin spice
- 3/4 cup light vanilla soy milk

Directions

Blend all ingredients, and FALL in love.