



Fitness Classes – May 7 – May 24

Stretching Outside
Wes Fitness Walk

*If you are interested in attending
any of these classes contact:
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WHY EVERYONE NEEDS A SPRING BREAK

Can you barely remember your last vacation? Then listen up: Women who take time off at least twice a year are about **half as likely to feel depressed or tense** compared to those who slave away without those breaks, according to a study of 1500 women. Only 20 percent of the women surveyed got away only once in six years. Now that's a scary statistic.

Get a Jump on Stronger Bones

You know high-impact exercise builds bone mass, but how much does it take for results? A recent study found that women who did an average of just one 60-minute high-intensity exercise session a week (running at a 7.5 minute mile pace, jumping and aerobic stepping), as well as two 10-minute high intensity workouts, gained a small but significant increase in thighbone density. Do your bones good and add sprints and/or rope jumping to your cardio routine two or three times a week.

Q...Should I do strength training before or after my run?

A...Ideally, you should run and strength-train on separate days – or at least wait several hours after running to hit the weights. That way, you'll have the energy to get the most out of each activity, your form won't suffer, and you won't risk injuring yourself from being over-tired. But if you're short on time and have to squeeze both in, run first, then do two sets of 12 to 16 reps of each move, using slightly lighter weights than usual.

Like mother, like daughter

Before broadcasting dieting woes, consider your kids. Research suggests a mom's obsessive dieting habits may negatively influence her children, especially daughters. A Harvard Medical School study shows that when mothers are overly concerned about their weight, their daughters are more often preoccupied about their own bodies. *Bottom line:* Vent weight-loss struggles to your girlfriends or spouse, not your kids.

Yogurt's a better snack pick

Yogurt and Kellogg's Special K₂O have the same amount of protein—but yogurt gives you more calcium, plus vitamin D, B₁₂ and good bacteria for your tummy.

FRIEND THERAPY

Here are five easy ways to make—and keep—the kind of friends who will make your life happy and healthy.

1. **Talk to strangers.** You may have a lot in common with the people you see every day.
2. **Google your old best friend.** You may have fallen out of touch since graduation, but your former buddy might still have all the wonderful qualities that made you like them in the first place.
3. **Host an each-one-bring-one party.** Ask a few friends each to invite someone you don't know to a low-key evening of food and conversation. Try a fun ice-breaker to get guests talking.
4. **Make a friendship "date".** If, for instance, a mom you chat with when you drop your kids off at school mentions she likes cooking, invite her to a local cooking class where the two of you can learn a new dish together. It's a no-pressure way to take a passing acquaintance to the next level.
5. **Do something new.** Try something you love, so you can meet others who love it too. Join a group, and you're bound to find potential friends you can bond with over similar interests.

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