

Coping with College Series

Exercise Can Help Combat the Stress Involved With College

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Fall term has just begun, and with it comes the realization that summer is over. No more sleeping in until noon or being a "couch potato" watching the "Rosie O'Donnell Show" -- it is time to immerse yourself in the world of academia.

This can be an exciting, yet stressful time. One way to combat the whirlwind college experience is to remember the adage, an active mind benefits from an active body.

Exercise is often overlooked by students who bury themselves in their studies. While studying and attending classes are important ingredients for success in college, remember that you need energy in order to accomplish the work .

Exercise can increase your energy level and relieve tension on those stressful days so your mind can focus on studying. Research suggests that some form of physical activity performed for 20 minutes three times per week can improve health. Also resistance training (i.e., weight training) has been linked with the prevention of osteoporosis.

Besides being good for you, exercise can also be fun.

Some people view exercise as work, but it does not have to be. Would you consider going out dancing with friends or playing football a dreadfully boring activity? Both are forms of aerobic exercise that can make you buff and puff just like the stair machine at the gym.

Whether you prefer to pump iron, sweat to the oldies with Richard Simmons, or go jogging on Constitution Trail, all offer you a chance to meet people with similar interests.

However, too much of a good thing can be detrimental and leave you feeling drained of any energy. Also, keep in mind that nutrition is what allows your body to draw in the benefits of exercise. Eat properly and allow your body to get sufficient rest in between your workouts.

Most importantly, before beginning any exercise program, or if you have any questions, check with your physician.

Remember, exercise can enrich your life!