

## HEALTH &amp; FITNESS

## It Takes Heart to be a Hero

BY DR. JOSH PALGI AND DR. JESSICA ADAMS

In 1915 a group of physicians and social workers formed the first association for the prevention and relief of heart disease in New York City. The interest spread widely in other cities across the United States and Canada. Six cardiologists representing several groups founded the American Heart Association (AHA) in 1924. Since then the AHA has grown rapidly in size, financial resources, involvement with medical and non-medical volunteers, and influence, both nationally and internationally.

Today the AHA is a national voluntary health agency whose mission is "building" healthier lives, free of cardiovascular disease and strokes. The association's impact goal is to reduce coronary heart disease, stroke, and risk by 25% by 2010. Progress toward the goal will be measured according to these indicators:

Reduce the death rate from coronary heart disease and stroke by 25%

Reduce the prevalence of smoking, high blood cholesterol, and physical inactivity by 25%.

Reduce the rate of uncontrolled high blood pressure by 25%

Eliminate the growth of obesity and diabetes.

Hoops for Heart (HFH) is a national fundraising program sponsored jointly by the American alliance for health, physical education, recreation, and dance (AAHPERD) and AHA. HFH is a program that promotes physical activity, heart healthy living, and community service to children. It provides opportunity to teach the younger generation how regular exercise, a healthy diet and knowledge of risk factors contribute to a long healthy life. Each year more than 7 million children participate in HFH events, uniting parents, students and the community.

The money that is being raised will go to the AHA to help pay for science and research to discover new medicine and

treatments for the 36,000 kids who are born every year with congenital heart defect. On April 28, Kean University Physical Education Major Club, with the leadership of Dr. Jessica Adams, the club advisor, and student Tracy Kelly, club president, will join more than 40,000 schools nationwide in increasing awareness for heart disease, strokes, and healthier lives in our community. The event will take place in the Harwood Arena from 11:30 a.m.-1p.m.

Drs. Palgi and Adams are professors in the Kean University Physical Education, Recreation, and Health Department.

Taking care of your amazing machine, your body, requires you to keep a healthy lifestyle. A healthy diet is one important component of a healthy lifestyle. Making sure your body gets all of the important nutrients it needs to function properly. We get some of the nutrients we need from food, but due to poor manufacturing and handling processes, a big portion of the food we eat is depleted or even completely devoid of essential nutrients.

Dietary supplements are vitamins, minerals, herbs and other substances meant to improve your diet. Dietary supplements, also known as food supplements or nutritional supplements, are intended to supplement the diet of some people but not to replace the balance of the variety of food important to a healthy diet. According to a study conducted in 2009 by IPSOS Public Affairs on behalf of the council for responsible nutrition (CRN), 65% of adults in the U.S. report taking dietary supplements (48% regularly, 15%, occasionally and 3% seasonally). 72% of women take supplements compared to 59% of men. 68% of adults aged 35 and older take supplements compared to 59% of those under the age of 35.

Multivitamins are by far the most consumed supplement of all, with 54% of the U.S. adult population reporting to take a multivitamin; 78% taking it regularly, 20% occasionally and 2% seasonally. The

proportion of adults who are confident in dietary supplements has increased from 79% in 2006, 80% in 2007, 81% in 2008, and 84% in 2009. Women are more likely than men to be confident in the safety, quality and effectiveness of supplements (86% vs 80%).

The U.S. Congress defined the term "dietary supplement" in The Dietary Supplement Health and Education Act (DSHEA) of 1994. A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The dietary ingredients may include vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandular, and metabolites. Dietary supplements can also be extracts or concentrates, and may be found in many forms such as tablets, capsules, softgels, gels, liquid, or powders. They can also be in other forms, such as a bar. Whatever their form may be, DSHEA places dietary supplements in a special category under the general umbrella of "foods", not drugs, and requires that every supplement be labeled a dietary supplement. Information that must be on a dietary supplement label includes: a descriptive name of the product stating that it is a "supplement", the name and place of business of the manufacturer, packer, or distributor, a complete list of ingredients, and the net contents of the product.

The United State Department of Agriculture (USDA) determines what food is grown and how it's used in this country. The Food and Drug Administration (FDA) is an agency within the Department of Health and Human Services. The FDA determines what ingredients and chemicals are allowed in our food. The FDA is responsible for protecting the public health by assuring the safety, efficacy, and security of human and veterinary drugs, biological products, medical services, our good supply, cosmetics, and products that emit radiation. The Federal Trade Com-

mission (FTC) regulates advertising of dietary supplements in national or regional newspapers and magazines and in radio and television commercials. The FTC requires that all information about supplements be truthful and not misleading. Many people take dietary supplements in an effort to be well and stay healthy. To take a supplement as safely as possible:

- Tell your doctor about any dietary supplements you use
- Do not take a bigger dose than the label recommends
- Stop taking it if you have side effects. Read trustworthy information about the supplement

The bottom line is that a poor diet plus supplements is still a poor diet. Food is still your #1 option for getting the nutrients you need for healthy living.

Article submitted by: Drs. Josh Palgi and Jessica Adams—Kean University, Physical Education, Recreation, and Health Department.

The event will take place in the Harwood arena on Wednesday, April 28th from 11:30-1:00 pm. All are welcome to participate. Should you have any questions, please contact Dr. Adams in D'Angola 219 or E-mail Tracy at: KellTrac@Kean.edu.

## Want to be Kean's Biggest Loser?

BY MEGAN MULLER

Did you make a New Year's resolution to lose weight? NBC's The Biggest Loser has proven successful in boosting numerous contestants' weight loss goals, and now students at Kean have the opportunity to take advantage of a similar program.

Fit to Be Kean, a weight-loss competition offered to the campus, is a tool to help students meet their shape up goal. With the assistance of a personal trainer during each meeting, as well as a journal for tracking his or her eating habits and workout routines, each participant will be able to see where they need help.

"The program is open to everyone," said Lori Purwin, R.N. in the Office of Health Services. "A lot of people are not over weight, but also not in shape."

For a small fee of \$20, students will participate in weekly weigh-ins, be assisted in nutrition and have the opportunity to work out with a certified personal trainer. The competition part of the program is both a single and group competition, and is based off a point system; one point for eating vegetables, three points for walking a mile, three points per pound lost, etc.

Half of the program fee will be donated

to the Haitian relief, whereas the other \$10 will be added to a collection for donation to a charity chosen by the winning team. The winning individual will also be rewarded with a prize that will be announced during the last meeting. According to Purwin, not knowing the prize throughout the competition can be used as a "motivational skill."

If this type of competitions is not for you, there are still numerous ways in which you can focus on better eating habits and exercise routines. Suit101.com recommends focusing on a sleep schedule as well as carrying a water bottle with you. This will help students reach the desired 64 ounces of water a day and focus less on sugary substitutes such as soda.

Pack yourself a few snacks to take on the go as well, especially if your classes are back to back throughout the day. Purwin recommends healthy snacking between meals to "keep your metabolism going."

According to the Kean website, \$135 of your student fees go towards athletics and recreation activities, which includes the gym! Take advantage of your "membership" and hit the weights; a 30-minute date with the treadmill is bound to make you feel better.

But if the structured workout calls to you, Fit to be Kean began on March 4th and will run until April 29th, and meets on Thursdays from 3:15-4:30 pm in room 191 of the D'Angelo Building. Although the competition has already begun, new

participants can still take advantage of the program's benefits.

For more information please contact the Health Services office at (908) 737-4880.

**GRAND OPENING**

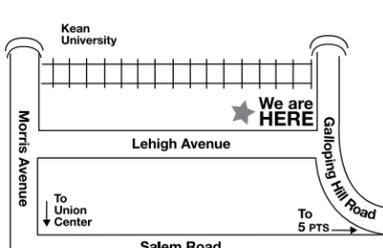


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