

Program offers chance to be Biggest Loser

BY KARA SAVAGE
Staff Reporter

This semester, students and faculty are participating in a program to see who can be the Biggest Loser.

Junior Laura Brooks said she has not had the opportunity to participate in any of the past programs at the Student Recreation Center but is excited about the Biggest Loser Challenge.

"I like competition and staying healthy so I thought it would be a fun way to stay in shape," Brooks said.

Karen Skoch, director of fitness and wellness at the rec center, said the rec is hosting its annual fall semester program. This semester the program is called the Biggest Loser. Skoch said the six-week program is designed to help people reach their fitness goals. Students, faculty and staff are invited to attend the workshops as well as participate in the event, Skoch said.

The different challenges include body composition, one-mile run and three-mile bike, Skoch said. The objective for the one-mile run and three-mile bike is to decrease the amount of time it takes to do these activities or lower the person's recovery heart rate, she said. Skoch said the goal for body composition is to improve the percentage of lean muscle mass.

The workshops will help the participants receive adequate information in order to train properly throughout the six-week program, she said. The programs will be one hour long: 30 minutes for explaining the different training programs and the last 30 minutes for questions, Skoch said.

"The Biggest Loser is designed to promote the importance of training properly to get the results you are trying to achieve," Skoch said.

In order to achieve the goals, it is necessary to take a pre-test and post-test for the specific challenge, she said. Skoch said this challenge is self-reported and based on the overall success of the participant. If participants accomplish their goals then they will receive a free T-shirt, said Skoch.

Skoch estimated that 15 people had registered for the Biggest Loser Challenge as of Sept. 14, and she said she is expecting a decent turnout for this challenge. Usually the rec center has about 100 people for the program, said Skoch. These programs are held once a semester at the rec center, she said.

Skoch said they have always had good feedback from the previous programs and will continue to have a program each semester.

"People enjoy having that extra bit of a challenge designed for them with a reward in the end," Skoch said.

Skoch said there have been a variety of past programs the rec center has hosted. Some of the programs include Walk this Way, Burn & Earn and Run a Marathon & Lift an Elephant, she said. The rec center has offered these programs since 1999, Skoch said.

All of the programs focus on different areas related to fitness, she said. Walk this Way and Burn & Earn focused on people developing fitness programs and the basic need for physical activity, Skoch said.

The programs target a variety of people, Skoch said. The target audiences for the past programs as well as the Biggest Loser Challenge are people who use the rec center on a regular basis but are not seeing the results they would like to see, she said.

"These people tend to know that exercise is important for health but may not know about setting goals and specifically training," Skoch said.



Mark Hardy/Index
Senior Sarah Grafelman teaches a body blaster class Monday afternoon at the Student Recreation Center. The rec center is sponsoring the Biggest Loser challenge as this semester's six-week program.

Senior Megan Vescovo works at the rec center as a front desk clerk and said she has already developed her fitness program.

"I feel this is an awesome program and encourage everyone to participate, but I am not participating because I already have my own fitness goals and feel good about them," Vescovo said.

Biggest Loser Challenge began this week, she said.

Skoch said next year people can look forward to Team Me Up.

"Team Me Up will promote the importance of having a network of support as you experience physical fitness challenges," Skoch said.



Jackson Groves/Index
Sophomore Kurt Warnhoff drinks coffee with his breakfast Wednesday morning in Centennial Hall cafeteria.

Skipping breakfast could be costly

BY JESSICA RAPP
Assistant Features Editor

Everyone can identify with the following scenario: 7 a.m., cold wind seeping under the open window, groggy eyes and, yes, an empty stomach.

With only a few minutes to throw on some clothes and rush to class, having time to eat a morning meal proves difficult for some people. Senior Tony Speno said he only will eat breakfast if he wakes up early enough.

"I almost never eat breakfast," Speno said. "[When I do eat it] I don't feel any different, possibly more awake. Since I've been here, I've probably eaten breakfast fewer than 10 times."

Carolyn Cox, associate professor of health studies, said morning rituals like Speno's most likely will have negative effects for the rest of the day. Based on research Cox conducts on Kirksville middle school and elementary school children, eating breakfast greatly improves many areas of performance in children.

Eating a school breakfast will

reduce absenteeism, increase math grades, and decrease anxiety and depression, according to www.actionforhealthykids.org.

Younger kids who eat a school breakfast also tend to show better behavior skills and improved cognitive performance, Cox said. These statistics are based on the approved servings of a healthy breakfast that schools follow. They include a serving of dairy, two servings of meat or a grain and one serving of a fruit or a vegetable, Cox said.

Although no direct research proves that this information also applies to college students, Cox said Truman students can assume they should follow the same regimen.

"When you were growing up, the same thing your mother told you and what they taught you in the public schools applies now," she said. "Eat a good breakfast. It will change your academic performance."

Eating breakfast, although important, requires a time commitment from a student's early-morning schedule.

Kelly Freeland, family nurse practitioner, said college students still can find ways around crowded mornings without skipping meals.

"If a student's in a hurry, it's probably good to keep things in their room or on hand," Freeland said. "Otherwise, go to bed earlier and wake up earlier. You can be in and out of the cafeteria in a half hour."

Freeland suggests foods like NutriGrain bars or concoctions like peanut butter and crackers as healthy options to start off the morning.

Senior Jennifer Salmon did a study last year on the benefits of eating breakfast. After surveying Truman students, she found that males who did not eat breakfast showed a significant increase in body mass index (BMI). Females who did the survey did not show a significant increase in BMI.

Salmon said this part of the study was interesting but that further research needs to be conducted.

Salmon said that usually it depends on the person as far as

which foods he or she chooses to eat for breakfast, but she said that neither skipping breakfast nor eating unhealthily is a good option.

Not all students stick to the government-approved servings that supply a healthful breakfast. Sophomore Amanda Thomas said her morning meal is an integral part of her day and that she likes to eat just about anything served in the cafeteria.

"If I don't eat breakfast, my whole day is shot, I can't concentrate," Thomas said. "I try to eat biscuits, gravy, fried or scrambled eggs, and if I'm particularly hungry, I eat a bowl of cereal or a pastry."

Thomas said she stays awake better when she eats, and she has more energy. In a bustling college campus, this is important.

Junior Audrey Delbarre, an international student from France, said people in culture do not eat salty food in the mornings. She said that every morning she eats bread, ham and coffee. She said she prefers her coffee strong, so she prepares her own in her room.

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