

## SOUND BODY IDEAS

Sound Body involves more than lifting weights and participation in intramurals. In order to effectively build balanced members, your chapter should program events incorporating every aspect of health and wellness. Remember there are plenty of opportunities for your chapter on campus and in the local community that cost little or nothing to organize. Your Sound Body programs should be built into the Challenges as well as the chapter. Find out what your chapter members want to do and begin organizing your events. Keep in mind what motivates young men to be involved: fun, competition, food, sports, meeting other people. Organize your events around these motivating factors. Below is a list of ideas to consider:



- I. Speakers—general resources (most of these individuals can be found on campus or in your community)
  - a. Dietician on eating habits
  - b. Fitness trainer on exercise programs
  - c. Doctor on health risks to young males
  - d. Doctor on hygiene
  - e. Coach on athletics in college
  - f. Athlete on lifetime sports (golf, swimming, etc.)
  - g. Health specialist on effects of alcohol and substance abuse
  - h. Presentation from recovered alcoholic
  - i. Presentation from recovered drug abuser
  - j. Men's health specialist on current trends
  - k. Cook on healthy cooking
  - l. Presentation from an elderly man about remaining healthy during the aging process
  - m. Doctor or health professional on tobacco
  - n. Health professional on stress management
  - o. Health professional on women's health issues
  - p. Professional athlete on commitment and goal setting
  - q. Massage therapist on massage techniques
  - r. Yoga professional on yoga techniques
  - s. Doctor to present on sleeping habits
  - t. Health professional on overcoming bad habits
  - u. Vegetarian on his/her diet
  - v. Health professional on eating disorders
  - w. Occupational therapist on reducing risk of bodily harm
  - x. Dietician on effects of obesity
  - y. Physical trainer on stretching techniques
  - z. Alternative sports professional
- II. Activities
  - a. Participate in intramurals
  - b. Organize fitness programs for members
  - c. Give blood
  - d. Set up an appointment for a physical examination

- e. Have your blood pressure and cholesterol checked
- f. Organize weekly athletic events
- g. Attend a yoga class
- h. Plan a massage therapy session
- i. Host a healthy dinner
- j. Set up diet plans for the chapter
- k. Attend an AA meeting
- l. Attend a speaker on campus
- m. Learn to play an alternative sport
- n. Learn to play a life sport
- o. Participate in a community walk or run
- p. Set up quiet hours in the chapter house
- q. Organize diet programs for members
- r. Test your body fat
- s. Host a SigEp Olympics with other fraternities
- t. Host a weightlifting competition on campus
- u. Set up a daily exercise sign-up sheet
- v. Award members that loose weight, quit smoking, and reduce body fat
- w. Organize Marine Fitness test and award most improved and winners
- x. Organize athletic tournament on campus
- y. Organize athletic tournament for children
- z. Obtain discounts for joining a local gym

## REASONS TO EXERCISE

Everyone says we should exercise more and not be so lazy. The American College of Sports Medicine reports we should exercise at moderate intensity for 30 minutes, four or more times per week. We all know that exercise reduces blood pressure, relieves stress, increases lifespan, helps you sleep better, and prevents heart disease. It takes diligence to begin to exercise and stick to the program.

Recent research has provided more reasons to exercise and enhance the benefits from it. Below are some of those benefits:

- ❑ **Prevents and reverses Type II Diabetes.** Regular activity helps the body use insulin more effectively and controls blood sugar levels.

**Program:** Exercise every day for 30 to 40 minutes at a mild to moderate exertion level.

- ❑ **Prevents and helps control Osteoporosis and Arthritis.** Weight-bearing and strength-training exercises stress the muscles attached to the bones. This stimulates bone growth.

**Program:** Walk, climb stairs, lift weights, or work out on a weight machine for 30 minutes at moderate intensity four or more days a week.

Brian Basinger, Georgia '04



- ❑ **Prevents and treats back problems.** Too much rest after a back injury weakens muscles. The more activity you can tolerate strengthens your back muscles and the more quickly you can recover.

**Regime:** Flexing and extension exercises strengthen and lengthen back and abdominal muscles.

- ❑ **Helps prevent glaucoma.** Three recent studies show that exercise works as well as drugs to reduce high pressure in the eye. That pressure can lead to acute and chronic glaucoma.

**Program:** Walk at a brisk pace for 30 minutes at an exertion level of two/three at least three times per week.

- ❑ **Fights anxiety and depression.** Exercise increases levels of “feel good” brain chemicals, such as serotonin. It also lowers levels of adrenaline, which cause negative moods.

**Program:** Exercise for 30 minutes at least three times per week.

- ❑ **For more information visit these websites:**

- **Men’s Health:** [www.menshealth.com](http://www.menshealth.com)
- **Free fitness and nutrition trainer on-line:** [www.freetrainers.com](http://www.freetrainers.com)
- **Government fitness site:** [www.fitness.gov](http://www.fitness.gov)
- **Government nutrition site:** [www.nutrition.gov](http://www.nutrition.gov)
- **Government health site:** [www.healthierus.gov](http://www.healthierus.gov)



## DON'T GET TRAPPED

As much time and effort people have to put into staying in shape may cause many to quit. Here are some suggestions for avoiding those traps that cause your workouts to get bogged down, eventually forcing you to quit:

- ❑ **Trap: Skipping exercise because you don't think you have time for it.** Find 10 or 15 minutes throughout the day to do some basic exercising and stretching. Many small workouts equal one whole workout.
- ❑ **Trap: Doing the same activity all the time.** Vary your workouts to avoid injury and boredom and improve your overall fitness.

- **Trap: Increasing your activity level too quickly.** Your body needs time to adjust to a greater workload. Otherwise, injuries are likely. Increase your exertion by no more than 10% per week.
  
- **Trap: Not sticking with a routine.** Many people start an exercise regime and quickly abandon it because they get injured and lose motivation. Most people will fail five times before they actually find something that works for them. Don't let these minor setbacks keep you from maintaining the healthy body you deserve.

# EARLY DETECTION OF TESTICULAR CANCER

Men in their early 20s and 30s face the greatest risk of developing testicular cancer: 95% of the nearly 7,000 cases diagnosed each year fall within this age group. As in the case of breast cancer in women, early detection of testicular cancer is key to survival; self-examination is the first line of defense. Thanks to a grant from the Sigma Phi Epsilon Educational Foundation, shower hangers (see below) were sent to all Sigma Phi Epsilon chapters to serve as a reminder to perform frequent self-examinations for testicular cancer.



## Sound Mind and Sound Body

LIVING THE BALANCED MAN IDEAL

Striving to attain SigEps' Balanced Man Ideal involves the development of a Sound Mind and a Sound Body. Because the body is the vessel of the mind, one must have a strong, healthy body. These stories profile SigEps, alumni and undergraduates living the Balanced Man Ideal. Read their stories and see how they work to live their best life.

### He Mouthed the Word "Cancer"

**C**ory J. Schumacher, Minnesota '00, is a lucky man. He discovered he had testicular cancer, early. He underwent surgeries and is now free of cancer. Most men put it off, sometimes indefinitely. Those men die from testicular cancer every year. Cory is alive today, because he took action, and is not afraid to share his story. Cory and his wife share their experience with *The Journal*. Read on, and find the same courage if you find yourself in the same position of finding something that is not normal.

*Journal:* When did you suspect that you might have testicular cancer?

Cory: I started to notice something was not right at the end of my senior year at Minnesota; back then I knew very little about testicular cancer, so I wasn't sure what to think when a flat, but a hard lump began to form on my right testicle. My first reaction was that it was nothing wrong, or just a temporary condition that would soon fade away. However, early into the summer, not only did that small lump begin to grow, but two other, more defined lumps developed as well. Nevertheless, it was embarrassing to even think about bringing it up in conversation, so like most men, I kept it to myself.

*Journal:* When did you know it was time to act?

Cory: Towards the end of July, I was at home and randomly used my parents' shower while my girlfriend (now wife) Erika used my shower. There was a shower card in the stall that detailed how to self-check for breast and testicular cancer. I remember seeing that shower card while growing up, but never imagined that it would actually have an impact on me one day. The first person I talked to was Erika, and she, too, hoped



Cory J. Schumacher, Minnesota '00, with his wife Erika.