



## **STRESS!** April is National Stress Awareness Month.

For the 19th consecutive year, April 2011 has been designated National Stress Awareness Month. The goal is to increase public awareness about both the causes and cures for our modern stress epidemic. The Health Resource Network (HRN), a non-profit health education organization, is the sponsor for this national, cooperative effort to inform people about the dangers of stress, to give successful coping strategies, and to educate about the misconceptions about stress. Dr. Morton C. Orman, M.D. is the Founder and Director of HRN and has been an impetus to get leading health care organizations across the country to develop and disseminate helpful educational materials and other information about stress during the month of April. In addition to sponsoring National Stress Awareness Month, the organization also sponsors National Stress Awareness Day, held every April 16--or the day after income taxes are due!

Tips for decreasing stress in your day...

1. Protect your leisure time. Write yourself into your daily calendar for minutes of exercise, “chilling”, reading a good book, visiting with friends and family, gardening, etc.

If you don’t protect your time, you’ll be giving it away and increasing your anxiety!

2. Become more efficient. Delegate tasks that others could do, even if you have ALWAYS done them. Someone else might need to pick up the load! Saying “no” to the wants/demands of everyone else is a good “habit” to try to establish. Too many times we say “yes” to requests that don’t even seem fun or interesting when others might be better suited to “pick it up”!

## **OtterWalk - A Daily Walking Program**

Don’t forget - increase your steps, just a few more, each day. Take the stairs to your work station or to a restroom on a higher/lower floor, park in the furthest spot in the parking lot, or walk during your lunch. You will be surprised how your steps quickly add up. Record your steps and make sure you turn them into Justine! There will be some great prizes, as well as improving your health!



### **Highlights:**

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**National Stress Awareness Month**

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**Walking Program**

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**Trackers and Twitter**

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**OtterFit Interview, Victoria Frisch**

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Please send comments/suggestions to:

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## Best Food/Calorie/Exercise Trackers

### *Live Stronger/Daily Plate*

This site [www.livestrong.com](http://www.livestrong.com) goes beyond just tracking your nutrition and fitness. It “dares” you to change your life. “LIVESTRONG DARES help you take charge and make a commitment to improve your lifestyle.” Whether you want to lose weight, save money, or spend more time with your family, there is a group, a forum, and inspirational stories on this website to help you. Here are some of the things you’ll find on this website.

- Fitness tracker
- Forums for people to update and motivate each other
- Articles and videos on healthy food and healthy living
- Nutrition tracker (various options for searching food, restaurant, or brand)
- Samples of exercises categorized by target areas
- Recipes
- Access to LIVESTRONG.com Calorie Tracker for Blackberry and iPhone (\$2.99 1 time fee)
- Fitness tools like target heart rate, body fat and BMI calculators

### *Lose It!*

“Lose It” is an app for smartphones. You can set goals, create a daily calorie budget, record food and exercise, and view graphs of progress with this full-featured weight management application. After you enter your stats, you can create a custom plan, with an end date in mind, based on how much weight you want to lose per week. This app is incredibly easy to use and approaches weight loss in an easy way to manage. You can get it FREE at the App Store on the iPhone

\*Each newsletter I will be posting two trackers to get you as much information or options as possible!

## Twitter

If you don't already know, OtterFit has a Twitter account. We will be using this to relay important messages or just a simple quote of the day. IF you do not have an account, set one up, so you don't miss out! Just go to [www.twitter.com](http://www.twitter.com) and enter your name and email.



## **An Interview with Victoria Frisch, OtterFit Client**

**What made you first want to participate in OtterFit?** To tone up: attempt achieving Michelle Obama arms!

**What changes if any have you noticed in yourself?** Clothes fit better. I sleep like a baby on the days I have worked out– whether I did eight training or cardio. Fantastic immunity : remember Swine Flu? I didn't get a cold those quarters. LIFE is easier: I have tons of energy, household chores are easier. Hauling my vacuum cleaner upstairs or hefting a 50lb bag of bird seed doesn't throw my back out. My back is much stronger: it doesn't “go out” as often as it used to. I teach ASL, and giving exams doesn't fatigue my arms the way it used to (students do ask me to repeat my signing over and over): I have the stamina now for all the repetition. As you can see, OtterFit affects all aspects of life-not just in the gym.

**Do you feel the OtterFit trainers you have had thus far have lived up to your standards of what a trainer should be/do?** Five out of the six trainers have been flexible, working around an injury, or changing a routine because I was bored. Another habit I enjoyed was texting to keep me informed or focused on my goals or homework (yes, you get homework!)

**What is your favorite part of OtterFit?** Challenges and results (I can't pick just one thing). Learning new exercises, working with heavier weights (part of the results), working out in the Rike (used to scare me). The results I have listed above more than I have ever anticipated. Also, getting to know the trainers and faculty who train alongside me.

**What changes would you make to OtterFit or what would you add to the program?** A focus on wider lifestyle changes: nutrition, healthy habits, take-home workouts one can accomplish at home with little or not equipment (for those snow days and weekends).



Victoria Frisch has been with the OtterFit program for 7 quarters!