



THE STUDENT BODY

Cover Story: **411FIT.com**

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Article by:
Adam Peeler

Photo courtesy of 411fit.com

Eating healthy is tough. It's even tougher while you're going to school. You're limited in time and money, the two things needed to eat right and exercise. No matter how you look at it staying healthy is not an easy job. But there is one way to make it less stressful: 411fit.com. This website lets you log on, search food from most restaurants and count calories. The best part is it's 100% free! The dashboard is extremely easy to use, and the search allows you to find how many calories come from your favorite foods from your favorite restaurants – everything from Chic-fil-A's chicken sandwich to Applebee's Blackened Chicken Salad is completely listed. You can also log on and find local wellness and service programs.

“411fit has been designed to help anyone achieve their health or fitness goals - whatever that goal may be” says David Wood, the creator of the site. “While we have a number of members who use 411fit to help them lose weight, we also have members who are trying to build muscle, improve athletic performance, or just live a healthier lifestyle. Unlike a lot of the similar programs out there, 411fit is really for everyone - no matter what their fitness level. For example, in the exercise section of the site, members can choose to track as much - or as little - detail as they want. For a more detailed approach, you can track the weight, sets, and reps of each exercise performed and report on total weight lifted by muscle group and/or body part. Or choose the simple approach to track duration and intensity level.”

411fit.com also has a community section, with “facebook-like” features. Wood points out where “Members can create 411fit ‘friends’ via the site and share meals, recipes and workouts with each other. In addition, they can use the ‘news feed’ feature to stay up to date with what their friends are doing on the site so they know when friends join groups, post blogs, win challenges, move closer - or further away - from their goals etc. Friends can also post all sorts of things on each other’s “walls” including links, photos, library entries (meals, recipes etc), awards and motivational quotes. Not only do these features promote accountability and motivate members to ‘stick with it’, they also add a little fun to the whole process.”

So how can you and fellow UNC Charlotte 49ers maximize the benefit of this great site? “Our recommendation to any new member is to really get “involved,” Wood ads, “Invite your friends to join you on 411fit or find new friends from within the community. Post blogs and forum entries, join groups and participate in challenges. Getting fit is hard work - if it were easy then no-one would be out of shape! Involving yourself in the community provides the support group you need to push thru’ the tough times and reach your goals.”

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Night Owl Exercise

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Those who have trouble drifting off to dreamland can use exercise to remedy that problem. Incorporating exercise into your schedule before bedtime helps to establish a routine. In an About.com article it states that your body needs to get ready for sleep. Daily workouts between 4 p.m. and 7 p.m. can be just the signal your body needs, but make sure you do not exercise too late. That will put your body in the wake zone.

Your body knows to go into the sleep zone when your body temperature is low. It is almost like a reptilian reaction, cool body equals resting state. So if you night owls exercise too late it will get the blood pumping and warm your body up. The result could be staying up later than usual.

The key to using exercise as a sleep aid is to allow your body to exercise during the time the body temperature is at its peak (4 p.m. to 5 p.m.). Once you have expended all of that energy at the optimal time, your body will become tired. The most important thing you night owls should do is to go to sleep when you feel sleepy.

Article by:
Kia O. Moore

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Sweet Advice!

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Photo Courtesy of flickr.com

It is that time of the year again, when delicious Halloween treats are being distributed and devoured. Most everyone loves to eat a Hershey bar, bite into a Tootsie Roll, or chew gum; however there are some consequences to overindulging in candies. According to Twirlit.com, the top ten Halloween treats for 2009 are Miniature Snickers, Reese's Peanut Butter Cups, M & M's, miniature candy bars like Nerds, Kit Kat's, etc, Pop Rocks, Gummies, Anything Unique, Sweet/Sour/ or Hot items, and Candy Corn. While those candies can taste scrumptious, most of them have an overwhelming amount of calories. Twenty- two pieces of Candy Corn, equals 150 calories. That is not that many, but when you eat twenty- two pieces all day, the calories add up. In just one Reese's, there are almost thirty- eight calories, and almost twenty of those calories come from fat. In M and M's, there are 240 calories in just one bag. One Snicker's Bar, has 273 calories in just the one bar. So if you get a treat bag with a bag with one Snicker's Bar, a bag of M & M's, a handful of Candy Corn, and a Reese's Cup, then you have been given 501 calories. It is easy to get caught up in all of the yummy treats of Halloween. There is a way you and have a fit shape and eat your candy too. On campus are free Group Fitness classes. There are a variety of classes. There is a class that will fit into your schedule. So if you get carried away and eat too many treats this Halloween, stop by a fitness class. While you are indulging in your Kit Kat, ask a buddy to join you in a Group Fitness class. They are free so you might as well work off the extra calories from Halloween candy.

Article by:
Emily Parker

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