

Commitment even in the cold

Self care in the winter months

by Asher Lowrey

The holidays are a time of joy and glorious feasting. What's wrong with that? It's cold and gloomy all around us, and a bright dinner surrounded by family turns that winter frown up-side-down. However, all those hearty, love filled meals can come with a price.

During these snow embraced months, many people (even high-school students) find themselves struggling and fighting against their weight to match social standards. Influences like this are a major cause of serious eating disorders like anorexia and bulimia.

After seeing the shocking numbers behind students that have troubles with body image, Physical Education and Health teacher Mr. Kerkman remarks, "There is so much pressure from society to look a certain way that it brainwashes us and we lose sense of what reality is. It is important to realize that pictures we see on the internet or magazines are photo-shopped to make the person look a certain way."

To help students that wish to lead a healthier lifestyle during this new year, the *Barbwire* has decided to put

together some tricks and tips to help readers feel happy with themselves and stay fit through the bleak winter months.

The first tip is to eat regularly and in moderation. Don't stack your plate like you're never going to eat again, but don't skip meals on purpose. An evenly distributed and balanced plate is the first and easiest step in staying fit in not only the winter months, but all year round.

A healthy and balanced diet is an important part of staying healthy. However, when paired with physical activity, a healthy diet can have a positively impact on a healthy lifestyle. Many people think that weight lifting and aggressive core training will diminish weight, where as workouts like that will actually add or convert weight by building muscle mass. To lose weight, aerobic workouts are the most effective.

Aerobic exercises can include activities such as running or jogging. Short



A healthy bowl of vibrant fruits. Photo by Asher Lowrey

daily runs along with high protein and vitamin rich diets can most certainly aide in fitness over time. Not only does exercise help you physically, but it also can trigger endorphins in your mind. Endorphins are the feel good hormones released in your brain.

Along with eating healthy and working out, drinking plenty of water is a big part of staying in shape. Even the most prestigious of energy drinks are filled with sugars and chemicals. Unless you're enduring an extreme workout, you should steer clear of them. Staying hydrated throughout the day is an important part of staying healthy.

Though it is important to stay in shape, it's also good not to lose sight of the simple things. Easy things that can be done to help your winter months go smoothly include getting plenty of sleep, keeping warm, and using lotion when necessary.

If you are able to stay committed to your health, and you can keep your head high during the remaining winter season, you're sure to come out on top. So stay optimistic and remember that everyone is wonderful in his or her very own ways.



The DeKalb High School weight room. Photo by Asher Lowrey