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**FITNESS
CLASSES
AVAILABLE
FOR
STUDENTS**

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‘Do Not Disturb’ your mental health

BY ANNABETH JOHNSON
Multimedia Journalist

Getting off of social media has greatly benefitted my mental health and opened my perspective of life in ways I could have been experiencing a long time ago.

Although social media platforms are common forms of communication nowadays, there are many negative effects to using these platforms.

Here are some ways that excessive usage of social media can damage your mental health.

Unrealistic expectations/self comparison

While viewing other users’ profiles, low self-esteem can occur if the viewer begins to compare themselves to the people they are seeing online. This is especially common in women and can start from an early age if they are exposed to social media.

From early on, they can become conditioned in their thought process to look or act a certain way because that is how the influencers or celebrities portray themselves online. This comparison can happen over not only physical appearances but lifestyles as well. These instances can lead to feelings of not being enough. They can also cause dissatisfaction in your own life from being envious of someone else’s.

Unhealthy sleep schedule

Many of us are guilty of not putting our phones down before we go to sleep for the night. Instead, most people lie awake, scrolling for hours, losing valuable sleep needed for a healthy body and mind.

A cell phone screen emits blue light that can contribute to insomnia and interfere with the brain’s function before falling asleep. Losing sleep or not getting the best quality of sleep will affect the body’s regular functions and daily activities.

Addiction

Social media can be linked to feelings of anxiety and depression due to the platforms’ design, which triggers dopamine releases. With the features of liking, commenting or reacting to posts, these feelings are tied to the neurotransmitter dopamine, which is responsible for feelings of pleasure or reward.

With social media being designed to trigger these responses, addiction can begin forming that can have lasting, damaging effects on the user.

Distraction from daily activities

Social media usage can be an outlet for procrastination from healthy daily activities or important tasks. Instead of completing schoolwork, items for your job or chores around the house, one might find themselves scrolling for hours, wasting their time on information that may never be beneficial to their mind. This procrastination from the distraction of social media can create mental stress and cause setbacks in important activities or deadlines.

Isolated form of communication

There are so many new technological advancements happening all the time, all around us. Due to these advancements, social media has merged into one of the top forms of daily communication for many around the world. Although this can be positive for individuals who may be more introverted in their social behavior, social media cannot replace face-to-face interaction.

Excessive usage can cause isolation from real-life conversations and interactions, creating feelings of loneliness or depression.

I began to notice these damaging effects on my health and implemented the removal and cutback of social media usage, which has changed my life.

I realized I had drifted away from my priorities due to the constant distraction of social media. I permanently deleted Snapchat in December 2024, and I now only get on Instagram to post biblical encouragements once every week.

The freedom that comes from not having to keep everyone updated about my life all of the time and the pressure of pleasing people was lifted off of my shoulders. I saw a great improvement in my classwork and relationships with my family and close friends rather than strangers I would interact with daily but never truly know.

Most importantly, I have grown in my faith with God and have grown within myself.

The removal of social media has given me a new perspective that focuses on remaining consistent in my ambitions and making time for real-life connections.

For some, social media is their only means of communication, but if it’s not for you, I implore and challenge you to reconsider its use.

For the improvement of your health and your peace, I challenge you to take a break from social media, whether it be a week or forever, and see how much your life will change for the better.



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Read, reflect, repeat: *The power of self help books*

BY LINDSEY HUGHES

Art Director

Personal development, career advancement, overcoming personal challenges, mental health and physical health — these are just a few of the things that self-help books not only address but also attempt to conquer.

The stigma surrounding self-help books often leads younger generations away from reading this type of literature; however, not all of these books offer the same “cookie cutter” answers, nor are they all overly simplistic.

In the past several years, as the movement for mental health has grown and changed, so has the world’s view of mental health texts. Self-help books target a myriad of different aspects of life, from mental and emotional well-being, to spirituality and religion, to monetary wealth, to personal growth and relationships.

Tarleton State University sophomore Kynlie Bogle is a psychology major who strongly believes that self-help books can be a great first or last step to getting your mental health on track.

“Self-help books can help in so many different ways because they cover so many different areas,” Bogle said. “Whether reading that kind of text is your first step to improving your mental health or the last step after trying therapy or other methods, they can be super resourceful. A lot of the things these books cover that aren’t directly linked to mental health still have underlying connections to someone’s mental wellbeing.”

Some of the most popular self-help books that have been proven to encourage and help in some of these categories are listed below.

“Atomic Habits” by James Clear

This book is all about how to set yourself up to achieve your goals and become successful. Clear uses the philosophy of making small everyday changes and habits that build up into creating significant and long-term results for yourself.

His core idea is that a 1% improvement everyday may seem insignificant, but over time will allow you to achieve incredible growth. I have personally read chapters from this book and have gained new and insightful perspectives on my life through Clear’s words.

“How to Win Friends and Influence People” by Dale Carnegie

This is a book that focuses on relationships,

communication and leadership styles. Carnegie covers how to build positive relationships with people, handle conflict, be a likable person, be a leader in your social environment and more.

This book could be groundbreaking for those who may struggle in social situations and relationship building. Carnegie tries to help the reader to use positive traits to influence others without using manipulation.

“The Power of Now” by Eckhart Tolle

This is a powerful spiritual self-help book that is essentially all about learning to live in the right now and staying in the present moment.

Tolle’s big idea is that a great deal of our suffering as humans comes from either being stuck in the past or worrying about the future. This particular book may be extra helpful for the busy, tired, stressed college student.

College is the time when most students are making mistakes that still haunt them, while also building towards an unknown future that worries them. Tolle strives to help readers become fully present to achieve peace, surrendering and accepting the past while being mindful of the now.

“The Body Keeps the Score” by Dr. Bessel van der Kolk

This book takes a deep and exploratory dive into how trauma that we have experienced impacts not only our mind but our body as well. Van der Kolk addresses the fact that healing from past trauma involves healing our body as well.

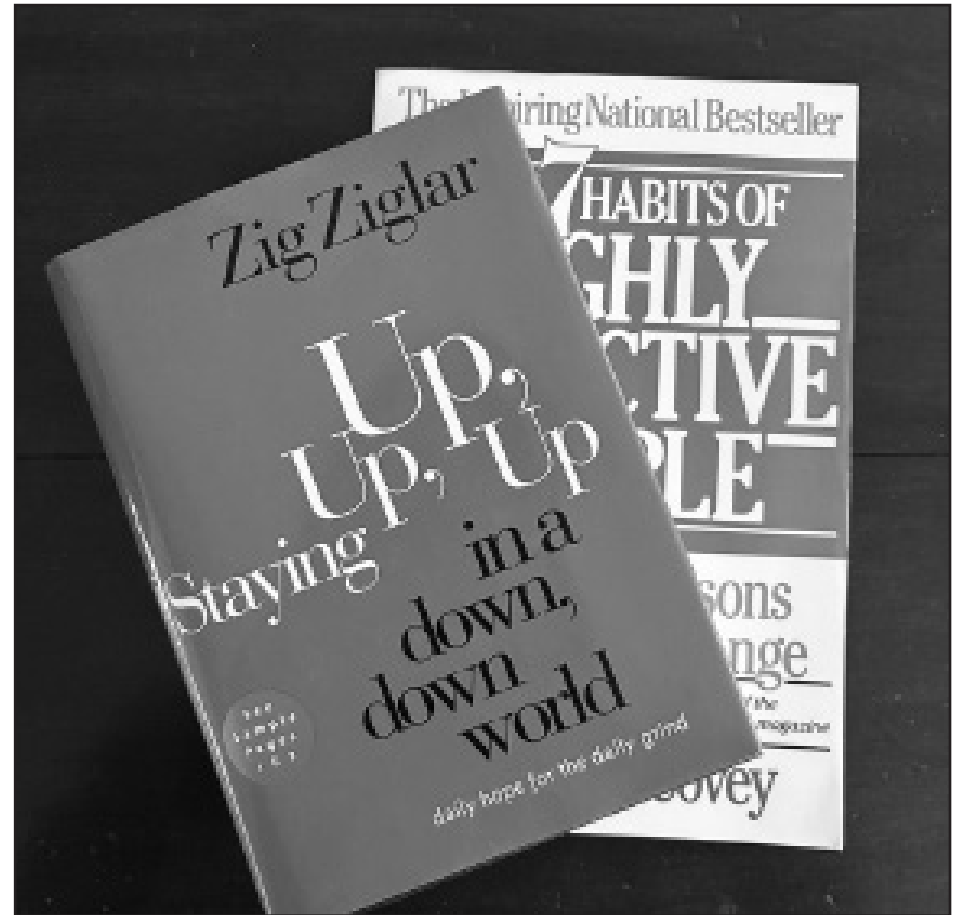
This book draws from clinical research and psychological studies to help explain the connection between mind and body, as well as the science behind trauma. It also highlights many possible traditional and alternative approaches to healing, both physical and mental.

The book also covers how to grow after going through something traumatic and how to begin a healing journey.

“The 7 Habits of Highly Effective People” by Stephen R. Covey

This book provides new approaches to effectiveness in both personal and professional life. Covey outlines seven key habits to improve upon many aspects of living, from mindset to relationships.

If you’re seeking a book to help with meaningful, productive self-improvement, this is the one for you. Covey structures his book around



Self-help books by Stephen R. Covey and Zig Ziglar

PHOTO BY LINDSEY HUGHES

ethical approaches such as fairness or integrity. His philosophy centers less around the importance of changing what you do and more around positive changes in character.

“Staying Up Up in a Down Down World” by Zig Ziglar

This motivational self-help book is all about practicality. Ziglar gives practical advice about the importance of positivity even when life is challenging. He focuses greatly on how a positive mindset is a conscious choice, and our attitudes are within our control even when nothing else is.

This is an optimistic, helpful, straightforward guide to taking the bad in stride and still projecting positivity.

“Struck Down but Not Destroyed” by Pierce Taylor Hibbs

This book is written from a Christian worldview and is about living faithfully with anxiety.

This book is deeply personal and deeply emotional. Hibbs talks about living with anxiety and managing his mental health while also maintaining a relationship with God.

One of his key points is that faith can coexist with mental health, and he challenges the belief that anxiety is a sign of a weak faith. He also validates different mental struggles while giving practical coping and healing strategies.

Kerry Scheer, a Biblical counselor in private practice, could not speak any more highly of Hibbs’ book, claiming that it is her all-time favorite for anyone dealing with anxiety.

“The reason why I love it is (because) it’s not a book on the eradication of anxiety, but how to learn to use anxiety in such a way that produces depth in your relationship with God,” Scheer said. “It’s a very practical book, but it dives deep into how to wrestle well with anxious thoughts.”

These self-help books are some of the most powerful, groundbreaking reads that have changed lives in their respective categories. Whether it’s day-to-day work, relationships, anxiety, trauma or career uncertainty that you are dealing with, there are books out there to help you overcome and grow.

Sara Segoviano supports Tarleton students, promotes growth within Campus Recreation

BY HAELEY CARPENTER

Editor-in-Chief

If you have ever been to the recreation center to workout, taken classes, joined a club or intramural sport or taken advantage of any of the resources the rec has to offer, Sara Segoviano probably has had a hand in it.

Segoviano is the Associate Director for the Tarleton State University Fitness and Wellness department.

“[I handle] everything and anything to do with fitness and wellness,” Segoviano said. “I promote fitness and wellness not only to our amazing students here, but make sure our community knows and our faculty and staff knows because a lot of faculty and staff do get left out. My job is to make sure that these programs are available.”

Segoviano was born and raised in San Angelo, Texas, but moved to Charleston, South Carolina, with her husband who is active duty military and stationed in South Carolina at the time.

Segoviano attended Trident Technical College to earn an associate degree in allied health. During this time, she got certified as a personal trainer.

For her undergraduate studies, she attended the College of Charleston, where she majored in exercise science with an emphasis in strength and conditioning.

While working toward her bachelor’s degree, she gained valuable experience in coaching and leadership. She had internships including football and geriatric medicine and worked for the campus recreations as a fitness instructor.

While she was happy with her education, she didn’t know exactly what she wanted to do after graduating. One of her professors, Dr. Wes Dudgeon, didn’t let her stop there.

“[Dudgeon] my senior year told me I need to figure out what I’m gonna do with my life after getting my bachelor’s, and I was like, ‘What do you mean?’ And he was like, ‘You’re gonna go get your masters.’ And I was like, ‘Absolutely not, I don’t wanna do that.’ And he was like, ‘No you are. You’re going, you’re not stopping here, Sara, I won’t let you,’” Segoviano said.

Segoviano was a little nervous because she was not the cookie-cutter demographic that usually attended the college, but she trusted her advisor. Dudgeon helped Segoviano apply to The Citadel, a military college in South Carolina, and she was accepted.

Segoviano attained her master’s degree in health, exercise and sports Sciences and received her certification in corrective exercise.

After graduating, Segoviano returned to the College of Charleston Campus Recreation as a fitness instructor and front desk worker and climbed the ranks to Assistant Director of Fitness and Adjunct Faculty Classes.

“Because of Campus Rec, this is where I am today,” Segoviano said.

The motivation behind choosing disciplines like exercise science and allied health is simple: There needs to be more females in the field.

So much surrounding the fitness industry is male-centered.

“The ones doing it were hardcore lifters; there weren’t many women who knew the other side, or it was often seen as, ‘All you do is teach a bunch of fancy, exotic fitness classes and wear leotards,’ and I kinda wanted to dispel that imagery that women don’t know much,” Segoviano said.

After 25 years in South Carolina, however, she decided to move home. She credits the return to two things: family and Texas.

Being from San Angelo and knowing her son was stationed outside of Charleston, she felt disconnected from her family. Instead of being days away from her family, she is now just a couple of hours.

“[My son] is active duty military, and that’s one thing that I’m just so proud of him. He’s getting his bachelor’s degree already while he’s serving our country. Being my one and only, he’s my little precious gift,” Segoviano said. “It’s a sacrifice, but I know he’s doing right by our country, and that sounds very cliché, but I feel very proud of that. It sucks being far away from him every day; that’s six years I’ll never get back. He’s gonna be moving to Oklahoma soon, be stationed there soon, thank God. I’ll have him a little closer.”

At the end of the day, living in Texas beats

Charleston by a long shot.

“I felt like I did my military time at the east coast, and it was time to come home to Texas. And it’s like, how can you not love Texas?” Segoviano said.

Moving home was a feeling and coming to Tarleton was the same.

Segoviano received offers from many other places, but Tarleton was it for her.

“I chose here because I felt the vibe was everything,” Segoviano said. “I felt like this is where I needed to be, I felt an overwhelming calling like this is where I needed to be. There were very attractive other places, attractive being closer to the ocean, close to cool rivers and lakes, very touristy places. But here I felt like it called me, and I felt so strongly about it. The day I interviewed here, I made my mind up that I was gonna be here.”

With 16th President Dr. James Hurley, Tarleton is growing full steam ahead, and Segoviano was all about that.

“Tarleton was the best choice because I just felt like it was on the move, and I felt like I could bring that type of vibe here and keep it up. The president, you have to keep up with him, and I love that vibe. I felt like that energy – I had it, and I was ready to put it all in for here,” Segoviano said.

In the time that Segoviano has been at Tarleton, just under a year, the recreation center went from five classes in the fall and seven classes in the spring to 58 classes in the fall and 60 in the spring. Last year they had no classes on the weekend and now they offer classes seven days a week.

“On a good day, we have seven classes in one classroom and six classes in another classroom,” Segoviano said. “We also have more males teaching fitness classes this semester than ever.”

It had been around a decade since Tarleton Recreation went to TexFit, a conference for college recreation centers to take fitness classes and attend lectures. Segoviano is on the board for TexFit, so she took a group of 11 students to the conference and plans for one of them to give a lecture next spring.

Segoviano shares a connection with the stu-

dent workers in more than just a boss and employee role. Every week, student workers meet with Segoviano to catch up and talk about how they are doing.

It is the perfect time for students to express concerns in a safe, comfortable environment, and it builds trust between the student and Segoviano. Meetings are brief, just enough to catch the other up on their weeks and how they’ve been doing.

“At the beginning, the students were like, ‘Man, I don’t wanna meet up with her once a week,’ and now I have students say, ‘Yeah, I’m looking forward to the ten minutes,’” Segoviano said. “It’s kind of like a word-vomit session, and I feel like the more [student workers] I have do that, the better adults they become in communicating. Knowing that it’s okay to say how you feel, knowing it’s okay to feel the way you feel, even if it’s not fitness related.”

Group fitness instructors and personal trainers alike find value in the meetings. Kohana Dilport is a personal trainer and teaches a group fit class.

“I like how we do weekly check-ins. It just helps us see what’s going on, check in with other people, and I definitely think with Sara being our manager and the rec staff, having a lot of meetings and having time where we can hang out as a group has really brought us together, and I really like it.”

Mental health is just as important, if not more important than physical fitness according to Segoviano.

“You have to do yourself right up here in the head first, you have to be right mentally before anything else, before you give you give to anybody else, before you make yourself lift up any weights. Being in the right headspace, I think, is more than 99 % of the battle, everything else you can probably handle,” Segoviano said.

If students who work with Segoviano are one thing, it’s supported.

Dilport recently moved to Tarleton from Japan alone and has found her home away from home at the recreation center, and Segoviano has played a large role in that. The fitness and wellness team grows together and forms bonds during their monthly meetings and trips.



PHOTO COURTESY OF KOHANA DILPORT

Top row, left to right: Cesar Rincon, Sara Segoviano. Shane Norman, Owen Gage, Bryce Ballard and Brian Kunkel. Bottom row, left to right: Kohana Dilport, Savannah Carlos, Alexis Cole, Charlee Hammer, Brilyn Fowler and Laila Allam. The group of students at TexFit Conference in Dallas, Texas.

And grow they do.

Each person has different goals and dreams, but Segoviano goes out of her way to help each student reach their goals and make the team feel like a true team.

“I don’t want it to feel like it felt before where it was very competitive. I’m a big, big supporter of teams. I want to support dreams, I want to support creativity,” Segoviano said. “I love supporting students and their ideas, and I love seeing their eyes light up and realizing ‘Wow, someone has my back here.’ I love showing support, and I think creativity needs to be supported more in students because I think the more support we show, the more they grow and the more they find out about themselves. I think that’s what your experience should be here in college, it’s finding out yourself.”

Segoviano fits perfectly into what students want in a boss, teacher and mentor. And so does the rest of the staff in the recreation center.

The other staff members at the recreation center have welcomed Segoviano with open arms.

“We are a work family,” Segoviano said. “We’re there through good times and bad. They make me do check-ins, and I love it. They are like my work family. We watch out for each other not just Monday through Friday, 9-5 – it extends on the weekends and after hours. It’s all the time and that’s family. That’s another reason why I wanted to come here. They watch out for me, if I need anything, they’re there in a heartbeat. That’s how we work.”

Segoviano has only been part of the Tarleton recreation center for 11 months, but her

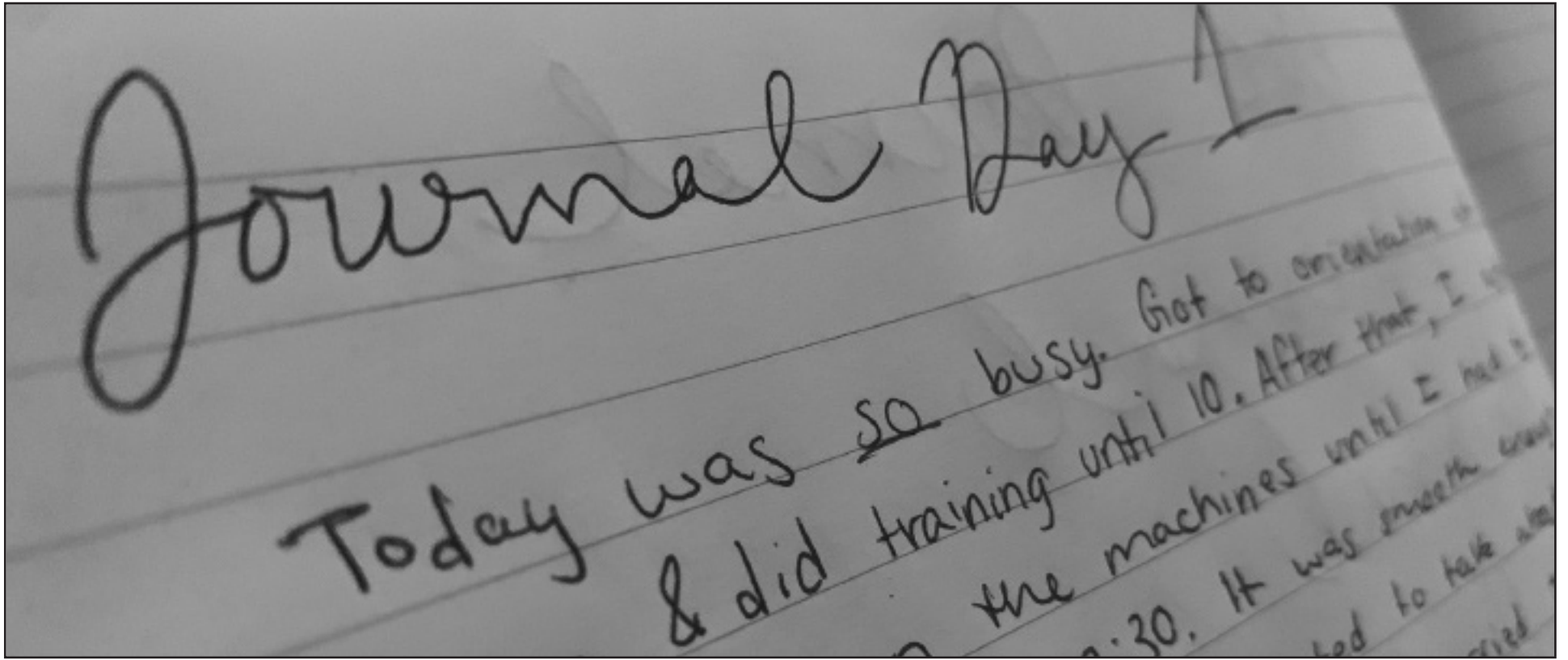
presence and hard work has made an impact on every part of fitness and wellness – not only as the department in the recreation center, but all over campus. From events she helps run to the services she advertises, she has been an asset to the growth of the programs and support of the students.

“I’ve had many managers in the past but Sara, she’s definitely one of the best managers I’ve ever had. She has done a lot, she has gotten us, I think, a \$9,000 grant so that we can get certifications through the school. For my personal training certification, I paid \$400 for it, and that was on sale from \$800. Just being able to get certifications for free under Sara is really amazing,” Dilport said.

Segoviano works hard for the students, faculty and community of Stephenville. And

it doesn’t go unnoticed. She started as the Assistant Director and in just six months was promoted to Associate Director and Adjunct Professor.

“I love what I do,” Segoviano said. “It’s hard work. By no means is there an easy, non-eventful day. There’s always, believe it or not, always something going on in fitness. Whether it is the wellness aspect, we always have something going on. Or it’s the academic side or the students side because of all the student employees. Not everyone is going to have a normal uneventful day. There’s always something going on, but I love having my experience, sharing my experience, guiding young students and helping them believe in themselves. That? I love that.”



Segment from day one of my journal. The first day of journaling felt awkward, but it got easier throughout the week.

PHOTO BY CAROLINE CRAIN

I tried journaling for a week: *Here's what happened*

BY CAROLINE CRAIN

News Editor

As a child, I had a diary with a voice-activated password — revolutionary technology for its time. Whenever I was feeling down, I would write out my thoughts, scribble “top-secret” information in invisible ink and lock it away as if it held the world’s greatest mysteries.

Fast forward to my late teens, and my view on journaling had soured. When an online therapist suggested I try it to work through what I thought was a quarter-life crisis, I scoffed.

“How is that supposed to help me?” I thought. “I want you to tell me how to fix my problems, not just write them down.”

At the time, I saw journaling as another unproductive task eating away at the limited hours in my day.

Recently, however, I decided to give it another chance. I set out to journal for a week and see if it made any difference in my stress levels and overall mental clarity.

Over seven days, I committed to recording my thoughts. I documented my experiences,

emotions and the little wins of each day. While I didn’t expect it to change my life, I hoped it might offer some insight.

The first day, I recapped my schedule, which included work orientation, homework and a long shift at my other job. I also wrote about my frustration with my sister’s attitude, then questioned if I was overreacting. By the end, I wasn’t sure if journaling helped, but it gave me an outlet to put down what I couldn’t say out loud.

The second day, I was exhausted but documented a rock climbing trip for a class. I noticed a divide forming in a friend group and stressed about the growing list of things I needed to finish before spring break.

“Thinking of everything I need to do in such a short time frame is stressing me out,” I wrote. “Writing down that it’s stressing me out doesn’t feel like much consolation, but I don’t know.”

By the third day, I was too tired to write, so I recorded an audio journal. I took a mid-term, worked out, had an interview and wrote a paper. Despite my canceled classes, it was

still a packed day. That night, I drove home to help feed my parents’ animals while they were away. It was also my sister’s birthday, and a bakery in my hometown gave me a free treat to give to her.

On the fourth day, I recorded another audio journal. I attended a math department event for Pi Day and witnessed professors get pied in the face, which felt like a rare moment of lighthearted fun in a busy semester. I also finished a major project after weeks of work. It was the last thing standing between me and spring break.

After these two days, I found audio journaling to be a better outlet for me since it felt more natural and less of a chore than writing — it was almost like a personal vlog or a phone call with myself. I stuck with this method for the rest of my experiment.

The next two days, I started a new job. The first day went well, and the second felt a little longer, but I didn’t mind the work. That night, my cousin came over to get ready for a trip we had planned.

The seventh day was the first day of vaca-

tion, filled with road trips, an aquarium visit and a walk on the beach.

By the end of the week, I noticed subtle changes in my perspective. Writing down my thoughts didn’t erase my stress, but it made it easier to process.

Research has found similar effects. According to the University of Rochester Medical Center, journaling can help manage anxiety and reduce stress by allowing people to express their emotions in a structured way.

Another study, published by the Cambridge University Press, found that expressive writing can also improve physical health. Participants who wrote about their thoughts and emotions for 15 to 20 minutes daily showed lower blood pressure and improved immune function.

After a week of journaling, I didn’t find all the answers to my problems, but I saw the value in taking a few moments to reflect. Journaling may not be a one-size-fits-all solution, but it can offer real benefits. Give it a try for a week, make it your own and see if it works for you — it’s a simple tool that could make a difference.

Being outside helps your health

BY HELENA KNUTSON

Marketing Executive

The warm weather is making its way to Stephenville, and with that students can be seen embracing the outdoors.

School can cause feelings of stress and anxiety, but nothing like the outdoors can help students feel calmer and more upbeat.

The outdoors can promote good chemicals that help students feel this change in their demeanor.

Harvard Health conducted an experiment in 2019 to see how people's well-being changed after a few minutes of being outdoors.

The experiment had 36 people spend 10-20 minutes outside in nature three times a week. After a few days, scientists found that the subjects' cortisol levels, commonly known as the stress hormone, dropped dramatically after being immersed in nature.

"Spending at least twenty to thirty minutes immersed in a natural setting was associated with the biggest drop in cortisol levels. After that time, additional stress-reduction benefits accrued more slowly.

Time of day and specific settings didn't affect stress levels. So the next time you need to de-stress or just work on your mental well-being, find a natural setting you enjoy and spend some time there," Harvard Health wrote in an article.

Skyla Thalji, a junior education major, has spent her summers being outdoors at Camp Eagle Summer Camp in Texas Hill Country since fifth grade.

Thalji went to camp as a kid and has come back to work at the camp over the past two years. She often spends her summer fully immersed in the outdoors without technology. Thalji has seen firsthand the benefits of being outdoors and how it has affected her overall well-being.

"I've definitely noticed that, being outdoors, is great therapy for me. I mean, even the other day as the sun has started to come out more I've noticed my mood has changed drastically, and having a reason to be outside is super important for me," Thalji said. "So, Camp Eagle gives me that, so I can like being outdoors and

have something to do. Just have my mind off of things almost. Just being out of the sun comes to make me a happier person."

Hunter Triebel, a junior political science major, spends his time outdoors with Tarleton's Outdoor Pursuits. Triebel's outdoor activities help him destress.

"Going outside kind of shuts me off, and it always curates a really intimate relationship with the environment that you're in and puts you in a position to focus on kind of the things that really matter, and it's a really grounding experience," Triebel said.

Along with a drop in stress, being in nature can also help with cognitive abilities.

As students, we all understand the stress of studying and how an overload of information can be overwhelming. However, it has been proven that being outside without technology can improve people's memories and productivity.

A student at the University of Michigan conducted a study to determine whether people who walked in nature rather than urban areas had better memories.

The study involved two groups taking a memory test. After taking the test, one group walked around an urban area for 20 minutes while the other took a nature walk for 20 minutes.

After their walks, both groups took another memory test. Those who took the nature walk improved their memory test scores by 20%, while the ones who walked in an urban area did not constantly improve.

Thalji reflects on her time at Camp Eagle and how being outdoors improved her memory and the learning abilities of her campers.

"Truly, when you're outdoors, and you're fully submerged in that experience, it's so much easier to learn, so much easier to think, just because you focused on the beauty around you rather than just being inside in a controlled environment. At Camp Eagle, out in nature, I found that I retained information a lot better when I was learning, and students did as well," Thalji said.

Lastly, the outdoors has a big impact on your physical health. Being outside increases your activity level, leading to a healthier lifestyle and



PHOTO COURTESY OF SKYLA THALJI

Brie Sabillon Avree Arnold, Meredith Midkiff and Skyla Thalji enjoying the outdoors at Camp Eagle in Texas Hill Country

mind. There is no need for a gym membership when you walk outside and enjoy the outdoors.

Hunter Triebel has worked with Outdoor Pursuits for two years now and stays active by participating in all the organization's activities, such as hiking, walking and bike rides.

"For me, going to a gym isn't always the most welcoming or comfortable space. And having the opportunity to go outdoors and go hiking or go rock climbing or go paddling

down a river, it's allowed me to get a lot of that exercise and riding bikes and running, and things like that and do it in a way that's more approachable to a lot of people, rather than sitting in a gym," Triebel said.

Stepping outside can have a positive impact on your well-being and lead to a healthier, happier lifestyle.

Sweat smarter: Which workout is right for you?

BY COLTON BRADBERRY

Opinion Editor

Whether you're hitting the gym or staying active at home, choosing the right workout can make all the difference in your health journey. But with so many options out there, how do you know which one gives you the most bang for your buck?

The truth is, no single workout is perfect for everyone. Different types of physical activity offer distinct benefits. Depending on your health goals—whether that's improving heart health, building muscle, relieving stress or boosting endurance—you may benefit from a unique mix of exercise styles. Let's break down the most common categories and what the research says about their advantages.

Cardiovascular Exercises (Aerobic Activities)

Engaging in activities like running, cycling or swimming enhances heart and lung health, boosts endurance and aids in weight manage-

ment. The Cleveland Clinic emphasizes that aerobic exercise helps lower the risk of heart disease, diabetes, high blood pressure and high cholesterol.

Healthdirect Australia also notes that aerobic activity can lift your mood, reduce stress and help strengthen your bones, muscles and joints.

Notably, even short bouts of aerobic activity have been shown to provide significant benefits.

The World Health Organization recommends adults get at least 150 minutes of moderate-intensity aerobic exercise per week, which could be as simple as five 30-minute walks.

Strength Training (Resistance Exercises)

Incorporating weightlifting or resistance band exercises into one's routine is pivotal for building muscle mass, enhancing bone density and boosting metabolism. The National Institute on Aging emphasizes that muscle-strengthening exercises can help you stay independent and prevent fall-related injuries.

Additionally, the Mayo Clinic asserts that

regular strength training can help you manage or lose weight and increase your metabolism to help you burn more calories.

Importantly, strength training doesn't require a gym membership or heavy weights. Many effective exercises can be done at home using your body weight or inexpensive equipment.

Flexibility and Balance Exercises

Practices such as yoga and tai chi play a key role in improving flexibility, balance and mental well-being. The National Institute on Aging explains that balance exercises are particularly helpful in reducing the risk of falls, especially as we grow older.

The Mayo Clinic adds that stretching can enhance physical performance, lower the chance of injury and help muscles function more effectively.

Yoga, in particular, has been shown to lower blood pressure, improve heart rate variability and promote relaxation. It's also an accessible option for people of all fitness levels and can

be adapted to meet a variety of physical needs.

High-Intensity Interval Training (HIIT)

HIIT involves short bursts of intense activity followed by rest and has gained popularity for its efficiency. Healthline reports that HIIT can help decrease body fat, increase strength and endurance and improve health outcomes. Moreover, Harvard Health Publishing suggests that HIIT may offer cognitive benefits, potentially enhancing brain health.

Despite its intensity, HIIT can be modified for beginners by adjusting the length and difficulty of the intervals. As with all forms of exercise, it's important to listen to your body and build up gradually.

Ultimately, the best form of exercise is the one you enjoy and can stick with consistently.

Whether it's dancing, lifting weights, swimming laps or doing yoga in your bedroom, staying active in a way that feels fun and sustainable is the most important factor in long-term health.

A college kid's guide to healthy eating

BY ASHTYN HANSARD

Digital Media Director

College students all around the world are known for having to make do with little amounts of money, and Tarleton State University is no exception. With classes and homework, it's hard to find time to get a job or even to just make a meal. American Dining Creations (ADC) understands the impact of a bad diet on students.

"There's a correlation between dietary habits and mood disorders like anxiety and depression," ADC wrote. "People who maintain healthy diets with higher proportions of produce, fish, chicken and whole grains have at least 25% less risk of depressive symptoms than those who regularly consume processed food, fast food meals, sugary desserts and soda."

Making an affordable meal on a limited budget is hard on its own, but it can be done.

How? Well, I'm so glad you asked.

There are several ways to eat healthier while living on a limited budget. Whether it's homemade or store bought ingredients, here are a few ways to enhance your meals without blowing the bank.

Kamryn Dickson, a junior at Tarleton, tries

to limit her spending by meal planning.

"I try to meal prep, plan out my meals at the beginning of the week," Dickson said. "I also try to limit eating out as much as possible. I eat out maybe one to two times a week."

Meal planning is a simple but effective way to keep to your budget. Plan out what you're going to eat for the entire week and stick to it. Say you make some pasta and have leftovers. Plan out those leftovers for the next few days and find other simple meals to eat for the rest of the days.

By meal planning, you're forcing yourself to stick to a schedule of what you eat and when you eat, even if the schedule is loose. This way, you're avoiding buying unnecessary groceries and taking unnecessary fast food trips.

Another way to budget your food while eating healthy is by using your available resources. Jailyn Smith, a freshman at Tarleton, does what she can with her student resources.

"Usually I will just focus on what I'm eating when going to the dining hall and get a healthy serving of vegetables since they usually prepare them better than raw veggies," Smith said. "Other than that, I will get a small package of berries when I go to Walmart. It's not too ex-

pensive, and I'm still able to get my fruits in."

By using meal swipes at Tarleton, Smith is able to get essentially free access to fruits and veggies with every meal.

Fruit at Walmart is also an inexpensive way to eat healthier. Walmart has frozen and fresh options so students can pick which they like best for their meals.

Bryn Stephens, a junior at Tarleton, has a bit of a different approach to eating healthier.

"I don't have a lot of time to cook, so I end up eating out a lot," Stephens said. "To get proper nutrition, I get a side of veggies or fruits when I can instead of the usual fries or chips. I'm still spending money, but it feels more worth it in the end."

Students can be very limited on time and struggle to find availability to cook. Simply substituting an unhealthy side for a healthy one can help improve your diet for almost no price change. Along with changing your side, getting water instead of soda or tea can also help your health and is always a cheaper option.

I know most students may be able to eat healthy meals but have a sweet tooth. I'm in the same boat as you. However, I have an answer that may help you.



COURTESY PHOTO

Jailyn Smith and friends enjoying a meal at the dining hall with two Purple Poo.

I get a pretty bad sweet tooth at night, but I never want to eat something so sugary so late. When I lived back home, my mother would make homemade ice cream bites that worked with her diet but us kids would also curb her cravings. The recipe was simple. Get one tub of fat free whipped cream and add three tablespoons of peanut butter. Then, you mix it and place dollops of them on a tray and freeze them.

You could also add your own topping to them, but I preferred mine simple. These yummy yet healthy bites taste just like ice cream, and the recipe makes a lot so you can snack on them throughout the week.

5 COVID impacts that changed how we lived

BY ANDREW UTTERBACK

Podcast Producer

It's been five years now since the COVID-19 pandemic. COVID not only impacted the world in unprecedented and tragic ways in 2020, but also left marks on many different aspects of life that can still be seen today in 2025.

Remote work

One of the main lasting effects of the pandemic has been remote work. According to data from the U.S. Census Bureau, around 9 million people in the U.S. worked from home in 2019. By 2023, the number was around 22 million.

This number is without a doubt thanks to the pandemic, as COVID ended up creating a work-from-home (WFH) culture that had not been embraced before.

ZOOM and Slack became “the office” for millions of Americans, to the point where WFH outfits and WFH video conference calls became significant cultural staples.

According to a Workforce Monitor survey from the American Staffing Association, 68% of Americans still prefer a hybrid or in-person working environment.

Studies on the productivity of remote vs in-person employees show mixed results, but a study from Forbes found that those who worked from home were 20% happier than workers who lacked the ability to work from home.

Despite this, most CEOs want employees to return to the office, and President Trump said that federal work from home employees are not working, but instead are “going out, playing tennis, playing golf” as he pushed for workers to return to in-person offices.

Streaming

There's only so much to do at home during a lockdown before you resort to turning on the TV.

Streaming saw a massive uptick in users throughout the COVID pandemic. Both traditional streaming services like Netflix and Disney+, as well as platforms like Twitch, saw a large increase in users.

The Motion Picture Assn. said in a report that online video subscriptions went up 26% in 2020, while global box office sales dropped 72%.

To combat this drastic fall in movie theater

sales, streaming services like Disney+ released new movies directly to streaming, losing out on millions from traditional box office sales.

The NPD Group, a research firm, reported that sales of 65+ inch TVs were up 53% in the first half of 2020. Stephen Baker, the NPD Group's VP of industry analysis, told USA Today that they have seen “double-digit increases in sound bars, streaming players and mounts.”

Streaming services are still doing very well today, and platforms like Netflix and Max are beginning to sign sports deals, which many see as reminiscent of the days of cable TV.

Shopping

One of the biggest impacts of COVID was on the e-commerce industry. The Census Bureau reported that e-commerce sales increased 43% in 2020.

Online shopping became extremely popular during lockdowns and store closures, while brick-and-mortar stores (even those that remained open) saw significant drops in sales.

Bookstore sales dropped about 30%, and according to the International Organization of Motor Vehicle Manufacturers, new car production dropped 16% in 2020 as both COVID and the global chip shortage hurt automakers.

Now in 2025, online shopping remains an extremely profitable industry, with SellersCommerce reporting that e-commerce sales will surpass \$6.8 trillion this year.

Delivery services

During quarantine, food delivery services saw incredible growth from the many staying indoors.

Popular food delivery service DoorDash posted their gross order volume data, which showed \$8 billion in sales in 2019 and \$24.7 billion in 2020. The California based company then brought in \$41.9 billion the following year in 2021, which proves that people still wanted food delivered even as the pandemic slowed down.

UberEats, another popular food delivery service, saw significant increases in sales during the pandemic and is continuing to see year-over-year increases even after restaurants have opened back up.

Since many chose to stay at home during the height of the pandemic, Instacart became the

preferred grocery shopping method for many.

The service is similar to DoorDash and features an app that lets shoppers select and pay for their groceries, while someone else does the shopping in the store and delivers everything directly to the user's doorstep.

Instacart saw a 104% increase in revenue in 2020 according to PrioriData. The fairly young company had over 13 million users in 2022, but now faces competition as many stores now feature their own online delivery services.

Online grocery shopping has continued to grow in popularity even after the return to post-pandemic in-person grocery shopping.

Contactless everything

During the worst months of the pandemic, it was not uncommon to find plexiglass walls set up in grocery stores with plastic wrap covering the card reader.

Contactless payments were definitely a popular payment method during this time and

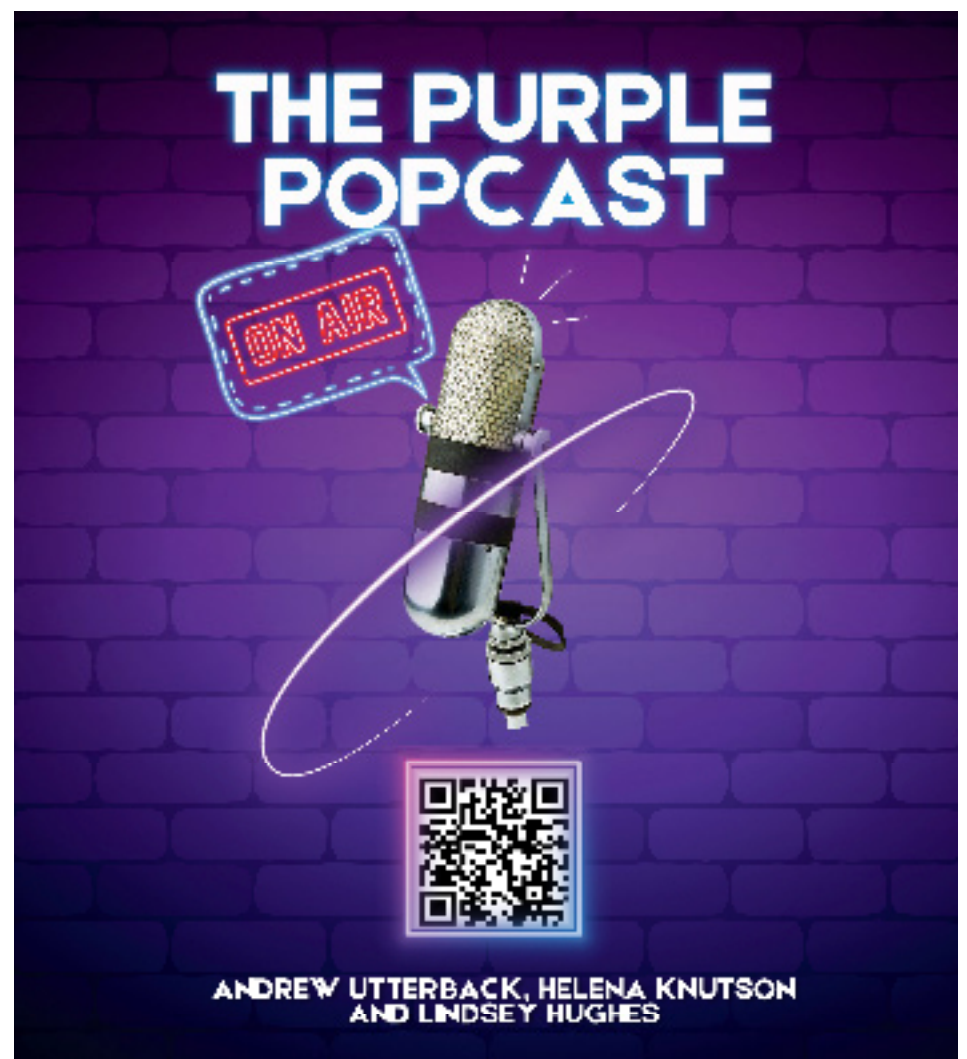
remain extremely popular with the majority of U.S. merchants.

Contactless payments can take the form of Apple Pay or similar mobile payment methods, or simply as NFC chips built into credit or debit cards.

While contactless payment methods are widely liked by consumers, not all contactless COVID solutions were.

QR code menus saw a rise in popularity during the pandemic, which allowed those dining at restaurants to scan a code with their phones and then scroll through the menu. It served as a more sanitary alternative to the traditional handheld menu that tends to be fairly dirty.

However, market research firm Technomic reported that 88% of customers at sit-down restaurants prefer a physical menu. So while tap-to-pay remains an industry standard, consumers are glad that the “old fashioned” menus have made a return.



Expert insight into conquering procrastination

BY MACKENZIE JOHNSON

Managing Editor

Procrastination is a struggle faced by people of all demographics, but it can take a broader form among college students.

Generally, assignments are assigned, we recognize that the assignment has a due date attached to it, then we proceed to ignore it until the last minute.

In the moment that we finally decide we should bite the bullet and get that task off our Canvas to do list, it's typically the day of its given deadline.

No matter the varying amounts of time some assignments take versus others—for example, a five page paper will more than likely take longer than a 300 word discussion post. No matter what it is, we still seem to do the one thing we know isn't particularly healthy – procrastinate.

Whether you claim to work well under the pressure of procrastination or not, postponing the items on your to do list can lead to lower quality-work, increased anxiety, a heavier workload and, most obviously, missed deadlines.

Luckily, time management experts Anna Dearmon Kornick and Jeff Sanders offer valuable insights specifically aimed at helping college students conquer procrastination.

Both Kornick and Sanders are time management coaches, podcasters, speakers and authors.

Kornick is host of the "It's About Time" podcast, author of "Time Management Essentials: The Tools You Need to Maximize Your Attention, Energy, and Productivity" and founder of "It's About Time Academy." She specializes in helping professional entrepreneurs balance work and life.

Sanders, host of "The 5 AM Miracle" podcast, author of five books—his most popular being "The 5 AM Miracle: Dominate Your Day Before Breakfast"—and founder of "The Rock-in' Productivity Academy" focuses on teaching ways to practice healthy habits to reach goals and improve self development.

Although the two experts don't exclusively concentrate on student efficiency, the advice given to a business professional often applies to college students as well – especially in the aspect of routine.

"For college students, the three best routines

for you to have are going to be a consistent morning routine, a consistent evening routine and some type of weekly planning session," Kornick said. "Even if you have no morning and evening routine, if you create a weekly planning session for yourself when you're in college, you are going to set yourself up for success while you're in school and long after... Ask yourself, 'Okay, so if these are my classes, these are my extracurricular meetings, this is my work schedule, what does my open space look like?'"

Identifying that open space before the week starts allows for more intentional planning, helping you decide when to work and when to relax, ensuring you're not leaving things until the last minute.

"A weekly planning session is absolutely the cornerstone of good time management because management is just making decisions about how we spend our time," Kornick said. "And when do we make the best decisions about anything? When we have the time to think about it, and when we have the information that we need to make the best decision. And so a weekly planning session gives you both of those things."

Although a weekly planning session is important for starting and continuing your week on the right foot, it's crucial to note that carving out the time to organize your tasks doesn't mean you should neglect to weigh the importance of them. Sometimes you have to make cuts.

"Intentionally cut anything and everything that is not tied to your highest priorities," Sanders said. "It's amazing how many things students commit to under the assumption that it will make a tangible difference when they leave school. The reality is that the 'real world' after college has very different priorities than what is propped up as important during college, and the goal of a university experience is not to exhaust yourself doing a bunch of things your future employer or customers might not care about at all. Do less, and do it well."

So, how do you go about the process of deciding what to remove from your week's to do list? It all boils down to the thing we try to run from but oftentimes end up running into – consequences.

"One of the reasons why we tend to feel overwhelmed is because we have so many



Above Anna Kornick is a time management coach, professional podcaster and author.

PHOTO COURTESY OF ANNA KORNICK

At right, Jeff Sanders is a productivity coach, podcast host and author.



PHOTO COURTESY OF JEFF SANDERS

things to do, and we can't get a grasp on what's the most important thing we need to do," Kornick said. "The paralysis comes from fear of making the wrong decision, so we don't even make one. My favorite way to handle feeling overwhelmed that's a result of having too many things to do is to break tasks into four categories: must-do, should-do, could-do and want-to. And you ask yourself, 'What are the things that I must do in the next 24 hours that if I do not do them, there will be some kind of dire consequence?' – that's how you know what goes in the must-do category."

A major driving force behind procrastination is feeling overwhelmed, which then leads to the fear of making a mistake.

If our plates are piled high with responsibilities and hefty tasks all demanding of our undivided attention and best possible effort, it's easy for the fear of failure to creep into the crevices of our minds.

It's also easy to postpone tasks in order to prevent that inevitable fear of failure, but procrastinating is unlikely to help you get in the right headspace to complete it later.

"Procrastination does not lead to a 'perfect' end result, so it's counterproductive to delay work that may not be perfect if and when you choose to work on it," Sanders said. "Start now

with what you have, and make small iterations to progress over time. There is no 'perfect,' so a 'good enough' end result will come if you choose to start, and just keep working until you're finished."

Jumping into a task despite the insecurity of failing in the process is an effective method of persevering through procrastination. However, there's also preventive methods in place to intercept you ever reaching that point – and it comes into play by letting go of the need for constant consistency.

"From my perspective, consistent productivity shouldn't be the goal because as human beings, we have varying levels of energy throughout the day, throughout the week and

throughout the month, and one of the biggest mistakes that we can do when we're trying to manage our time well is to assume that we should be able to have a consistent level of productivity or a consistent level of output," Kornick said. "It's much better to think of productivity in bursts rather than something that should be consistent."

Remember, these "bursts of productivity" don't have to be impulsive; they can still be planned during your weekly planning session, but they shouldn't be expected all day, all the time.

Beyond feeling overloaded with obligations, our misperception of time also can cause procrastination.

"It's easy to say we'll do it later when we assume that we have the time available to do it later. And then what ends up often happening to us is that we say we'll do it later, and then we realize that we actually don't have the time and the space available to do it effectively later," Kornick said. "We hit crunch time, and we start rushing – but when you do that weekly planning session and you see what your open and available spaces are, you can see the consequences of not using your time well. When you have that bird's-eye view of your week, it makes the consequences of doing it later just so much more real."

Allotting more time for tasks on the frontend when planning your week is another key to combating procrastination.

"There's this principle called the planning fallacy, and the planning fallacy states that we, as human beings, consistently

underestimate how much time things take us. It's just a part of human nature," Kornick said. "We look at something and we think, 'Oh, that should take me 30 minutes,' and then in reality, it probably is going to take us about 45 or an hour. And so the way that I like to beat the planning fallacy is to think to yourself, 'Okay, I think it's going to take me an hour and a half to get this paper done. So, I'm going to give myself 30 more minutes.' And then the second piece is to take the thing that you're doing and break it down into smaller pieces."

"Breaking it down into smaller pieces" entails gathering all the steps you need to follow in order to complete that task and divide it down into even smaller time increments.

For example, if you're writing a paper, estimate how long each step will take – researching your topic, developing an outline, writing your introduction and so on.

While these measures significantly reduce the likelihood of missing a deadline, sometimes things can throw you off track. When you miss a deadline or fall behind, the ticket to getting back on schedule is to revisit your priorities.

"The process to get work done is the same whether or not you are behind schedule," Sanders said. "Working on your highest priorities when you have missed deadlines simply means your most important tasks are the ones that will get you caught up first. It's the same principle as paying off debts when you have missed payments – pay off the latest and most expensive debts

before all the others. If you're always working on what is most important in the moment, you won't have to fear what is coming next – it's just the next most important task."

There's a fine line to beating procrastination.

You need to plan ahead, but also take each project one at a time.

You must be accountable, but also flexible when necessary.

However, most importantly, you need to be okay with the imperfections conquering procrastination and time management will present.

"Be okay with things not going perfectly. Be okay with making mistakes," Kornick said. "Because the way that you manage your time right now as a college student is going to change once you get out of college – it's going to change after your first job. Time management is not one of those things that we can set and forget and expect that the methods that worked for us at one point are going to work for us forever."

Despite the constant evolution of your personal time management, nailing down your current priorities will have a lasting effect.

Although we as people might not ever fully understand time or completely remove procrastination from our lives, we can at least decide what components in our lives are the most important – and that discovery is just within reach of a weekly planning session.

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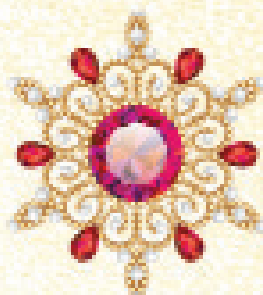
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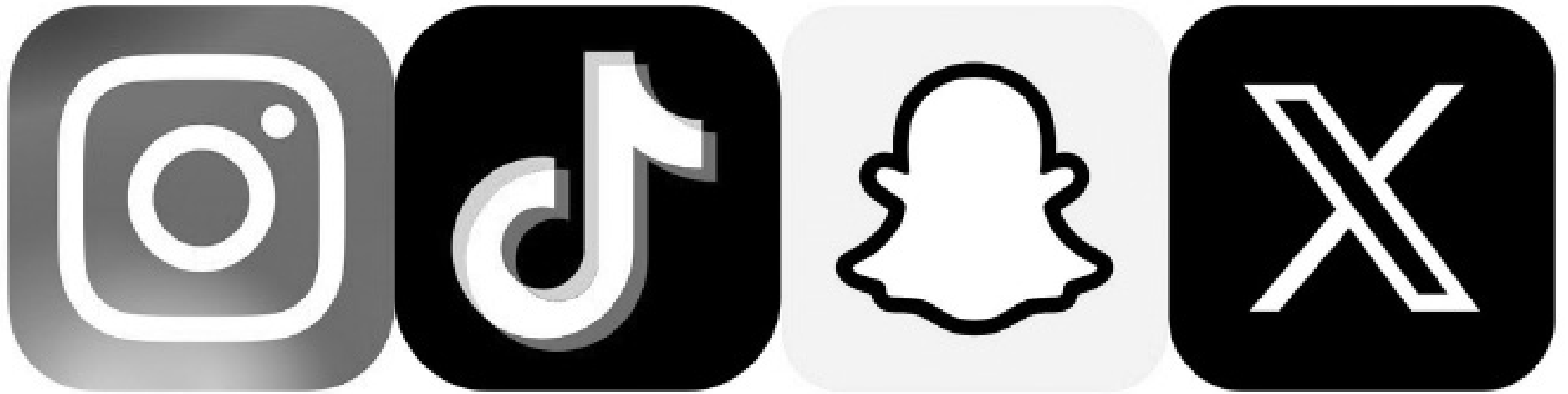
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Instagram, TikTok, Snapchat and X are the most popular apps that influencers use and viewers consume.

COLLAGE BY ASHTYN HANSARD

The influence of influencers...

The effects of social media celebrities

BY BROOKLYN MCKINNEY
Multimedia Journalist

When I'm scrolling through my phone, I often catch myself wondering why I can't look more like the people on my Instagram feed or in the TikTok videos I'm watching. In the world of social media, everyone with a large following seems to have flawless skin, a perfect body and the solution to all of your problems.

The truth is, we have all become so accustomed to seeing influencers hiding or altering things that naturally occur with everyone through posing, filters or even plastic surgery. This creates an unattainable beauty standard where nothing is ever enough.

Not only does it often amplify the insecurities we already have, but entirely new ones may be born. For example, about a year ago, when I was taking an off-brand version of Accutane for my breakouts, I would never have thought about the size of my pores.

It seems ridiculous because everyone has pores on their skin, but multiple people have gone out of their way to point it out to me upon closer inspection of my face, and I even began viewing more ads with TikTokers pushing products to minimize their appearance.

The same social media influencers who are setting this unrealistic standard are now get-

ting paid to sell people the solution, and this has become especially prevalent in the fitness community.

When looking for workout videos, you may come across a lot of clickbait like "How to get a six pack in two weeks" or "5 steps to get bigger arms in 30 days" with before and after photos that seem too good to be true.

U.S. TV personal trainer Jillian Michaels talked to the Daily Mail about how men often take steroids to achieve the look of larger muscles. She claimed that the most common surgeries for women are butt implants and even lower rib removal to shrink their waist.

"The fitness industry is one of the most competitive, so of course younger people trying to break out are going to try and find a way to stand out. If massive muscles get you the paid post for a protein powder or recovery drink, many young people would obviously be tempted to go down this path," Michaels said.

Marketing companies have partnered with social media influencers because they can really connect to viewers through their content, and therefore, seem more relatable to the average person. A 2023 study from the agency Matter Communications found that 81% of consumers have embraced influencer marketing in the past year.

This gives them the power, once handled

by celebrities, to influence anything from what protein powder you use, to beauty products and even the clothes you decide to put on your body.

Some people even trust their favorite influencers to give them advice on improving their mental health and the relationships in their lives, making them much more than trendsetters. But what people fail to remember is that life isn't a one-size-fits-all.

Clothes that look great on a TikTok influencer may not look the best on you, whether it's because they've had surgeries done to enhance their appearance or they naturally have a different body type. The same thing applies to skin products on different people or even things they might decide to ingest like protein powder.

While it's completely normal to seek reassurance from society's most prominent trendsetters, we should really question the authenticity of their online persona and any apparent differences between their lifestyle and ours.

Is that makeup in your TikTok Shop cart really worth \$50, or was the woman applying it just using a beauty filter? Should you be listening to someone with zero psychology expertise making three times your income when it comes to their standards for dating?

I'd hate to be the bearer of bad news, but if you're dating a broke college student, you shouldn't expect them to take you out to a fan-

cy steak house or pay for you to get your nails done. It's okay to expect effort in your relationship, but that may look a lot different depending on your and their lifestyle.

While we often lift these social media influencers up on a pedestal, they're human, too — just like you and me are also influenced by what we see scrolling through their feed.

This realization has actually led to a viral trend of "de-influencing" where content creators have started to post videos that discourage excessive spending and overconsumption of viral products.

As a society, we are so focused on looking more attractive and fitting in with our peers when a lot of those problems could be solved simply by taking better care of ourselves and exuding more confidence while doing what works best for us.

The secret to "glowing up" is doing things for you, not so that you can look like that person on your Instagram feed. If you want to look your best, do what makes you feel your best, whether that means eating healthier or maybe finding the right workout routine for your needs.

You can't be someone else, but you can always become a better version of yourself.



The University Health Center on the Tarleton State University campus in Stephenville.

PHOTO BY CAROLINE CRAIN

Comprehensive care available at Tarleton Health Center

BY CAROLINE CRAIN
News Editor

Tarleton State University's Campus Health Center, formerly known as the Wellness Center, serves as a vital resource for students seeking both physical and mental health support. Beyond flu shots and basic check-ups, the center provides a range of services designed to help students stay healthy throughout their college journey.

"Student Health Services is a functioning general practice clinic that provides all types of care that is typically offered by a family physician," Bridgette Bednarz, director of Student Health Services (SHS), said.

While many students may visit for common needs like flu shots or a quick check-up, they might be unaware of the breadth of services available.

In addition to general medical care, the Health Center provides services such as lab testing, X-rays, sports physicals and a crutch and nebulizer loan program. Allergy injections are also offered to students who are receiving ongoing treatment from an allergist.

"I didn't know the Health Center did so much until I was really in need of help," said sophomore Isabella Hernandez. "When I had a sickness that wouldn't go away, I was surprised to find out they could do lab tests and help me get the medication I needed."

According to Bednarz, how the Health Center is used often varies by the season.

"When students start in the fall, it is usually common illnesses such as cold, flu and strep," Bednarz said. "Spring semester starts off in January with the flu."

The clinic diagnosed 41 cases of the flu in the first week of February alone, in addition to other students who tested negative. As the weather warms up, allergies and dermatitis become more common. Year-round, students frequently visit the center for sexually transmitted infection testing and pregnancy screenings.

But it's not just physical health that's being addressed. Mental health services have become a larger focus. The Health Center works closely with Student Counseling Services to offer students a comprehensive approach to their well-being.

"Counseling and medication such as antidepressants and anxiolytics go hand in hand," Bednarz said. "SHS helps students by prescribing appropriate medication if needed to assist with student mental health needs."

Tarleton students can access mental health support anytime through the TELUS Health app, offering counseling and self-help resources. For after-hours support, the Protocol line provides immediate assistance in times of crisis, ensuring students have the help they need, whenever they need it.

For students worried about medical costs, the Health Center operates on a fee-based system. The center does not currently accept health insurance, but visits with their nurse practitioners, physician assistants and physicians are covered. There are small charges for lab tests, X-rays and physicals.

In addition to treatment, the Health Center emphasizes prevention and education. Staff participate in tabling events throughout the year, offering information on topics such as nutrition, fitness and sexual health. Residential Leaders within Residence Life also help spread

awareness about available resources.

To help students stay healthy, Bednarz recommends maintaining a balanced diet, exercising regularly and getting sufficient sleep.

"Get at least seven hours of sleep, which is difficult in college but very important," Bednarz said.

Looking ahead, the Health Center plans to expand its services by accepting common health insurance starting in fall 2025, a move aimed at increasing accessibility for students.

Students can make an appointment online via the student portal accessed at <https://www.tarleton.edu/healthservices/> or by phone at 254-968-9271. They are located on the first floor of Traditions North. Students can utilize their after-hours nurse advice line, 833-359-0172, for assistance beyond clinic hours.

Students with feedback or suggestions can contact the Health Center at studenthealth@tarleton.edu, voice concerns through the Student Government Association or use the Texans Report It initiative "Student feedback is crucial to creating an environment where students thrive at Tarleton," Bednarz said.

How to create healthy sleeping habits, and why it's important

BY BREENA DEMPSEY

Executive Producer

Healthy sleep habits offer many benefits, and it can be pretty straightforward when it comes to building them.

Forming better sleeping habits can improve your overall health and regulate your emotions.

The National Sleep Foundation (NSF) focuses on improving health and well-being through sleep education and advocacy.

“Having a regular sleep schedule can positively affect key areas in your life, including your mental and physical health, as well as performance. Getting enough sleep from a regular sleep schedule can make it easier for you to cope with daily stress and less likely to be impacted by minor negative things that can come up,” the NSF provided on its website.

This can be highly beneficial because it increases mental clarity and long-term memory retention, which helps to increase productivity for school and work.

In turn, this can prevent excess stress and exhaustion from working while sleep deprived.

These healthy habits can impact us in ways we might not often associate with sleep.

According to the Office of Disease Prevention and Health Promotion, some of the positive effects can include boosting the immune system, reducing serious health problems and maintaining a healthy weight.

A good sleep schedule and healthy sleep habits have a domino effect of benefits.

Forming these habits may take time and consistency, but it is well worth the effort.

Napping is something that should be reserved for special occasions, and they should be kept short at around 20 or 30 minutes. Any longer, and you risk waking up groggy and throwing your nighttime sleep schedule out of whack.

According to the Mayo Clinic, you should be intentional about when and why you are napping.

“Take naps in the early afternoon. Napping after 3 p.m. can make it harder for you to sleep soundly at night,” the Mayo Clinic provided on its website.

You should plan ahead for a nap if you know your schedule will leave you deprived of sleep.

Although it can be different for some people, the average adult needs seven to nine hours of sleep.

Getting enough sleep can help you to feel the aforementioned benefits.

Making sure to go to bed with enough time to get those precious hours of sleep before you need to wake up is important.

If you need to be up at 6 a.m., go to bed at 10 p.m. so you are still getting enough sleep.

If you are not getting the right amount of sleep, it is important to make it a priority.

This will set you up to be more successful and have a greater ability to complete what you might be sacrificing your sleep for.

Even if your schedule has you waking up at different times, picking a consistent time to wake up and go to sleep is key to creating a healthy sleep schedule.

The National Institutes of Health (NIH) has an article on “Sleep Deprivation and Deficiency and Healthy Sleep Habits.”

“Try to keep the same sleep schedule on weeknights and weekends. Limit the difference to no more than about an hour. Staying up late and sleeping in late on weekends can disrupt your body clock’s sleep-wake rhythm,” the NIH provided on its website.

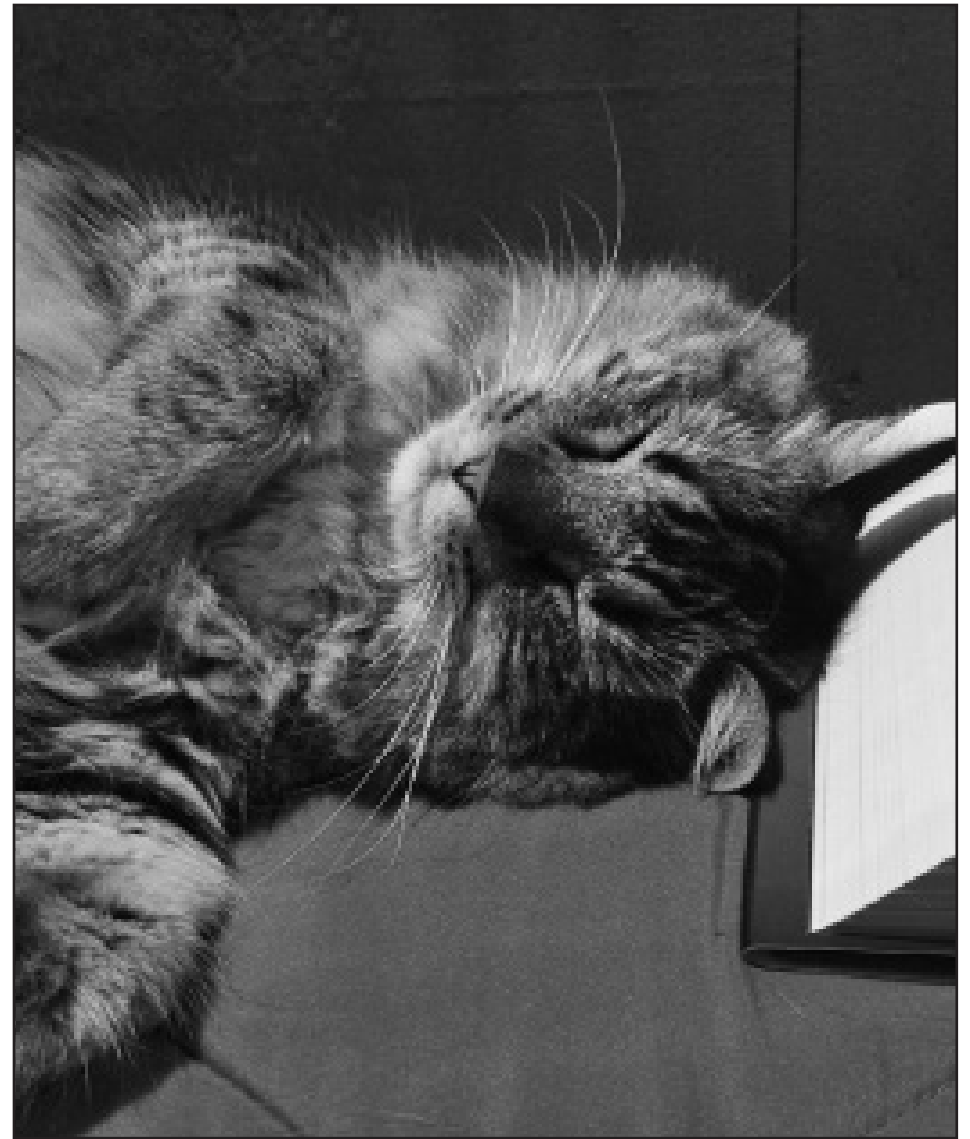
Having a wind-down routine can help build your sleep schedule and allow you to go to sleep quicker.

“A wind-down routine is a simple plan to let your mind and body prepare for sleep every night. Each person’s approach is different but could include relaxing activities like reading a book, meditating, journaling or listening to calming music before bed. Staying consistent night after night leads to the best results,” the NSF provided on its website.

An important thing to add to your wind-down routine is limiting phone or other screen use before bed.

The Cleveland Clinic, a nonprofit academic medical center, lists three reasons to ditch your phone before bed.

It keeps your mind engaged



Tilly has perfected her sleep schedule.

PHOTO BY BRENNAN DEMPSEY

“Your mind can stay active and engaged long after you’ve scrolled through social media or responded to a few work emails,” the Cleveland Clinic provided on its website. “And it’s not just the alertness you get from late-night social media sessions either. It’s thinking about or feeling your phone going off under your pillow. It’s listening for that email chime letting you know a project is moving along.”

The light from your phone screen can have an impact

“Exposure to blue light can affect your internal body clock and throw off your circadian rhythm. This rhythm is in tune with light and dark. It’s why you feel more tired at night when the sun starts to set and why you feel more energized in the morning when it’s light,” the Cleveland Clinic provided on its website.

You may encounter content that causes intense emotions

“Unsurprisingly, stress and anxiety are of-

ten two major reasons for disrupted sleep,” the Cleveland Clinic provided on its website. “Even seeing something right before bed that makes you happy can trigger a response that prolongs falling asleep, which consequently delays REM sleep.”

Your phone is still a tool you can use, though. Setting reminders and alarms is a good way to keep you on track with your desired bedtime.

Setting it a little while before when you would like to go to sleep can allow you to finish up whatever you are working on and start your wind-down routine.

Though the steps are straightforward, the execution can be tricky, especially since life can be busy and keep people on the move. With time, the routine becomes natural to your body.

Forming a good sleeping habit will be of benefit to you throughout your life.

Running improves mental, physical health

BY BETHANY KILPATRICK
Multimedia Journalist

It is springtime in Stephenville, Texas, which means it's time for new goals and a renewed state of physical and mental health. It is time to lace up those shoes and hit the ground running, literally.

With a little guidance, the right support and the option of running indoors or outdoors, running can change the course of one's mental and physical wellbeing.

Dr. AJ Cohen's article, "The Runner's High: Revealing 10 Mental Health Benefits of Running," from Up and Running Physical Therapy shows that consistent running can improve many aspects of mental health.

Cohen stated in his article that one of the most noted improvements runners experience from their exercise is the alleviation of stress and anxiety. When the body engages in physical activity, it releases endorphins that, as a result, lower the body's perception of pain and can produce the effect that is known as "the runner's high."

Running is also known to combat depression. It has the same effects on individuals as many medications with the purpose of fighting symptoms of depression would.

"Exercise stimulates the release of neurotransmitters like serotonin and dopamine," Cohen wrote in the article, "which are essential for regulating mood and emotional wellbeing."

Olivia Ray is a junior at Tarleton State University and a member of the Texan Corps of Cadets. She completed a half marathon in 2024 and consistently strives to better her running abilities.

She has experienced the mental health benefits that running has to offer.

"Some mental benefits that I have discovered from running are getting a natural dopamine release and relieving stress," Ray said.

In addition to bettering one's mental health, running also serves as an excellent form of exercise to better the state of one's physical wellbeing.

Running builds stronger bones and muscles and aids in maintaining a healthy weight. In addition to strengthening bones and muscles, it also improves an individual's cardiovascular fitness level.



Olivia Ray and her friends competing in the Ice Age Half Marathon.

COURTESY PHOTO

The Better Health Channel supports these facts and also claims that running can improve quality of life.

"Some physical benefits I have experienced are getting stronger legs and having a higher tolerance for long-term cardio exercises," Ray said.

The benefits of running are numerous, and many can attest to the positive changes they have personally experienced.

Oftentimes, the biggest holdback to taking on the challenge of a new hobby is the fear of not knowing where to begin. Do not allow this fear to stall the progress of improved health.

The first step to achieving anything worthwhile is to set a reasonable and attainable goal. For runners, this looks different for every individual depending on their starting point.

For beginner runners, consider setting the goal to complete one mile. Once that goal is reached, begin to time the mile runs, competing strictly with personal previous times. As the mile time gets faster, begin to take on longer distances and compete with those times.

For individuals who would be considered intermediate runners, selecting a longer mile-

age to be able to complete without stopping while keeping a consistent pace is an excellent goal to set that is challenging yet achievable.

Once a runner reaches an advanced level, competing in a 5k, 10k, half marathon or marathon race is a rewarding goal to work toward. Keeping the mentality of competing against oneself with previous personal times is always beneficial, but being able to compete among other runners will only grow the runner's physical and mental capabilities.

Beginning a running journey is challenging and will require the proper preparation to ensure success and a healthy body and mindset.

Eating a balanced diet and drinking enough water is vital to any athlete's success. Lean proteins, fruits, vegetables and healthy fats are great fuel for a runner. Right before a run, the best food to intake is easy-to-digest carbohydrates, such as a banana or a starchy vegetable.

Runners ought to avoid highly processed snacks, sugary energy drinks and meats that are high in fat. Eating and drinking unhealthy foods and drinks will hinder a runner's progress.

Proper stretching is nonnegotiable and must

be taken seriously before and after running to avoid injuries and to allow the body to warm up and cool down. However, it is important not to stretch a "cold muscle," meaning a short cardio exercise such as a brisk walk or light jog should be performed before engaging in any deep stretching.

Once a runner has warmed up, stretched and completed their run, it is just as important to give the body time to cool down and not immediately move on to the next task of the day. Easing out of a run with another brisk walk or light jog, followed by stretches that target the hips, lower back and leg muscles, will ensure a healthy relationship with running that benefits the body and does not cause injury or pain.

Keeping up with previous accomplishments, tracking new outdoor routes and being able to actively check the pace of a run are all factors that will better and further running accomplishments and goals. There are many running tools strictly designed for this.

For example, the app adidas running will track mileage, elevation incline, calories burned and other fitness metrics. In addition to this, the app allows you to post your accomplishments

in an online running community designed to encourage one another in everyone's running journey.

Remaining consistent is key to a successful running experience. Choosing to run on days when motivation is lacking is when endurance is built. A great way to encourage this mindset is to find someone who shares similar running goals and keep one another accountable.

"Run with a buddy," Ray said. "Someone who can keep your pace but can also push you to grow as a runner, someone who knows the area, too."

Running can be done outdoors on sidewalks, through trails at a park and through neighborhoods where traffic is slow. However, some individuals prefer indoor running over outdoor running.

The Tarleton Campus Recreation Center offers an indoor track and many treadmills that students can utilize as they

please.

For those who prefer running outdoors, there are many paths and routes on campus and in the surrounding Stephenville area that serve as excellent scenic routes.

Running on campus is ideal for students living in the dorms and is a reassuringly safe option for those who might be running individually. It is easy to make up long mileage by making loops that outline the campus or simply going up and down Rudder Way.

Other options that offer running courses are Jaycee Park in Stephenville and Dinosaur Valley State Park in Glen Rose. There are many trails within the state park varying in distance and elevation, such as the Denio and Cedar Creek Trail Loop, Paluxy River Trail and Limestone Ledge Trail.

For the social runners of Stephenville, finding a running

community is not challenging.

The Tarleton Run Club meets regularly and encourages runners of all levels to come and partake in their group runs. For questions or inquiries, please reach the club via email @tarleton-runclub@gmail.com.

On Sunday, April 6, 2025, Tarleton will be hosting a Glow Run 5k. Students can register for free by using their student ID and can view a map of the course on the Tarleton Campus Recreation Center's website. Runner check-in will begin at 4:30 p.m. and the race will begin at 7:30 p.m.

Running can truly be for everyone and not only encourages a healthy body, but a healthy mental state. With the proper preparation and dedication, running will serve as more than exercise; it will be a tool that improves one's quality of life.

Self-care tips for a healthy mind and body

BY DREW FLEMING

Multimedia Journalist

When you're feeling overwhelmed or like you're buried under a never-ending to-do list, learn to step back and relax. You can only do your best work when you're at your best.

Self-care is vital to ensuring you are mentally and emotionally healthy. A healthy mind and working body allows you to maintain a balanced work and life relationship. If you're struggling to relax or haven't found a way to unwind between studying and work, here are some of the best ways to treat yourself.

Move your body

When you're feeling stuck in your head and like you need to relax, moving your body can help reduce stress. Get up and stretch to let out some steam. Or go on a walk — whether that be going to exercise at the gym or taking a trip to a local park. The Bosque River trail is a great way to breathe some fresh air and surround yourself with nature instead of staying inside.

James Paige, a sophomore kinesiology major at Tarleton State University, credits working out for her general well-being.

"Working out makes me feel productive, and when I'm moving around, it relaxes me," Paige said.

Lean on a furry friend and enjoy some fresh air

Dogs really are a person's best friend. Spending time snuggling with your dog or cat can help relieve stress and distract yourself. If you don't have a furry friend at home, take a trip to your local humane society or shelter and take a dog on a walk. Those couple hours out of the kennel will benefit both you and the dog.

Autumn Carifee is a business major at Tarleton. She carves out time to relax and often spends it outside.

"I really enjoy relaxing by fishing at city park," Carifee said. "I love catching fish, it's pretty fun."

Talk to someone

Life gets busy, when caring for your mental health — something that is often overlooked is a simple conversation. Call a parent, loved one or an old friend you miss and catch up. That conversation could end up making both of your weeks. Staying in touch with people and conversation is the best medicine.

Another option is therapy. If you're struggling with emotions or opening up about your problems, therapy is an opportunity to learn more about yourself and how you can grow.

Treat yourself to a sweet treat

An instant mood-boost is getting a sweet treat. Treat yourself to something sweet or a refreshing drink to encourage you. A trip to Starbucks or HTea0 is a great way to take a break from work.

After all, a full belly equals a full heart. For most of us, the key to our heart is something covered in sugar.

Listen to your favorite playlist

My favorite advice comes from "Grey's Anatomy," which is to "dance it out."

Turn on your favorite song and dance around to remind yourself what it's like to let out some stress and just dance. Another option is going for a drive while listening to your favorite songs. Screaming music while in the car is one of my favorite ways to relieve stress.

Listen to a podcast

Expand your horizons — whether it's lifestyle, true crime or pop-culture, sit down and relax with a podcast. They're a simple way to take your mind off things and possibly learn something new.

Take a bath and put on a face mask

The ultimate self care day is one that leaves you poreless,



moisturized and feeling like a million bucks. So fill up a bubble bath, put on a face mask and watch that movie you've been waiting to have time for.

This is the best way to go to sleep feeling rejuvenated and take a load off yourself.

Cuddle up with a good book

Sometimes, the best way to relieve stress is to jump into a new story. Reading a book allows the audience to take a look into someone else's life for a few hours.

A book is the best way to distract yourself. Self-help books, in particular, are insightful and motivating, offering valuable guidance to improve your habits.

Abigail Middleton is a junior marketing major at Tarleton who uses books as a tool for winding down.

"I go to the gym — I really like working out... I read and journal. Reading takes my mind off of school and real life and lets me go into fiction," Middleton said.

So, make sure to use these tips next time you're feeling overwhelmed. It's essential to take time for yourself and maintain a healthy mind and body. Instead of sitting in the stress of school, life and work, use some of these suggestions to take your mind off your troubles.

Class by class:

Tarleton offers array of fitness classes for students

BY HANNAH BROOKS

Multimedia Journalist

Tarleton State University's Recreation Center not only houses a free weight section, ball courts and an upstairs cardio area – it also features two spacious rooms where several different fitness classes are taught by a multitude of instructors weekly.

If you're looking for a way to stay active but want structured workouts already laid out, this is for you.

Classes are taught by a variety of different instructors—most being students—who all bring something different to the table.

These classes are all included under the recreational fees covered in your Texan Bill Pay, meaning the only thing you have to do to attend is sign up through the Rec app.

As of spring 2025, Tarleton Fitness and Wellness offers 15 diverse group fitness classes.

These include: Kickboxing, Flex and Flow, Indoor Cycling, Learn 2 Dance Cardio, Functional Flexibility, Glutes and Abs, Fine Toning, Ballet Fusion, Barre Fusion, Sleepy Yoga, Pilates, Arm Sculpt, Core Cardio & More, Line Dance Cardio Class and Trampoline Fitness.

After attending a variety of these classes, here's what I discovered.

Fine Toning

In this class, Instructor Sonia Bauer will lead you through a series of full-body, low-impact sets that use lighter weight loads with higher repetitions and slower movements, finishing with pulses for maximum burn. The emphasis is on lengthening the muscle and holding rather than intense, twitchy movement. There's no jumping or high impact motions in this class – which is especially excellent for beginners or someone interested in a low-key class.

Ballet Fusion

In this class, instructor Charlee Hammer will lead you through ballet technique basics using classical music. This class will engage your mind just as much as your body. Using only the bar for stability, you'll be led through a series of on-count/beat motions, greatly targeting the calves, quads and hip flexors. If you're looking for a class to increase your poise, balance and learn about ballet, this is for you.

Barre Fusion

This class, also taught by Hammer, is like a souped-up pilates class with elements of dance and strength training. Using dumbbells, the bar, a foam block and a small stability ball, Hammer creates a very engaging and extremely effective 45-minute workout – expect to leave sweaty. This class targets core, arms and lower body, making it an excellent full-body workout option.

Kickboxing

In this class, instructor Haeley Carpenter teaches basic and advanced kickboxing combinations on hand mitts and body

pads. This class is a great place to bring a friend as it is quintessentially partner work but is also fully functional without. Forget hitting back day, Carpenter will have you covered. She left me sore for days. This class is mentally engaging as well as physically. You'll be utilizing snappy movements and timed rounds to improve endurance. On top of the natural cardio from the sport, the class is finished with a few core exercises.

Indoor Cycling

Each attendee has their own stationary bike and starts a warm up to ease into things. Note that while this class is higher intensity, it's very adjustable. You just turn the knob on your bike to adjust the difficulty. The instructor will explain certain commands beforehand—perfect for beginners—and then call them out through the duration of the session. If you're looking for a serious quad burn and to get your heart rate up, look no further. This class is the epitome of cardio.

Sleepy Yoga

This class, taught by Laila Allam, is at 8 p.m. – making it the perfect addition to a wind down routine. As someone who'd never attended a yoga class, I found myself newly appreciative. Using foam blocks, you're led through stretches and positions that elevate and align certain points to release tension. For students with lower back pain from sitting, this is a game changer. You can expect soothing ambiance, low dimmed purple lighting and gentle instruction. Prepare to be pacified.

Pilates

This is the most offered class on the schedule. A staple in the fitness world for its well-rounded nature, pilates is a great addition to your routine if you're looking for low impact, no-weights-needed strengthening. It'll help improve your core strength, balance, flexibility and bodily awareness. Perhaps consider using this class as a more productive recovery day.

Glute and Abs

This class is what it sounds like. If you're in the market for a challenging but highly rewarding leg day- with emphasis on the glutes – this is for you. You'll be led through a warm up, and then you'll utilize whatever equipment the instructor chooses for the day. Instructor Savannah Carlos typically uses bar weights, dumbbells and kettlebells. You can adjust the intensity of this class by using as much or as little weight as you'd like. It's wrapped up or integrated with core work depending on the day.

The following classes were ones I didn't take so I can't recount from experience, but here's what you can expect.

Flex and Flow

The instructor will lead through different movements and stretches to lengthen and balance all muscle groups. Emphasis is placed on challenging the core muscles as well. This full body flexibility class is a great way to prevent injury and alleviate tightness.

Learn 2 Dance Cardio

This class will introduce you to the latest dance moves. It's a great class to get social and get out of your comfort zone all while getting in some movement.

Functional Flexibility

This class targets flexibility, stretching everything from your fingers to your toes. All levels can enjoy this class and will walk away with less tension and more bodily awareness.

Arm Sculpt

This class incorporates fundamental pilates movements that focus on upper-body strength to target the shoulders, biceps, triceps and back. Attendees can expect body weight repetitions that will create shapely arms and increase functional strength.

Core Cardio & More

This class is a combination of core strength training and cardio intervals, designed to give you a full-body, fat-burning workout. Instructor Brilyn Fowler splits the session into sets of four full-body movements and four abdominally focused movements. Any level of experience will benefit from this class.

Line Dance Cardio Class

Want to learn how to line dance but haven't the slightest clue? You and I both. Enter: this class.

Regardless of whether you avidly take the floor or have never heard of line dancing, you will find yourself having a blast in this session. The teaching style is accommodating and positive. The instructor paces out the movements to cater to your needs.

Trampoline Fitness

This lower-impact class utilizes trampolines and dumbbells to burn calories and get your heart rate up. This is a great option for those with joint pain who enjoy higher-energy workouts but can't have a hard impact against the ground. Every level is welcome.

Instructors switch up their classes weekly so it's never mundane.

The best part of all these classes is that there's no pressure to be perfect or know what you're doing. You can completely adjust to what your body needs.

If you decide to attend, remember to bring water and an open mind.

Fuel optimally with complex carbs a few hours beforehand or with light simple carbs like fruit or rice cakes if you're short on time.

Remember, it may burn terribly during, but you'll never leave these workouts regretting that you moved your body.

In the spirit of wellness week, let us remember that gratitude is quite possibly the healthiest thing we can foster. Health is a blessing, and an able body is an opportunity that may one day cease.

‘Seize the day’ with five-step morning routine

BY GAVIN PATRICK
Sports Editor

Ever heard the saying, “Life is what you make it?” It’s a way to inspire us to make good choices and consider the consequences of our actions, positive and negative, before deciding if a choice is worth it.

Well, it’s hard to make a distinction like that when we first wake up. Usually, it takes a minute or two for our minds to wind up in the morning (just like I’m winding up into this story). But time waits for nobody, and the decisions we make start from the moment we arise every single day.

I’m convinced that the older we get, the faster we perceive time, so we need to have a plan to slow that perception – or to, conversely, accelerate our actions. That’s why I’ve devised a five-step morning routine to get us in an attack mindset.

Now, what is an attack mindset? It’s all about being in the moment and not waiting for the moment to come to you. When an opportunity comes, you take it. Don’t stall – fight the stillness.

We wake up every day in a stillness, one that had (hopefully) gone on for hours. But all of a sudden, the morning arrives, and it’s time to move. That can be a sharp twist for our bodies to handle. That’s why the tendency is to drag ourselves into the day rather than snap into it. This list is designed to sharpen those edges.

I’m not trying to make you a morning person; I just want you to get your day started on the right foot. Let’s seize the day, not snooze it.

With that said (and right on cue), let’s dive in with step one.

Step one: Don’t press snooze!

The worst thing you can do to your day is delay it. We’ve all been there – when the alarm tells us it’s time to get up, but our body feels oh so comfortable glued to the bed, and the last thing we want to do is ruin this beautiful moment.

Well, as I said, time waits for nobody, and the more time we spend lying in bed, the more time we waste to do things that matter. There’s an old adage that whenever you’re relaxing, someone else is working; that couldn’t pertain more to this lesson.

Step two: Exercise

Once you get past the wave of stillness, get

your blood pumping with a workout. As much as we may avoid the topic, it rings true every time: Exercise is crucial to our mental and physical health.

Besides the physical benefits, our brain responds to exercise by releasing “feel-good” chemicals, such as endorphins and serotonin. In life, we should want nothing else but to feel good about ourselves; exercise is a good way to start.

The proof is in the pudding. I know it sucks to “feel the burn,” but wait ‘til you catch your breath or get cleaned up, and you’ll see what these so-called experts mean.

It doesn’t matter how you exercise – as long as it’s real exercise, meaning some physical activity that gets your heart pumping. Whatever floats your boat, do it. Just remember...

Fight the stillness.

Step three: Eat a healthy breakfast

Hopefully those first two steps get you in the attack mindset discussed up top, so carry that energy into your diet.

Don’t cancel out the work you just did with a donut. Big no-no. Some people like to reward themselves after a workout with junk food; you need to fight that temptation.

Instead, feed your positive momentum with these four food groups: protein, grains, fruit and dairy. And don’t forget water – lots of water. (Google Gatorade’s “Sweat It To Get It” campaign. It’s all about replenishment at this stage.)

If I could advise you on the perfect meal, I would, but there is no such thing. I would start, though, with two things: eggs and milk.

In terms of breakfast foods, eggs are the most efficient source of nutrients you can get, with high-quality proteins, essential vitamins, minerals and healthy fats in just 78 calories a pop. Eat them however you want, just don’t tarnish their essence. (Go easy on the butter and salt.)

Pair a couple eggs with a glass of milk, another excellent protein source with essential vitamins and calcium, and you have a strong start. All that’s left is fruit and grains. You may not be hungry to fill all four, so don’t overeat. Just make sure to get all four in at some point in the day.

Step four: Find inspiration with a show or music



PHOTO BY GAVIN PATRICK

A sunrise marks a new day on a spring morning in Cresson, Texas.

It’s important to make time for the person you already are, especially if it’s a pain getting through the first three steps.

This is the pick-me-up step. Do something that puts you in a good mood. Start by answering one question: What gets you out of bed in the morning?

Some people watch a particular newscast because they get a kick out of the people hosting the show. Others I see walk around campus with their AirPods in, using their favorite tunes to harness their focus. Your style runs the show here. TV shows and music are merely practical suggestions.

I like to combine this step with the previous one and eat breakfast while watching ESPN’s morning talk show “Get Up.” (See my title for explanation.) It’s all about channeling a positive attitude and finding inspiration to attack the day.

I look forward to this step every night before bed. But you have to earn it. Your initial actions must come from within before bringing a boost from an outside source.

Step five: Devise a plan for the day

This is the time to straighten out your priorities. Sometimes, I make a checklist in my Notes app of things I want to accomplish in the order of most importance. Mental plans can exist, too, but it’s still helpful to fire off your tasks into bullet points.

Making a step-by-step guide helps declutter what can seem insurmountable and put it into perspective. Now, you just have to stick to the script and focus on the task at hand. (Your phone can wait.)

It’s important to discipline yourself in a way that squashes procrastination, breeding progress instead of stillness. There’s 24 hours in a day. That’s more time than you think, and it needs to be taken advantage of.

Hopefully, this five-step guide gives you a clearer understanding of how to manage your morning. I’m no expert, and we all learn along the way. But life isn’t so bad once you put pen to paper.

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