

# STALL STREET JOURNAL

## SLOW CARB DIET

Anas Ahmed, '16

Slow carb diet, which was popularized by Tim Ferris in the 4 hour body, is a fantastic way to lose weight without it feeling like it's a full time job. The diet is predicated on minimizing intake of foods that promote fat storage.

### Rules to Slow Carb Diet

1. Avoid white carbs such as breads, potatoes, rice, and pastas.
2. Eat the same few meals over and over again. Try to stick to healthy proteins, legumes, and vegetables. I find that the easiest foods to stick to on campus are eggs, chicken, beef, beans, lentils, broccoli, and spinach.
3. Don't drink your calories. Drink water instead!
4. Don't eat fruit. Yup, you read that right. Although they are high in micronutrients, many fruits are high in sugar and don't need to be eaten on a daily basis.
5. Have a cheat day once a week. Your body will need this so that your fat loss doesn't plateau. Spiking calories once a week will make sure your metabolism doesn't downshift. For more information check out "The four hour body" (or just google it).



## TOBACCO: KNOW THE RISKS

Jake Lindamood, '17

When it comes to tobacco, there are many risks involved. Traditional cigarettes contain over 7,000 chemicals that have a high correlation to many cancers, diseases, and infections. Some people believe that e-cigarettes are less dangerous; however, their safety has not been fully studied and there are very limited quality control processes for the manufacturing of these products. On top of the many health risks that cigarettes cause, the financial risks are significant as well. The average cost of a pack of cigarettes is around \$7, which results in around \$2,550 spent on cigarettes throughout the year. However, these numbers depend on the state in which you live, with New York charging the most at around \$13 a pack. On average, smokers pay between 16% to 41% higher

insurance premiums as compared to non-smokers. More importantly, the choice to smoke does not only affect the individual but also the surrounding community. Second hand smoke is the process of transferring the chemicals of tobacco from one person to another in close proximity. This means that when you choose to smoke, anybody passing by is breathing in the same harsh chemicals. So, in regards to our campus, please be considerate to others. Remember that there is a proximity rule at Babson: you cannot smoke within 25 feet of any building on campus. As a community, we want to support personal choice, but we also want to consider how these choices can impact other students' health and wellbeing.

[www.learn.eversmoke.com](http://www.learn.eversmoke.com)

[www.therealcost.betobaccofree.hhs.gov](http://www.therealcost.betobaccofree.hhs.gov)

## 7 SLEEP TIPS

Melanie Plattner, '18

As exams, papers, and projects start piling up, college students may begin to neglect sleep in order to complete all of their assignments on time. Unfortunately, poor sleeping habits inhibit memory, creativity, attentiveness, and academic performance.

Not only does lack of sleep affect one's mental strength, but it also impacts one's physical state as well. Additionally, sleep deprivation is a main cause for clinical depression across the globe. If you're having trouble getting a good night's sleep, follow these tips to help you catch some Zzz's!

1. Keep a routine sleep schedule.
2. Exercise!
3. Avoid drinking alcohol or eating heavy meals close to bed time.
4. Take time to wind down and relax before bed.
5. Keep your room at a cool temperature.
6. Make sure your mattress and pillows are comfortable for you.
7. Do not use electronics in your bed. Your device has a built-in backlight that will make it very difficult to fall asleep.

## Fruit Infused Waters

HEALTHY LIVING TOWER



Staying hydrated is essential. Most people overlook the importance of drinking water and its numerous health benefits. Drinking water helps improve skin complexion, flush toxins from the body, aids digestion, and helps prevent headaches, to name a few. However, most people don't like drinking plain water and reach for soda or fruit juice instead. Infusing your water with fruit gives it a great taste to help increase your water intake, while also getting essential vitamins and minerals. In addition, by drinking fruit infused water over soda or juice, you're avoiding extra calories and added sugars! ([www.mindbodygreen.com](http://www.mindbodygreen.com))

## Why Exercise? To Have Stronger Body & Brighter Mind

Pinterest @babsonwellness

### HOW TO EXERCISE

For functional, diverse, athletic ability, and a lean proportioned physique.

#### PRIMAL TIP

If you need to take it easy on your joints, try low- or no-impact sprinting like uphill efforts, swimming, stationary cycling, or cardio machines.

#### IT'S PLAYTIME!

Assemble a group of friends and play a schoolyard game: dodgeball, tag, capture the flag, or kickball. Make it a weekly event!

#### SPRINT

All out efforts of 10-20 seconds with full rest between. Choose running ideally, or low-impact options if necessary.

ONCE EVERY 7-10 DAYS, WHEN 100% ENERGIZED.

#### LIFT HEAVY THINGS

Brief, intense sessions of full-body functional movements.

1-3 TIMES PER WEEK FOR 7-30 MINUTES

#### MOVE FREQUENTLY AT A SLOW PACE

Walking, hiking, cycling, easy cardio.

65-75% MAX HEART RATE 2-5 HOURS PER WEEK

### THE PRIMAL BLUEPRINT 4 ESSENTIAL MOVEMENTS

#### PUSHUPS



#### PULL UPS



#### SQUATS



#### PLANKS



## Sexual Assault Prevention

Have you or a friend ever needed professional guidance and support regarding a sexual assault? Call the SAFE Hotline at 781-239-7233. Visit Ashleigh Hala in the Wellness Center (basement of Park Manor South) for more information:

- Monday: 9-10am
- Friday: 3:30-4:30pm
- By appointment

Would you like to learn about POW events coming up this semester? Or did you simply run out of stuff to read? Check out POW's Facebook page!

