

# Getting Fit To Be A Nurse

As you're planning your potential class schedule for next semester, why not consider enrolling in one or more P. E. classes for credit? UAA offers a wide variety of excellent P. E. classes, taught by experienced instructors. P. E. classes usually meet twice a week, for 1 hr. 15 minutes. While some classes run the whole semester, most one-credit P. E. classes are shortened eight week sessions.



So why squeeze in a P. E. class? For physical exercise of course! College is a time when we as students, are being prepared for our future careers. As nursing students, we can anticipate hours of standing on our feet, miles of walking and patients who look to us to be a role model for good health. Starting on the road to improved health now, will not only benefit your health, it will make you a more employable nursing graduate.

So where do you start? Start by setting realistic personal health goals that you would like to accomplish within a specific time period. Do you want to lose weight? Build cardiovascular endurance or muscle tone? When setting your goals, recognize your current physical limitations. Low impact exercise classes such as yoga, beginning weight training, water aerobics and aerobic walking are designed to alleviate stress on joints, while providing aerobic and muscular endurance. Most UAA P.E. instructors will recognize your efforts and encourage you to exercise at an appropriately safe pace.

Secondly, get people in your life that can become your first string cheering section. Recognize that you may have to utilize resources outside of UAA to meet your physical fitness goals. The Alaska Native Medical Center (ANMC) provides a variety of free services, including yoga, meditation and traditional wellness services. A complete list of services is available at [www.southcentralfoundation.org](http://www.southcentralfoundation.org). Is smoking an obstacle to your physical health goal? Take advantage of the free, individualized counseling provided by the ANMC Smoking Cessation program. Appointments can be made on the same day or in advance by calling SCF's Health Education Department at the Alaska Native Primary Care Center - (907) 729-2689

In addition to exercise, proper nutrition will give you energy to study and increase your exercise results. You can meet with a Registered Dietician at ANMC by calling (907) 729-2668. Don't defeat your exercise habits with a poor diet! As you implement steps to reach your health goals, don't forget the most important thing. . .give yourself a pat on the back for each milestone you accomplish! Whether it's as small as increasing your water consumption, eliminating high fat food, working out for 15-20 minutes, enrolling in your first UAA P.E. class or running a marathon, compliment yourself and recognize that you've done something for yourself, your family and your future patients.

Shelley Larson  
BS Nursing Major

Shelley Larson is a full-time nursing student at UAA.  
She has recently been accepted into the (Bachelors) Nursing Program

*"As I progress through the Bachelors program, I look forward to developing my own leadership skills.  
As an Alaskan Native nurse, I believe I can make a positive impact on my son, myself and the Native community."*