

# PERSONAL JOURNAL.

## Strong as the River

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THE WALL STREET JOURNAL.

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## A Campus Call for Mental Health

Colleges try outreach for men to help with depression and anxiety; Meet them at fraternities



At Ohio State University, the counseling center is getting creative with its efforts to aid male students with programs like 'Brogia,' a yoga class for men.

## Women and Men Decide Cancer Care Differently

By **LUCETTE LAGNADO**

Women and men with certain types of cancer appear to take very different approaches in deciding how to treat their disease, a new study of social media found.

The study, commissioned by Memorial Sloan Kettering Cancer Center in New York, analyzed thousands of Internet posts in leading cancer forums and other online communities. Men with prostate cancer were generally found to be analytical, methodical and data-driven in assessing their options. They sought out the latest scientific studies and outcomes research, and tended to obtain several doctors' opinions.

By contrast, women with breast cancer were typically distrustful of scientific data and even of their own physicians. Anxious that their cancer might return—and viewing any risk of recurrence, however small, as too great—many women favored aggressive treatment such as double mastectomy.

Men with prostate cancer typically make decisions “deeply situated in science,” the study concluded. For breast-cancer patients, the online narratives, advice and anecdotes they heard from other women tended to “displace the voice of science and medical experts,” according to the study, which was performed by Treato, a health-care data-analytics firm with offices in Israel and New Jersey.

The findings have revived old controversies about gender differences and the dangers of playing into stereotypes, in this case the thoughtful, deliberative male versus the anxious and emotional female. Also, the study, part of a fast-growing field of analyzing data from social media, is by no

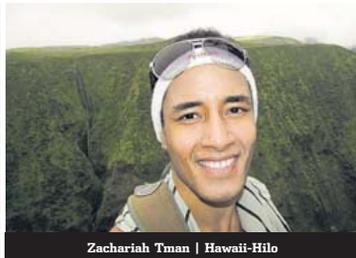
GETTY IMAGES

FROM LEFT: CHRIS MOORE; ALEXANDER LEWINGTON; SARAH CLIFTON



**Chris McKee** | Penn State

‘I was able to share my story at an event on campus and explain what I went through during a specific, dark time.’



**Zachariah Tman** | Hawaii-Hilo

‘There’s this stigma of men looking weak that kind of stops guys from actively looking for help.’



**Mark Farley** | Rhodes College

‘We’re trying to broaden mental-health awareness among our men in Greek life.’

## HEALTH &amp; WELLNESS

# For Fly Fishing Success, Try Strength Training First

By Jen Murphy

The saying "gone fishing" conjures up thoughts of a lazy day casting on the river. For Will Hobbs, director of outdoor pursuits at the Snake River Sporting Club in Jackson, Wyo., fishing is a serious workout.

In the peak of summer, Mr. Hobbs often puts in 10-hour days, six to seven days a week. He typically takes out two clients a day in a 16-foot-

## WHAT'S YOUR WORKOUT?

long-by-4-foot-wide float boat to fish along the Snake River.

Mr. Hobbs sits in the middle and rows against the current to slow the boat so clients can cast the fly in the best spot for catching rainbow trout and fine spotted cutthroat trout.

The extensive amount of casting he does each season, combined with his long hours on the oars, led to shoulder tendinitis.

"Fly fishing is actually more physically taxing than most believe it to be," said Mr. Hobbs, 42. "It takes shoulder, arm, back and core strength to stand, cast and hold a rod up with a weighted fly for an extended period and reel in a 12- to 20-inch fish."

He searched the Internet for exercises to strengthen his core, shoulders, back, wrists and forearms. A regular routine of strength exercises keeps him pain free, he said. "Sitting and standing in the boat all day can really take a toll on your back and the rowing is a lot of stress on the shoulders and rotator cuffs," he says. In the off-season, after Thanksgiving, Mr. Hobbs says he skis but doesn't use his forearms every day the way he does during fishing season. "So it's important to keep conditioned."

## The Workout

Mr. Hobbs has a weight area set up in his garage and a repertoire of exercises that takes about 20 minutes to perform. He took an 18-inch broomstick and attached a string to the middle with a 2-pound weight at the other end. The string is long enough so that when he holds the bar horizontally in front of him, with a hand at each end, the weight is on the floor. He rotates the bar with his hands, winding the string around the bar and lifting the weight off the floor, then reverses to slowly unwind the



Will Hobbs on the Snake River, above. Mr. Hobbs uses a 10-pound dumbbell for rotation exercises that strengthen the rotator cuff, below left. He heels up a weight to work his wrists and forearms, below right.



string and return the weight to the floor. The exercise helps

strengthen his wrist and forearms; he does three or four reps a day.

He performs reverse dumbbell flies on a weight bench to work his shoulders and upper back. To strengthen his rotator cuffs, he

performs a lying external rotation with 10-pound dumbbells. He lies on the bench sideways with his elbow against his side and forearm parallel to his body, then lifts the dumbbell by rotating the shoulder, then brings it back down.

He does 25 push-ups and 25 sit-



ups. "I'm a firm believer in the full sit-up rather than crunches," he says. Mr. Hobbs is a big-game hunter and says in hunting season he gets a core workout from drawing a heavy weighted bow.

In the summer, he and his wife and 5-year-old son hike and bike,

and in winter he keeps fit with cross-country and downhill skiing.

## The Diet

Breakfast is a grab-and-go breakfast burrito. "It keeps me full until lunch," says Mr. Hobbs. Lunch is often a roast beef wrap. Dinner is usually wild game such as elk or duck, which he hunts in fall and winter. He says fresh seafood is an indulgence, and he loves a cold beer at the end of the day.

## Gear

He owns more than a dozen fly-fishing rods. "I have one for every situation—saltwater, freshwater." He wears Smith ChromaPop polarized sunglasses, which cost \$209. He wears waders at the tail end of the season when the water temperature is in the 40s, he says. Mr. Hobbs likes Vasque hiking boots. He has a Giant mountain bike and "loads" of archery gear.

## Playlist

"I listen to a lot of Widespread Panic when I work out. It fires me up."

## Exercises Away From the River to Bring in a Big Catch

Sustaining any single posture for extended periods, whether because you are fishing or standing in the front of a boardroom, will cause wear and tear, says Greg Chertok, a New York-based sport- and exercise-psychology consultant at Telos Sport Psychology Coaching. "We simply can't sustain one position for too long. The muscles start to tire, and form begins to deteriorate," he says.

He suggests that people who find their posture slumping after long hours on their feet should try activating their glutes and tilting their pelvis forward. "Modifying our standing

posture throughout the day is critical," Dr. Chertok says.

Learning to breathe properly, using the diaphragm for both inhalation and exhalation, can support posture. "Proper breathing technique, particularly a full exhale, will posteriorly tilt the pelvis and relieve some lower back pain and tightness," Dr. Chertok says.

A fisherman, he says, needs a pliable, powerful core and strong rotational muscles to "bring in" a big catch. The basic core exercises should revolve around the plank. A plank "effectively engages the core without

putting any strain on the spine," Dr. Chertok says. "The spine remains neutral while the muscles around the core, hips, and glutes do all the work."

Whether you fish or are just on your feet a lot, he suggests performing basic plank-based exercises such as side planks performed on the forearm, prone planks performed on hands or forearms, push ups, and half to full planks where you start on the hands and go down to the forearms, and repeat, all the while staying off your knees.

—Jen Murphy



Will Hobbs performs lateral dumbbell raises to work his shoulders.