



ISSUE 42

Toilet Talk



I slept through my alarm, again!

Do you have trouble making it to your 8:00 am class? May is national Better Sleep Month. Here are 5 tips to boost your energy from sleep, fitness, nutrition, psychology and alternative medicine experts:

1) See the light

Natural light has been proven to boost energy, particularly blue light. Open your blinds when you first wake up to allow natural light to enter or take a 30 minute walk in the morning. Also, make sure that you go outside as often as you can, especially before you need to be extra alert, such as the big exam.

2) Get pumped with protein

Eating protein increases mental alertness and energy. Eat plant and animal based protein throughout the day, including a high protein breakfast and your stamina should stabilize.

3) Breathe hard, and more often

The post-workout rush of energy is well documented: movement sends oxygen through the blood stream to invigorate cells. Experts suggest that you breathe deep, inhaling from your stomach and then exhaling slowly.

4) Bag a new brew

Boost your energy with white tea. White tea has the highest concentration of L-theanine, an amino acid that according to recent research, stimulates alpha brain waves to boost alertness while producing a calming effect.

5) Clean up your sleep

Fully darkening your bedroom (turn your alarm clock away from you if the display gives off too much light), regulating room temperature to a moderate coolness (too hot or too cold and you'll wake up), and using white noise (a fan or quiet music) to help induce sleepiness.

UPCOMING EVENTS

May 1st
Mechanical Bull &
Karaoke 4:00-8:00 pm

May 2nd
Trike Race 5:30 pm
Air Band 9:00 pm

May 3rd
Mud Volleyball
10:00am

Band: Good Night
Gracie 1:00-3:00 pm



Do you want more meal plan options?

Are you interested in more meal plan options? Chartwells is seeking the opinion of you, the student body! If you really want a variety of choices for your meal plan, take 5 minutes and fill out the Chartwells survey. If you don't take the survey, how can Chartwells know your opinion and what you want? Go to the Manchester College's website at (www.manchester.edu), click the Current Students tab, and then click on this week's menu. At the bottom of the page is the link for the survey. Finish your survey by the end of finals week to get your opinion heard!

Smoking, affecting those around you...

Did you know that second-hand smoke provides the same health risks as smoking does? In fact, for every pack of cigarettes that is smoked, a nonsmoker will ingest about a half-pack of cigarettes. Second-hand smoke, similar to actually smoking, has over 250 chemicals that are toxic or carcinogenic. So even if you are not smoking, being around smokers can be detrimental to your health. In fact, the Center for Disease Control has reported that there is no "risk-free" level of exposure to second-hand smoke.