



Toilet Talk

ISSUE 46



I wanna get physical, physical...

Physical Wellness is taking care of your body. Balancing nutritional practices, getting regular exercise and adequate sleep are all important aspects of physical wellness. Physical wellness also means avoiding the dangers of tobacco, alcohol and substance abuse.

The Brown Fitness Center has been completely overhauled; adding new elliptical machines, stationary bikes and treadmills. The incline and flat benches of old have been replaced with multi-functional Smith Racks. The Brown Fitness Center even includes three, new 42" flat screen televisions to help you through the dreaded workout. The cardio machines are now equipped with headphone jacks that allow users to listen to any of the three televisions.

The Brown Fitness Center is open Monday-Friday 6 a.m. until 10 p.m., Saturday 10 a.m. until 6 p.m. and Sunday 1 p.m. until 7 p.m.



Feel well, feel fit, feel good!

Wellness is a vital, ever-evolving lifestyle that requires taking responsibility and making healthy choices. Manchester College provides a variety of opportunities to promote healthy living. The campus wellness program is centered on the "Wellness Wheel" (seen above). Each of the six spokes of the wheel relies on the others, so to

WHAT IS TGIF? FIND OUT IN THE NEXT ISSUE!

Dehydration: It's more common than you think....

Water is essential to life. Did you know that the majority of the body is made up of water and that water accounts for about 75% of its weight? The old adage of drinking 8 glasses of water a day can be misleading, especially if you are an athlete. Dehydration is not a condition to be taken lightly, in fact, 75% of Americans are chronically dehydrated.

When we breathe, we lose moisture to the air when we exhale even as much as two cups a day! Water is also lost whenever we sweat and, of course, we also pass water in our urine. During the course of an average day, a healthy adult can lose eight to 10 cups of water. When a person rigorously exercises, the amount of water lost grows considerably. If we fail to replenish the water we lose through these natural processes, we increase the risk for serious health effects, including death. So make sure that you are staying well hydrated, and stay away from caffeinated beverages; such as coffee and soda, those drinks will actually dehydrate you more.

-Home Water

