



Toilet Talk

ISSUE 47



Thank Goodness I'm FIT!

Thank Goodness I'm Fit (T.G.I.F.) is a program designed to motivate individuals to participate in a wide variety of activities that promote physical, emotional, spiritual, vocational, intellectual and social wellness.

If you are faculty, staff or a student at Manchester College, you are eligible for the T.G.I.F. program. You can sign up for T.G.I.F. at the Office of Health and Counseling Services (ext. 5306), or you can email healthservices@manchester.edu to sign up as well. Some of you may have received an email from your friendly student health assistant informing you about the program. Feel free to contact the student health assistants at any time. Adrienne Numbers, Erica Hedges, Jessica Mullin and Harriet Abbey (student health assistants) or Tyler Yeager (peer health educator) are eagerly awaiting any and all questions you may have regarding T.G.I.F.

T.G.I.F. is a program that promotes wellness and awards prizes to those who participate in the program. You earn points for activities that you probably already do. For example, you earn 5 points for every half-hour of strength training performed and it is never too early to start developing that spring break body! Participation in intramural sports earns you another 5 points per sport!

Participants will log their activities each day and keep a total of their weekly points. Upon signing up for the program, you will receive a T.G.I.F. booklet, complete with a description of the program, point totals for wellness activities, as well as an activity log to keep record of your points. Feel free to contact Health and Counseling Services, the Student Health Assistants or check your email for more information on T.G.I.F.



HEALTH FAIR: Education on Healthcare

The Health Fair is October 14th, from 7-11 a.m. in the Upper Union. Students, faculty and staff are encouraged to visit and participate in the Health Fair. The Health Fair will have a number of booths that will both educate and entertain. Flu vaccines and blood work will be provided for a fee, as well as a massage therapist for free! The Health Fair is a great opportunity to become better informed on your own health and receive free stuff. Who doesn't like free stuff?

Basic Weight Loss Mistakes

You may be carefully watching what you eat and you may be exercising regularly. However, you may not notice a difference in your body weight and figure. There are a couple basic things that you probably are not doing or doing too much of that would greatly benefit your overall health.

1) Get More Sleep

Studies have indicated that only getting 4 to 7 hours of sleep a night for a couple of nights in a row can cause your glucose levels to rise. Everyone needs to try and get 8 hours of sleep a night. Also, sleep before midnight is twice as valuable because our cortisol levels are lowest before midnight and therefore our recovery is at its highest.

2) Slow Down

When you sit down for a meal, don't wolf it down. Chewing your food more makes your food easier to digest. So avoid the Kobayashi approach; besides, have you ever seen his stomach after he eats those 53 hot dogs?

3) Don't Starve Yourself

If you are not consuming enough calories, your body goes into save mode, meaning that your body will save each calorie you ingest or will begin to break down muscle tissues to perform vital, bodily functions.

-Yahoo! Health