



# Toilet Talk



## EMOTIONAL WELLNESS

Wellness is a vital, ever-evolving lifestyle that requires taking responsibility and making healthy choices. Thank Goodness I'm Fit (T.G.I.F.) is a program that rewards participants for routine involvement in various wellness activities. January's wellness focus is emotional wellness, which is taking responsibility for your own behavior by maintaining good mental health. This includes having a positive attitude, high self-esteem and strong self-image. Emotional wellness is the ability to respond resiliently to emotional states and the flow of life events.

Counseling Services (x5306) provides programs related to wellness, stress, healthy relationships, eating disorders, screening, alcohol use/abuse screening, sexual assault prevention, crisis intervention, specialized referrals as well as professional counseling for many emotional issues.

Manchester College Reconciliation Service (MCRS) is a peaceful way to manage all types of conflict amongst people, no matter how many. MCRS can be reached at x5344.

Every student living on campus has a very useful resource available to them: their resident assistant. Your resident assistant has been trained to deal with just about every issue imaginable and will handle your issue confidentially. Do not hesitate to reach out to your resident assistant for help, or even just to talk.

## He/She doesn't seem like he/she would have an STD

People from the ages of 15 to 24 account for 25% of the sexually active population, but they also account for almost 50% of new STD cases. The trouble is that, for several people, they are unaware of an STD because they have no symptoms. Before engaging in any sexual activity with a new partner, you need to know answers to the following questions...

1. Are you HIV positive?
2. Have you ever tested positive for a sexually transmitted disease? If so, were you treated?
3. How many sexual partners have you had since your last STD or HIV test?
4. Have you had any STDs in the past 6 months?
5. If you have been diagnosed with genital warts or herpes, are you having outbreaks? Are you being treated?
6. Have you been at risk for HIV in the past six months?
7. Do you have an objection to using a condom?
8. Are you allergic to latex?
9. Are you on any form of birth control?
10. Which sexual activities do you want to engage in? -Health.com

Where can you get tested? Your personal physician, Planned Parenthood, or Fort Wayne STD Clinic.

## Brown Fitness Center has been renovated.

### If you didn't know that, read this....

The United States Health and Human Services Department has released minimum guidelines for physical aerobic activity: 150 minutes of moderate activity, such as brisk walking, or 75 minutes of vigorous activity such as running each week. Have you spent 2.5 hours a week briskly walking? If not, you're not alone, only 65% of adults have met that minimal guideline.

The government's Healthy People 2010 objectives call for at least 30 minutes of moderate activity five days a week, or 20 minutes of vigorous activity three days per week. Only 49 percent of those surveyed met these goals.

It is important to note that these are minimal guidelines, meaning that you can certainly do more. Cardiovascular exercise is crucial to your health now, and in the future. Exercise is also a safe way to lose those unwanted, extra pounds and a great stress reliever. So grab a friend, a roommate, a significant other, a teammate or check out the fitness center for yourself. Just remember, Spring Break and swimsuit season are fast approaching!  
-Reuters

## He kissed me so hard I'm deaf?

Remember playing Mortal Kombat? Do you remember having to battle Sonya, and her "Finish Him!" move was a kiss of death? As far fetched as that may have seemed on your Sega Genesis or computer, a man in China recently kissed his girlfriend so passionately that she went completely deaf in her left ear. A doctor who treated the woman said, "the kiss reduced pressure in the mouth, pulled the eardrum out and caused the breakdown of the ear. This "kiss of deaf" is only temporary, as the woman's hearing should return in about two months. So keep that in mind, love birds, your hearing is at risk!  
-Fox News Health

## I know the Quaker® Oatmeal Man seems creepy, but he is just trying to help...

Let's face it, breakfast is few and far between for most of us. Oatmeal is one of the best things you can eat because oatmeal has been proven to lower your cholesterol, strengthen your heart and even curb weight gain! If you see a bowl of oatmeal, it may not seem too appetizing, but there are hundreds of different types of microwavable oatmeal flavors. Besides, the health benefits of eating oatmeal far outweigh eating pizza from a few days ago, or that Thickburger® that you couldn't quite finish last night.  
-Health News.com