



Toilet Talk

Welcome Back Students!

Make this year the best one yet! It may seem like common sense, but there are many tips on how to stay healthy. Focus on being healthy in all areas such as the physical, mental, social, spiritual, and emotional realms. Exercising regularly, eating healthily, and managing weight are ways of staying healthy known by 80% of the population. Be sure to take advantage of the Brown Fitness Center. It is open 6am to 10 pm Monday thru

Thursday. The PERC closes at 9pm on Friday, is open 10am-6pm on Saturday, and 3pm-9pm Sunday. Also, remember to watch what you are eating! By consuming only 210 calories more per day, the freshman 15 could be looming in the future. Keep it off by taking advantage of the intramurals, Frisbee games on the mall, or walking outside in the nice weather. Remember to stay hydrated! Only 10% of Americans follow these guidelines..let's make MC a healthy place to be!

BE HAPPY!

Who doesn't want to be happy? Try some of these tricks!

- Take a trip down memory lane
- Write down a best moment from every day
- Make good friends
- Stretch muscles

-Health.com

It May Seem Simple...but Wash Your Hands!!

One of the best ways to prevent the spread of illnesses is by hand-washing. Many people by pass this activity in order to save time, even though it only takes 20 seconds. With students moving back into close living areas, it is crucial for people to be washing their hands. The best times to wash hands are before eating and after using the bathroom. Make sure to wash your wrists, palms, back of your hands, and under the fingernails. If soap and water are not available, use alcohol-based sanitizers. 92% of Americans say that they wash their hands after using the bathroom, however, only 77% actually do. Keep your germs to yourself and protect others around you! -American Microbiology Society

Wacky fact #1

Running actually helps your joints. In a recent study by Skeletal Radiology, images were taken of marathon runner's knees. Ten years later, the images were re-taken and compared. The study showed no significant onsets of arthritis. In fact, running actually shields against arthritis. A motion groove is created by the repetitive motion, and so it is beneficial to get out there for a little jog!

- New York Times

UPCOMING EVENTS

FOR SEPTEMBER

Fall Classes 2nd

Change of Course Days 2-4

Activities Fair 3rd
5pm-6:30pm
Upper Union

MAC Kickoff 4th
Weekend
Foam Dance

MAC 5th
Weekend
Rock climbing

Mixed Drinks 14th
Presentation
Cordier 7pm

• Indiana reports 27.8% of the state is obese. Plan to lower that number this year! Here are some healthy foods:

1. Watermelon
2. Grilled Veggies
3. Salads
4. Fruit-based Deserts
5. Chilled Soups