



# Toilet Talk

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Manchester College

## HOW TO BEAT YOUR BACK PAIN

You may be surprised to read that back pain sends more patients to the doctor than the common cold. About 56% of Americans had or have back pain that interferes with daily activities. There are some simple solutions to improving back pain.

First, don't be chained to your desk. Get up and walk around every 30 minutes. Give yourself a break from working or studying to get some fresh air.

Another area to watch is your diet. If arteries are clogged, healthy nutrients are prevented from getting to the spine. Waste is also prevented from being taken away. Avoid excess caffeine and processed foods.

The next step to take is to get rid of your grudges. Grudges present extra stresses and tensions on your muscles. The back is the main area affected by stress.

The average American watches three hours of tv a day. Besides cutting into exercise time, tv time also promotes bad posture. The result is lower back pain. Hunching forward, or sitting on too soft of a surface does not properly support the spine. Try to walk one mile for every hour of tv watched. This will allow your body to stretch out, and allow the spine to support the body in the right posture.  
-prevention.com

## Making the Grades

With finals week almost here, you should be doing all you can to get good grades. After all, a three-hour class costs \$2,230! Know preparation strategies for your finals. Make sure you know when the test is, where it is, and the general layout of the exam. If you take care of your body, you will do better on the exam. This means no late night cramming, no eating the greasy foods late at night, and sleeping adequate hours. Think positively about your exam. Surprisingly, thinking "I am so going to fail" will not help your grade improve! For more tips/help visit the Success Center.

## GRADUATION EVENTS!



Sunday, May 23<sup>th</sup>, 2010

-Baccalaureate 11am Cordier Auditorium

-Lunch 11am-1pm College Union

-Commencement 2:30pm PERC

## Simple Steps...

Here are some simple ways to make health a priority in your life.

- Use fat-free milk instead of whole milk.
- Do sit-ups in front of the tv.
- Drink a glass of water before your meal.
- Do not eat late at night.
- Eat before you get too hungry.
- Avoid food portions larger than your fist.

-Gallaqher Benefit Services

"The more you understand, the less you have to remember." - Craig McCraw

Take care of your body as you prepare for the end of the school year and summer break!

