

Toilet Talk

Winter Weather... Are you prepared?!

Now that it is getting colder, and the snow is falling-are you prepared to walk around campus in this weather? Wearing pants instead of shorts, and a coat instead of a hoodie is the safe and warm way to dress!! Don't forget to put on a hat, gloves, and a scarf too!!

Stay warm Manchester College! ☺

Candy Cane Facts!

- The first candy cane was made over 350 years ago
- The red and white striped candy canes were first made around 1900
- Nearly 2 billion candy canes will be sold in the four weeks before Christmas and Hanukkah
- the biggest candy cane ever made was 36 feet and seven inches.

Stay Healthy Over Break, ..

As we are rounding the corner to finish finals, packing up, and hitting the road it is crucial that we remember to stay healthy. Because we are changing our surroundings, weather that is home or somewhere in Europe, remember healthy practices. And always WASH your HANDS!! ☺

STRESSED SPELLED BACKWARDS IS DESSERTS...

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

Although just enough stress can be a good thing, stress overload is a different story – too much stress isn't good for anyone. For example, feeling a little stress about a test that's coming up can motivate you to study hard. But stressing out too much over the test can make it hard to concentrate on the material you need to learn.

Make sure you take study breaks, as well as getting that full night of sleep before a big test or project!

http://kidshealth.org/teen/your_mind/emotions/stress.htm

*"I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day."
--E. B. White*

Holiday Eats & Treats

Here are some tips for eating over break!

1. Be realistic! Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
3. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
4. Survey party buffets before filling your plate. Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
6. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
7. If you overeat at one meal go light on the next. It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!
8. Take the focus off food. Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house.
9. Bring your own healthy dish to a holiday gathering.
10. Practice Healthy Holiday Cooking. Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating.