

Stay Well Manchester College!

Upcoming Events!

March 9&10- Lil' Sibs weekend

March 13- VIA "The Good
Solider"

March 16- Spring Break!

I don't want life
to imitate art. I
want life to be art.
Ernst Fischer

The Cool Kids...

So down here in Health Services we try to keep Manchester College a healthy place. If you would like to be a part of that, apply to become a health assistant here on campus for the 2012-2013 school year. You could also apply to write the toilet talks! Yes that's right--I, the current peer health educator, am graduating this year and we are looking for someone to carry on this legacy. If you are interested, apply online under employment opportunities on the home page. The deadline is spring break!

Spring Break & Sunscreen!

Since spring break is coming up soon, most of us will be flocking to a warm beach somewhere far south of Indiana. When we get there, it's easy to forget to apply sunscreen since we have been in a winter haze for the past few months. Here are a few tips that you can use to make sure you have a great tan- without that horrible burn!

1. Get UV-A and UV-B protection
2. Choose SPF 30 or higher
3. Apply sunscreen early — and liberally
4. Reapply sunscreen every two hours
5. Don't rely on sunscreen alone

Facts about Alcohol

- Moderate use (2-3 drinks) can result in a loss of motor coordination for up to 12 to 18 hours after drinking.
- Moderate use (2-3 drinks) can also result in depleted aerobic capacity and negative impact on endurance for up to 48 hours after the last drink has been consumed.
- A common cause of fire among intoxicated people is falling asleep or passing out before extinguishing a cigarette.
- Drugs and alcohol were a factor with 75% of the men and 55% of the women in reported acquaintance rapes on college campuses.
- Alcohol does not relieve depression - it makes it worse.

Use these tips to replace unhealthy, fatty options with healthier choices:

- Dairy – Use low-fat or fat-free milk, cheeses, and yogurt.
- Eggs – Use egg whites without the yolk.
- Breads and Cereals – Go for the whole grain option as often as possible.
- Sweets – Chocolate, ice cream, and cakes should be replaced with fruit, frozen yogurt, and pastries made with unsaturated fats. These tips not only reduce fat consumption, but keep you healthy too. Fruits, vegetables, and low-fat dairy products can also lower your blood pressure. Above all, just try to keep balance, variety, and moderation as you plan your meals.