



# Toilet Talk

Manchester University

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## Bite into a Healthy Lifestyle!

March is **National Nutrition Month**! Many diseases developed throughout an individual's life can be easily prevented with healthy diet and regular exercise. Eating healthy and choosing nutritional foods to cover your plate have many health benefits other than reducing your risk for certain diseases. By choosing nutrient-packed foods:

- ✓ You will be more productive - Eating a healthy and balanced diet can ensure that your brain obtains the fuel it needs, which leads to your brain and body having more energy!
- ✓ You will be happier – Did you know that bananas contain 10 milligrams of dopamine (a chief mood booster in the brain)? Did you also know that dark chocolate can boost your serotonin levels? Imagine what mood benefits you will feel by eating healthy every day!
- ✓ You will age better – fruits and vegetables are high in antioxidants that help protect your skin!

These are just a few of the many health benefits of eating nutritious foods! This March, add some color to your plate in the form of fruits and vegetables and start biting into a healthy lifestyle!

For more information, please visit <http://www.nationalnutritionmonth.org>

## Seasonal Allergies? Nip them in the bud!

Spring is on its way and that means flower buds, blooming trees, and also (unfortunately for millions of individuals) seasonal allergies. These allergies can include symptoms such as sneezing, congestion, runny nose, sinus pressure, etc. To reduce your exposure to allergy triggers, stay indoors on dry/windy days, use the air conditioning in your car/dorm/house, use a dehumidifier, and limit the amount of dust around you by cleaning. Take extra steps when pollen counts are high and keep your sinuses clear this spring!

**“If you let people’s perception of you dictate your behavior, you will never grow as a person.”**

-Mr. Feeny from *Boy Meets World*-

## Kick Butts This March!

March 18<sup>th</sup> is Kick Butts Day! The purpose of this day is to campaign against tobacco use for teens and young adults and to also raise awareness of the effects of tobacco use. Tobacco use is the leading cause of preventable death in the United States and kills 480, 000 people annually – that's more than AIDS, alcohol, car accidents, illegal drugs, murders, and suicides combined! 21.9 % of individuals residing in Indiana smoke and \$2.93 billion is spent in Indiana for health care costs caused directly by smoking. Although the U.S. has made major progress against tobacco use, one in five Americans still smoke and more than 2,800 kids try their first cigarette each day. Tobacco smoke contains more than 7,000 chemicals and compounds. Hundreds of these chemicals are toxic and at least 69 are cancer causing. Addiction is a disease and can start with the first cigarette. Spread the word on the effects of tobacco use this month and kick butts!

For more info, go to <http://www.kickbuttsday.org>



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