



Stay Well Manchester College!!

Issue 8



Toilet Talk

Pick up your book bags!
To avoid trip and fire hazards, book bags need to be placed on coat hooks in the union

The Challenge is on...March Walk-a-thon for Wellness!!

Ready to take on a challenge? Need to get started on that New Year's resolution? Want to win some cool prizes by focusing on your health and wellness through fitness walking?? Well, this is your chance!! Beginning on March 1st through the 31st MC Health Services is focusing on your fitness by allowing you to challenge yourself, friends, another resident hall/

another campus club or organization or faculty/staff member in walking the distance to a healthier, happier, more fit you! Studies show that walking can reduce the risk of coronary heart disease and stroke, lower blood pressure, reduce high cholesterol, reduce body fat, and help prevent osteoporosis, in addition to helping your mental well being. So...

What are you waiting for??? Simply keep track of the total amount of time spent walking or running throughout the month of March and submit the total amount of time you walked each week by emailing Health Services at healthservice@manchester.edu Please submit all totals by April 7th to be eligible for individual prizes. Have fun and get walking!!!!

Quick Alcohol Fact: Untreated alcohol problems waste an estimated \$184.6 billion dollars per year in health care, business and criminal justice costs, and cause more than 100,000 deaths (National Institute on Alcohol Abuse and Alcoholism, 2000).

Most Americans Support Sobriety Checkpoints

- Driving under the influence of alcohol or other drugs was listed as the greatest highway safety problem by the largest percentage of respondents (37 %) -- up from 29% in 2000 -- followed by speeding (27 %) and cell phones (19 %).
- Eighty-seven percent say they support the use of sobriety checkpoints to check for drunk drivers.
- Support for sobriety checkpoints has increased from 79% in 1993 to 83% in 2000 to 87% in 2005.
- Eighty percent say they would be discouraged from drinking and driving by sobriety checkpoints, up from 76% in 2000.
- Eighty-eight percent of respondents say they support 0.08 % blood alcohol content (BAC) as the illegal drunk driving limit.

REMEMBER!!!!

If you were tested for HIV, your results will be in the Lower Union Feb. 22, from 10 am-2:pm

Eating Disorder Awareness Week

From February 27-March 2, there will be a variety of programs taking place at the IPFW campus centered on eating disorders.

Brought to you by Health and Counseling Services.

Sponsorship provided by Mental Health Association and AACTION (Against Alcohol, Controlled substances, and Tobacco In Our Neighborhoods).