



# Toilet Talk

Manchester University

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## Super Bowl 50

Sunday, February 7<sup>th</sup> is the day that two teams will be battling for the title of Super Bowl Champion. The Super Bowl is one of the biggest calorie feasts of the year for many Americans. The average football fan eats about a day's worth of calories during the game. This year try to make healthier substitutions when prepping your fuel for the game!

- Americans pack away 11 million pounds of chips on Super Bowl Sunday.
- More than 1.23 billion wing portions are consumed during Super Bowl weekend. That's enough to stretch between the Denver Broncos Sports Authority Field and the Carolina Panthers Bank of America Stadium 49 times.
- Americans will eat about 3.8 million pounds of popcorn while watching the big game. If you skip the butter, it could be one of the day's healthiest snacks
- 80 million avocados will be consumed on Super Bowl Sunday. That's enough to fill a football field 12 feet deep.
- Fans will spend \$2.37 million on soda this Super Bowl Sunday, that's enough money to buy 434 tickets to the big game, which are currently going for an average of \$5,461 a ticket.

For all your Super snacking needs, visit:

<http://www.foodnetwork.com/holidays-and-parties/packages/50-super-bowl-snacks.html>

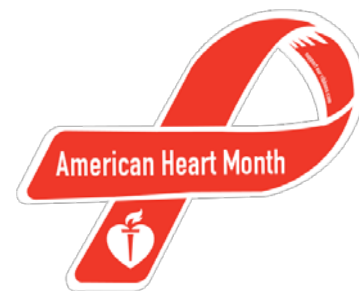
## February Is American Heart Health Month!

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

Uncontrolled blood pressure is a leading cause of heart disease and stroke. In fact, over 67 million Americans have high blood pressure. High blood pressure often shows no signs or symptoms. Regular blood pressure checks can help to identify high blood pressure. You can get screened at your doctor's office, drugstores, or even at your own house using a home blood pressure monitor.

Some ways to help naturally lower high blood pressure are to decrease sodium intake, stop smoking and increase your daily exercise.

For more information, you can visit the Center for Disease Control or the American Heart Association.



## February 2nd is Groundhog Day!

Groundhog Day comes from early Pennsylvania settlers and their celebration of the legend of Candlemas Day, which states, "For as the sun shines on Candlemas Day, so far will the snow swirl in May." According to legend, if Punxsutawney Phil awakes to see his shadow on the morning of the 2nd, he will go back into his den which indicates 6 more weeks of winter. If he does not see his shadow he takes it as a sign of spring and will stay above ground. If you want to watch Punxsutawney's prediction live you can stream his live webcast online at <http://www.groundhog.org/>



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