



# Toilet Talk

Manchester University

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“Nothing is  
**IMPOSSIBLE**, the  
word itself says  
**I’M POSSIBLE.**”

-Audrey Hepburn

## **Apply to be a SHA!**

Interested in having a future in health care? Apply to be a Student Health Assistant! Health services is looking for Student Health Assistants (SHA’s) for the 2016 – 2017 school year. Applications are now available on Spartan Jobs along with additional information that will be sent from Health Services regarding the remaining application process. The approaching deadline for applications is March 11<sup>th</sup>. If you have any additional questions about the position feel free to email us at:  
[HealthServices@manchester.edu](mailto:HealthServices@manchester.edu)

## **Nothing but Nutrition!**

Eating healthy while in college can be a challenge, but now is the perfect time to start making a change towards improving your diet. March is **National Nutrition Month**, a month created to inspire individuals to make better nutritional choices. Poor diet choices now can lead to an increased risk of diabetes or other diseases in the future. With proper diet and nutrition you can help to reduce your risk of these diseases and live a healthier, happier life.

- *Eat the healthy foods on your plate first. When you begin to eat you’re normally the hungriest, so you’re likely to eat the most of whatever you start with.*
- *Choose water instead of soda. It’s an easy substitution that can help really reduce the number of calories and the amount of sugar you consume in a day.*
- *Keep healthy snacks on hand. This way if you get hungry while busy you have something healthy to snack on rather than hitting up the vending machine.*
- *Choose a smaller plate. By choosing a smaller plate you are less likely to overeat and more likely to eat accurate portion sizes.*

Starting to make healthy food choices now will help you to create lifelong healthy habits that will benefit you for years to come. Take care of your body now by feeding it the nutritious foods it needs to keep healthy.

For more information visit: <http://www.eatright.org>

## **Sippin’ on Sunshine**

Spring Break is right around the corner! If you’re planning on going somewhere this spring break, or even if you’re staying here, check out these tips to being safe while you’re traveling.

- Reserve a room that’s above the 1st floor but below the 6th floor. First floor rooms are easier to break into, and rooms above the sixth floor are sometimes too high for fire ladders to reach.
- Whoever sits shotgun should stay awake to keep the driver company. Two alert drivers are always better than one.
- Calling a taxi is a better bet than hailing one. And at the airport, always use approved taxi services.

For more information visit: <http://www.safespringbreak.org/safety-tips>

## **Safe Sacks for Spring Break!**

The first 200 people that visit Wellness Services in Calvin Ulrey starting **Wednesday, March 16<sup>th</sup> through Friday, March 18<sup>th</sup>** get a **Safe Sack** for Spring Break filled with things to help you have a fun and safe spring break. Come visit us and get yours!

Brought to you by Wellness Services! ☺

Questions? Comments? Please contact us at [HealthServices@manchester.edu](mailto:HealthServices@manchester.edu)