



# Toilet Talk

Manchester University

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Issue 172

## Fall into Fitness!

This autumn, Harvest Your Health and stop by the annual MU Health Fair! This year's health fair will be on **October 6<sup>th</sup> from 7 am to 11 am in the Upper Jo Young Switzer Center.** Students, faculty, staff, retirees and their immediate families are all welcome!

### Activities and Services Provided:

- ❖ Zumba Club Demonstrations
- ❖ Yoga Demonstrations
- ❖ CPR Demonstrations
- ❖ Kinesiotaping Demonstrations
- ❖ Lab Draws – email [healthservices@manchester.edu](mailto:healthservices@manchester.edu) for appointment
- ❖ Bone density screening
- ❖ Grip Strength Dynamometer
- ❖ Body Fat/BMI Screening
- ❖ Smoothie Station
- ❖ Alcohol Goggles by Spartan Choices
- ❖ Eyebrow Waxing
- ❖ Healthy Snack/Nutrition Station
- ❖ IN Organ Procurement
- ❖ KCH Health and Wellness
- ❖ Chartwells
- ❖ Anytime Fitness
- ❖ Bowen Center
- ❖ MedStat
- ❖ PHH Rehab and Wellness
- ❖ And Many More!

Make sure to stop by on **October 6<sup>th</sup>** in the Upper Jo Young Switzer Center and have the opportunity to win door prizes while staying healthy!

## September is National Cholesterol Education Awareness Month!

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

Questions about Cholesterol? Visit: <http://www.cdc.gov/Features/CholesterolAwareness/index.html> for more information!

**“Normality is a paved road. It's comfortable to walk but no flowers grow on it.”**  
—Vincent Van Gogh