



# Toilet Talk

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## The Swine Flu

I'm sure by now you have heard about the swine flu, which is commonly a flu that affects pigs. However, a new flu strand has mutated into a mix from human and animal flu viruses.

• The symptoms of swine flu mimic regular human flu: fever, cough, sore throat, body aches, headaches, chills, and fatigue. If you have any of these symptoms contact Health Services at x5306 and make an appointment.

• The swine flu is transmitted like any other flu virus and using the same commonsense steps to protect yourself is just as effective.

- 1) Avoid close contact with sick people!
- 2) Avoid touching your eyes, nose or mouth. Germs are spread this way. In fact, the most common transmission of illness takes place when people touch their nose.
- 3) Do not pick up tissues or share eating utensils, bedding or other items with a person who is coughing or sneezing.
- 4) Wash your hands often, and if you cannot wash your hands, use an antibacterial hand sanitizer.
- 5) Make sure you cover your cough. Furthermore, do not just cough into your hands, as you will be touching door handles and other surfaces that could transmit any virus or bacteria. The swine flu, for example, can survive on a surface without a host for more than 2 hours. This also reiterates the importance of frequent hand washing, especially after spending time in a public place.

While there may be alarm for the swine flu, it is still transmitted like any other type of flu; frequent hand washing and avoidance of sick people is your best defense. For more information regarding the swine flu, check out Manchester College's Health Services web page at: <http://www.manchester.edu/OSD/Health/Index.htm>.

## I'VE ALWAYS WANTED TO RUN, BUT I JUST DON'T KNOW HOW...

This article is not going to tell you about the mechanics of running, but rather how to start an effective running routine. It's not easy to know how much to run, how many days to run, etc. You may want to run but you just don't know where to begin. Well fear not, Toilet Talk is here to give you a basic outline for running, and you can tweak it if necessary. Caveat: If you are going to follow this workout, be aware it is designed for someone who is already physically active, which would be exercising three times a week for 30 minutes each.

### Weeks 1 and 2

- For 3 times a week for 30 minutes: run 4 minutes, walk 2 minutes; repeat 5 times within that 30 minutes.
- Do 30 minutes of alternative exercise, such as swimming, lifting weights, yoga, riding a bicycle, aerobics, etc. on two other days; rest one day.

### Week 3

- 3 times a week for 35 minutes: run 5 minutes, walk 2 minutes; repeat 5 times.
- Do 30 minutes of other exercise on alternative days, (see Weeks 1 and 2); rest one day.

### Weeks 4 and 5

- 3 times a week for 32 minutes: run 6 minutes, walk 2 minutes: repeat 4 times.
- Do 30 minutes of other exercise on alternative days; rest one day.

### Week 6

- 3 times a week for 36 minutes: run 8 minutes, walk 1 minute; repeat 4 times.
- Do 30 minutes of other exercise on alternate days; rest one day.

### Weeks 7 and 8

- 3 times a week for 33 minutes: run 10 minutes, walk 1 minute; repeat 3 times.
- Do 30 minutes of other exercise on alternative days; rest one day.

- Health.com

## Tips for Happiness

- Take a walk.
- Try to think of a situation positively instead of negatively.
- Set short-term, reachable goals.
- Take time for spirituality.
- Read a book or magazine.
- Make time for a hobby you enjoy.
- Spend time with loved ones.
- Accept your limitations.
- Smile.

## Foods that Will Boost Your Immunity

- Pomegranate
- Acai Berry
- Avocados
- Blueberries
- Cranberries
- Goji berries
- Kiwi
- Mangosteen

These foods are packed with antioxidants and have been clinically shown to boost immunity. It's important to note that without a healthy diet, these foods are not as effective. —Fox News