

## UNCW HEALTH PROMOTION

CHECK 'EM OUT!

- **Mon, 18th**  
Campus Dining Tour  
5-7pm, Wagoner
- **Wed, 20th**  
Smoothies in Sammy's  
Health Hut, 4-6p, SRC 104  
\*Sponsored by Health Promotion, CROSSROADS, & CARE
- **Sun, 24th**  
Avoiding the Freshman 15  
7pm, SRC 114
- **Mon, 25th**  
Farmer's Market  
10:30-1:30p, Outside FSC  
\*Sponsored by UNCW SELF & Health Promotion
- **Mon, 25th**  
Dub vs. 100  
7pm, Lumina  
(Co-sponsored w/ CROSSROADS, CARE & Kappa Alpha Psi)
- **Tues, 26th**  
Condom Bingo  
7pm, SRC 114
- **Wed, 27th**  
Wanna be One Less?  
7pm, SRC 114
- **Thurs, 28th**  
Campus Dining Tour  
11:30-1:30pm, Wagoner

**QUESTIONS?**  
Call Health Promotion  
962-4135  
SRC 104  
[www.uncw.edu/healthpromo](http://www.uncw.edu/healthpromo)

# Healthy Hawk Hints from Health Promotion

AUGUST 2008

## Healthy Body, Healthy Mind: It's all about **BALANCE!**

Whether you are a returning or incoming UNCW student, Health Promotion would like to welcome you to campus! The beginning of the academic year is a very exciting time filled with new faces, classes, and surroundings but it can also be a stressful & confusing time for many. The trick to successfully graduating and enjoying your time at UNCW lies within one simple concept: balance. Now that you are here and committed to a new academic year, follow these tips to incorporate healthful habits into your everyday life. You will feel better both physically and emotionally while enjoying your college experience to the fullest!



### Get enough sleep.

Without enough sleep, concentrating in class will be difficult. Sleeping also helps keep the immune system strong by fighting disease.

Eat Sensibly. It's hard to make healthy choices when faced with all-you-can-eat style cafeterias! However, there are plenty of healthy options to choose from. Look for fruits and vegetables, lean meats, whole grains, and low-fat dairy products when eating on and off campus.

Exercise Regularly. Take advantage of the physical activity opportunities UNCW has to offer: the Student Recreation Center, group fitness classes, sports clubs, intramural sports, the climbing wall, and more!

### Utilize your Counseling Center.

College life can bring about feelings of anxiety, depression, eating disorders, & other emotional concerns. DO NOT hesitate to seek help!

Have safer sex. If you choose to be sexually active, make sure you understand the physical and emotional risks that come with sexual activity. Remember, abstinence & condoms are the only methods to help one avoid STD's and unwanted pregnancy!

Get Involved! Being involved with UNCW organizations, clubs, and jobs will help introduce you to all types of people, build your resume, and prepare you for your future!

Still not balanced? Contact the UNCW Health Educator and/or Campus Dietitian for more help! 962-4135



## Nutty News from the Nutritionist

### The Low-Down on the Freshman 15

Listed below are some of the key constituents of a healthy diet that, when adopted, can help not only incoming freshmen but anyone who wants to maintain a healthy weight.

- Exercise, exercise, exercise – Exercise builds muscle, burns fat, and increases metabolism. Those who exercise need not worry as much about gaining weight as those who are inactive.
- Avoid too much alcohol – alcohol = “empty calories”, which do not supply any nutrients essential to our health or our functioning as human beings.
- Steer clear of unhealthy on-campus dining foods – limit sweets such as cakes, ice cream, and cookies; fried foods, mystery meats, chips, and so forth. Choose more low-calorie, nutrient dense foods like fruits, vegetables, whole-grains, low fat dairy products, and lean cuts of meat.
- Watch out for the late night alcohol-induced munchies – And, what is the easiest food to obtain late night? Pizza! Pizza is often high in fat and calories, which makes it an unwise choice to munch on before you go to bed.
- Out of sight...out of mind – Stock foods such as carrots, pretzels, fruits,

low fat cheeses and yogurts, granola bars, etc. and it will be a whole lot easier winning the battle against the army of 15!

Want to learn more? Come to:  
**Avoiding the Freshman 15**  
**Sunday, August 24 at 7pm**  
**Student Rec Center 114**

By: Brandon Jones,  
UNC, MPH in nutrition intern,  
UNCW Health Promotion  
Sources:  
[www.collegefreshman15.com](http://www.collegefreshman15.com)  
<http://www.utexas.edu/student/cmhc/outreach/fresh15.html>



# What you need to know about HEAT

Written By:  
Dr. Walt Laughlin,  
Medical Director,  
Abrons Student Health  
Center

Resources:  
American College of Emergency Physi-  
cians  
[www.familydoctor.org](http://www.familydoctor.org)

With summer coming to end, one would think heat safety would be a concern of prior months. Although we are lucky to live in such a beautiful climate, we also have to be extra careful when it comes to heat-related illnesses. Here are some tips to help you identify and avoid heat-related illnesses when enjoying the outdoors!

## Avoiding Heat-Related Illnesses

- Enjoy outdoor exercise during the morning or evening hours (before 10am, after 6pm)
- Drink plenty of water, & Gatorade-type drinks
- Munch on fruits and veggies to help your body stay hydrated
- If you are at the beach or pool, frequently take a dip in the water to cool yourself down
- Wear light weight & light-colored clothing

## Possible Symptoms of Someone Suffering from the Heat

- Cold or Clammy Skin
- Headache
- Muscle weakness or cramps
- Confusion, Dizziness, Fainting
- Nausea and/or Vomiting
- Fast Heartbeat

## If someone is suffering from a heat-related illness:

- Take individual to a shady place & call a lifeguard, a doctor or 911
- Place cool clothes or towels on his/her forehead, arms, and chest to help cool them down. Do not cover nose or mouth.
- Remove any constricting clothing and fan the individual while waiting for help.
- If individual is conscious, encourage them to sip water, juice, Gatorade, etc.

## Who we are..... Abrons Student Health Center

### Medial Services

Supports academic achievement through the delivery of convenient, cost-effective health care combined with health education in a manner consistent with the educational mission of UNCW.

- ✓ FREE, Walk in care - no appointment needed for routine care
- ✓ Immunizations
- ✓ Lab tests
- ✓ Women's health exams (by appointment)
- ✓ One-time men's health assessment (by appointment)
- ✓ Allergy Shots (by appointment)
- ✓ Physicals for athletes, student teachers & student nurses (by appointment)
- ✓ Referrals to specialists as needed

**2nd Floor of Westside Hall**  
**910-962-3280**  
**[www.uncw.edu/healthservices](http://www.uncw.edu/healthservices)**  
**Monday-Friday 8:00-5:00pm**  
(Thursdays open at 9:00am)  
FAX: 910-962-4130  
**After Hours**  
Vitaline 910-332-8021  
Emergency #911

### Health Promotion

is UNCW's central resource for health education programs & services. The staff & peer educators develop & implement campus-wide programs designed to encourage healthy lifestyles among college students!

### **The staff and peer educators offer expertise in the following areas:**

- Nutrition & Healthy Eating
- Sexual Health
- Stress and sleep management
- Men's Health
- Women's Health
- General Health & Wellness

**Come by our office or visit our website!**  
**SRC 104 910-962-4135**  
**[www.uncw.edu/healthpromo](http://www.uncw.edu/healthpromo)**

**FREE safer sex kits, fresh fruit,  
and resource library!**

Got a private question to ask?  
Check out our website and click  
"Ask the Dietitian or Ask the Health Educator."

### UNCW Pharmacy

provides confidential & essential information about medications. We strive to make proper drug use education part of each student's experience. Our goal is to provide the best possible care for students.

### Services

- Over-the-Counter Medications
- 24 hour call-in for refills
- Dispensing of prescribed meds
- Screening for drug interactions and medication allergies
- Prescriptions may be called in by your private physician or faxed.
- Payment options include cash, check, credit card, UNSea Card, or charging student accounts. You must present your UNCW ID Card.

**2nd Floor Westside Hall**  
**910-962-3016**  
**Monday-Friday 8:00-5:00pm**  
(Thursdays open at 9:00am)  
FAX: 910-962-4130