

Healthy Hawk Hints

UNCW Health Promotion
January 2009



Back Row: Alice Merritt, Lindsay Husch, Tara Hubbard, Sara Roberts
Middle Row: Katelyn Galloway, Frances Headley, Carla Allred
Front Row: Trisha Schleicher, Rachel Bowden, Lindsey Hurd, Heather Johnson

UNCW Health Promotion
Student Rec Center 104
962-4135
www.uncw.edu/healthpromo



UNCW Health Promotion would like to welcome you back to campus! The start of a New Year is often exciting and anticipatory. We often make resolutions to lead a healthier life, study harder, or (fill in the blank).

Whatever your plans for the New Year are, keep in mind that Health Promotion is here to help you meet your wellness-related goals. We have an extremely talented staff of peer educators & professionals that can fill you in on the most effective ways to obtain a healthier diet, reduce your stress level, improve your quality of sleep, and avoid the nasty cold/flu that seems to plague the campus each year.

Check out our programs, visit our website, and/or schedule a **FREE** appointment with the Campus Dietitian or Health Educator.

SLEEP....WHAT IS THAT???

BY: NANCY PATZ, PA-C
ABRONS STUDENT HEALTH CENTER

Sleep.....It's such a waste of time. You feel rested after a long break. It's time for late nights studying, papers to write, endless tests to study for, a job that helps pay for car insurance and of course, that jam-packed social life. College students are often night owls and think, "I really only need 5 hours and I am good to go." Not true.

We all need 7.5 to 8 hours a night. If you don't get it enough shut-eye, you are much more likely to be overweight/obese, develop diabetes, heart disease and high blood pressure, AND to

top if off, all of these can lead to a shortened life expectancy.

Aren't you in school so that you can get a decent job and make a good living? Don't you want to reap the benefits of your hard work when you are older?

There is also a clear relationship between chronic insufficient sleep and long term mood disorders not just the temporary crankiness that we all get.

A question we hear often at the Abrons Student Health Center is, "How can I avoid getting sick so often?" The most common answer is to get enough sleep. Those that get adequate sleep on a regular basis have immune systems that are better able to fight infection. Get your 8 hours & live longer, healthier & happier.



JANUARY HEALTH PROMOTION EVENTS

FREE HIV Testing
Monday Jan 12, 11-4pm
Student Health Center, 2nd Floor Westside Hall

New Years Resolutions
Wednesday Jan 14, 5:30pm
Student Rec Center 114

Bite the Bug, Before it Bites You!
Thursday, Jan 22, 7:00pm
Student Rec Center 114

Women's Health Seminar
Every Tuesday @ 12:30pm
Every Wednesday @ 12:00pm
Abrons Student Health Center
(2nd Floor, Westside Hall)
Schedule an appointment. @ 962-3280

Bring this coupon to the
Health Promotion Office
for a **FREE** Prize!
SRC 104
(Water Bottle, T-shirt, Chapstick)
First Come, First Serve!

Life Long Resolutions...

By: Trisha M. Schleicher, UNCW Health Educator
Lindsey Hurd, UNCW Health Promotion Peer Educator



The holidays are over, classes have started, and we are already counting the days until spring break! With a new routine starting up, it is the perfect time to incorporate healthy resolutions into our every day lives. Many of us declare a change, that will make us a healthier, better, and/or happier person. However, many of us have a hard time reaching or even keeping our goals. We have provided a list of tips to help you make, follow, and achieve your goals. Whether you are wanting to eat healthier, improve your G.P.A, exercise more, or quit smoking, these pointers will allow your “New Years Resolutions” to be “Life Long Resolutions.”

Make your goals realistic

Make your goals attainable but still challenging. Telling yourself you are going to lose 50 lbs in 2 months is not going to give you the healthy results. This would only make you frustrated (and hungry) and you'll probably give up after the first week. Setting practical goals ensures that you will achieve and establish them as permanent lifestyle changes

Set an agenda

Once you decide on your goal, set a schedule incorporating your efforts to achieve it! Whether it's more time exercising, meeting with the campus dietitian, attending a quit smoking class, or hitting the library, your resolutions are important. When you have an agenda (and stick to it), you're allotting time to work on your goal.

Be Prepared for Setbacks-and Quick Recovery!

It is very common to make choices that are not on the path to “goal achievement.” When you realize you're veering away from that path, tell yourself that it is ok, but it's time to get back on track. At this point, jump right back into it, and don't look back. A good rule to follow is the 80/20 Rule. This means to follow your goal 80% of the time without any adjustments, and have 20% as a cushion for those times you feel the need to go astray.

Team Effort

Have friends with the same goals? Accomplish them together! Having someone to encourage you on the days you're “not feeling it” will keep you on track. Supporting your friends to stay on target can also advance your efforts as well.

WARNING!

Do not allow others to conflict with your progression should they decide to quit. Instead, take charge & become an example as someone who finishes the goals they start!

Use Your Resources

UNCW is filled with professional staff that can help you achieve your goals. Use the resources that are provided for you free of charge! Check 'em out!

-Campus Dietitian, Alice Merritt, Health Promotion	962-4135
-Health Educator, Trisha Schleicher, Health Promotion	962-4135
-Alcohol/Tobacco/Other Drugs, Aimee Hourigan, XRDS	962-4135
-UNCW Learning Center (Improve your G.P.A)	962-7857
-Career Center (Get that resume/cover letter ready!)	962-3174
-Counseling Center (Get it all out!)	962-3746
-CARE (Get out of that unhealthy relationship.)	962-4136

GREEN SMOOTHIE!

1c of crushed ice
1c of 100% apple juice
1c of low-fat vanilla yogurt
1 banana
1 handful of spinach

Mix all ingredients in
blender & enjoy!

Serves 3



**Fuel your mind & body with
one of our tried & true
smoothies!
Satisfaction GUARANTEED!**

Pinã Colada Smoothie

½ c crushed pineapple, drained
½ tsp coconut extract
½ c skim milk
½ c orange juice
1 c low-fat vanilla yogurt

Mix all ingredients together in blender...
add ice & blend until desired thickness.

For a thicker smoothie add more ice
and less liquid.

Serves 2