

STALL STREET JOURNAL

St. Norbert College

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Health & Wellness Center

Did you know?...

College age adults are still building bone mass. Eating calcium-rich foods, like dairy products, can help build bone mass. But some college habits, like smoking and drinking can interfere with bone health. And soda, a staple of late-night studying prohibits the absorption of calcium.

WEIGHT WORRIES

Has the fear of “The Freshman Fifteen” set in yet? Weight gain is **not** an inevitable part of college life. Sometimes, weight gain is even acceptable. Cafeteria meals, fast food, and regular restaurants all offer a variety of healthy food choices. Strive for a balance. If you choose a high fat food, such as French fries with a meal, balance it with low-fat items – vegetables, salad with low-fat dressing, and fresh fruit.

Don't forget the other side of the equation: exercise. Eating right and exercising regularly will keep you in top form. Do exercises that you enjoy. Exercise at least 3 times a week. Choose some form of aerobic exercise, such as running, walking, swimming, etc. Make sure to stretch well before performing any kind of activity. Strengthening exercises are an important part of a work out because they build muscle, which burns fat.

STOP THE SPREAD OF H1N1:

College students are vulnerable to influenza and need to be extra vigilant about handwashing, not sharing eating or drinking utensils, covering their cough and staying home with a fever. These simple measures will help reduce the chance of getting and/or spreading the viruses that cause influenza, including the H1N1. **For more information, visit the Health and Wellness website at www.snc.edu/health.**

BACK TO SCHOOL TIPS

- According to a survey conducted at SNC and across the nation (American College Health Association Survey) back pain was the number one health problem that students identified. Therefore doctors recommend carrying less than 10-15% of your body weight in the backpack. It's important to wear both shoulder straps to evenly distribute the weight. If possible, try to stop back at your room throughout the day to lighten your load.
- Schedule sleep. Try to go to bed at a regular time each night. It will help you sleep better. Avoiding big meals and caffeinated food and drinks before bed will also help you get a more fulfilling night's rest.
- Keep up with the course readings and assignments. It is much easier to stay on top of if you start from the beginning. Falling behind has a snowball-effect and leads to cramming. A good space to study is the **Mulva Library**; open until the wee hours of the morning.
- Stop in and visit your professors outside of class. This will help them to put a name with a face and make you feel more comfortable with them in class. Instructors want to build relationships with their students. Plus, it's always a good thing to know where their office is in case you need to stop in and ask a question in the future.
- If you feel yourself struggling with a class, visit **Academic Support Services** in the basement of **JMS** to sign up for a tutor.
- Get organized. One of the biggest changes from high school to college is the increase in the amount of free time students have. This is where strong time-management skills are important. Hang a monthly calendar in your room to highlight upcoming events, deadlines, etc. Decide on a morning routine that allows time for you to eat a healthy breakfast and get out the door on time, without feeling rushed. Make sure to set aside time for studying, campus activities, and some relaxation as well.
- Go to class. Even if your professor has a lenient attendance policy, you should still attend class. Not only does being in class help re-enforce the course material, but it also may help your final grade when your professor takes participation into account.

NORBERTS NUTRITION NEWS: SNACK ATTACK

Sometimes those fatty or sugary foods are just what you crave. When you've been up for hours studying you turn to sugary, caffeinated foods because you think they'll give you a boost. Plus, they're readily available and easy to grab. But you may want to consider healthier alternatives that can give you more energy with fewer negative consequences. Consider a combination of protein and carbohydrates will satisfy you longer than high-fat or sugary snacks. Try an apple and peanut butter, yogurt mixed with low-fat granola, or a tortilla with cheese, heated in the microwave and topped with salsa.

10 WAYS TO ELIMINATE STRESS THIS SEMESTER

1. Get up fifteen minutes earlier in the morning.
2. Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do it now.
3. Eliminate or restrict the amount of caffeine in your diet.
4. Get enough sleep.
5. Organize your home and workspace so that you always know exactly where things are and you won't have to go through the stress of losing things.
6. Writing your thoughts and feelings down in a journal can help you clarify things and give you a renewed perspective
7. Talk it out. Discussing your problems with a trusted friend can help clear your mind of confusion.
8. Take a warm shower to relieve tension.
9. Allow yourself time everyday for privacy and quiet.
10. Learn to live one day at a time.