

Calendar of Events

May 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Last day of Classes!	7
8	9	10	11	12	13	14
FINALS WEEK STRESSED? Schedule a FREE Stress Management consultation with Health Iowa!						
15	16 3 Week Summer Classes Begin	17	18	19	20	21
22	23	24	25	26	27	28
29	30 University Holiday— Offices Closed	31				

May is:

- ◇ Mental Health Awareness Month
- ◇ National Stroke Awareness Month
- ◇ Better Sleep Month
- ◇ Skin Cancer Awareness Month



= Graduation



ISSUE
07
MAY
2011

Your Monthly
Health Iowa
newsletter

Everything HEALTH



May is. . .

Mental Health Month

Creating a lifestyle that helps you to function at your best is the long-range goal of stress management. Along with this comes *balancing* stress, since you need *some* stress to power your body and mind and keep you motivated. The key to successful stress management is managing *it* before it manages *you*!

Finals Week Tips

Eat right. A balanced diet improves your ability to think clearly, concentrate, and feel energetic and strong when you need it most, such as during studying or test taking.

Get enough sleep instead of staying up late or pulling all-nighters to study! We only function at 50-70% efficiency without adequate sleep.

Be physically active. Physical activity makes us more resilient. Stress levels stay lower and we handle them better if we are physically active!

Set priorities. Make these based on the importance and urgency of each task.

Learn to say "no". Overcommitting leads to higher stress.

Make time for yourself! Find a relaxation technique or exercise routine that you truly enjoy and benefit from and schedule time for it, especially during finals week. This step is crucial in blowing off steam before you reach the "boiling over" point.

Health Iowa offers free stress management consultations. If you would like to make an appointment, call 319-335-8394.



Trisha Schiltz MPH, CHES
Health Educator
Health Iowa/Student Health Service

healthIOWA
Promoting student wellness

Health Iowa is the health promotion branch of Student Health Service and is located in Westlawn and the CRWC.

To make an appointment with Student Health or Health Iowa in Westlawn, call: **(319)335-8394**

To schedule an appointment with Health Iowa in the CRWC call: **(319)353-2973**.

Have medical questions? Not sure if you should schedule an appointment or not? Questions about your medication? **Call Nurseline: (319)335-9704**

HYDRATION STATION



**With Amy A'Hearn
RD, LD**

Health Iowa Dietician

Whether you are outside playing a sport, walking home from class or whatever it might be that takes you outside; staying hydrated is a concern during the heat of the summer.

Why is staying hydrated important?

The human body is about 45-75% water. Water comes from both food and liquids and plays many roles in the body including:

- * Maintaining fluid in the blood for effective transport of oxygen, nutrients, and waste products
- * Temperature regulation
- * Lubricating joints & cushioning organs
- * Helping your skin to look its best

What are the potential risks of not drinking enough fluids?

DEHYDRATION! Here are some symptoms to be aware of: dizziness, headache, shortness of breath, thirst, chills, clammy skin, nausea, weakness and a decline in performance.

How much fluid should you consume?

Urine color is a good indicator.

Apple Juice colored = dehydrated

Lemonade colored = hydrated

What should you drink? Water! Water is the best choice in most instances. Sports drinks are not necessary unless participating in a sporting activity for greater than an hour continuously or in extreme heat. Tea, juice, etc. can work too—just be conscious that you will be consuming energy as well. **Be sure to balance calories from beverages with your overall daily intake!**

Whether you carry a water bottle with you at all times or take a drink every time you see a water fountain, make it a priority to stay hydrated. Have a fun, and stay safe and hydrated

Health Information from your Campus Experts!

Watch Out for Summer Hotties

Great ways to beat the heat!

ACSM 2010

With hot, humid summer days approaching, it is important to take extra precautions to prevent heat illness when exercising outdoors.

Beat the heat by:

- Considering rescheduling or delaying an exercise session if the temperature is above 82°F.
- Protecting eyes with sunglasses and/or a hat that shields the sun's UV rays.
- Scheduling exercise sessions before 10am or after 5pm when temperatures are cooler.
- Listening to your body and taking breaks as needed.
- Progressively increasing intensity and duration of exercise in heat over days or weeks (known as acclimatization).
- Staying hydrated!
- Wearing loose-fitting, absorbent, light-colored, mesh, or dry-fit clothing that allows effective cooling.
- Conducting warm-up and stretching sessions in the shade, if possible.

Heidi Bohall, M.A.

Health Educator/Fitness Specialist



Sleep

It's a necessity—not an option!

Danielle McCartan—Health Iowa Intern



As final examination/paper deadlines approach, pulling an all-night cram session seems inevitable. However, what many students don't realize is that when you sleep, your brain works to reinforce pathways vital to learning, creating new memories and insights. Not to mention, without enough sleep, it becomes difficult to

focus and pay attention to the best of your ability, which can cause you to miss out on the very material that you are attempting to study for tomorrow's exam.

Here are some tips to a better night's sleep:

- ◆ Create a "sleep-friendly" environment
 - * Avoid studying in your bed—this can cause you to associate your bed with stress, leading to less restful sleep
- ◆ Maintain a regular schedule (including weekends)
- ◆ Exercise regularly; morning & afternoon times are best
- ◆ Avoid caffeine, nicotine, and alcohol close to bedtime
 - * Alcohol may help to fall asleep at first, but it can cause less restful sleep and more frequent awakenings
- ◆ Do a relaxing activity before bedtime
- ◆ Finish eating 2-3 hours before bed
- ◆ Avoid long naps that can disrupt that night's sleep

And last, but not least:

- ◆ Plan ahead!
 - * The more you plan study times in advance, the less you will have to "cram" and stay awake preparing for finals

Study Break Ideas

Do the exercise of the month!

The Windshield Wiper



1. Lie on back with arms out to sides slightly below shoulder level, palms down and legs extended toward ceiling, feet together.
2. Tighten abs and slowly lower legs together toward right as far as you can.
3. Lift legs back to start; repeat to left and return to start to complete 1 rep.
4. Do 8 reps.

Make a snack for you and your roommates!

Veggie Bagel



What you need:

- Whole -wheat mini bagels
- Low-fat plain or veggie cream cheese
- Chopped veggies of your choice (carrots, broccoli, cauliflower, radishes, green or red bell peppers, celery, etc.)

All you do:

1. Slice mini bagels.
2. Spread cream cheese on bagel
3. Cover cream cheese with chopped veggies.
4. Enjoy!!

Health Answers

Have a health questions? You can ask anonymous health questions on Student Health's website! When submitting a question to the Health Answers, your question will be sent to a Health Iowa staff member who will take the time to research your question fully.

Q: I heard that when you exercise on an empty stomach (such as first thing in the morning) you will burn more fat. Is this true?

A: Yes and no. Some research shows that exercising with an empty stomach burns more calories from fat when compared to eating something before exercising. However, the difference is small and probably not meaningful. In the morning, your body has most likely already gone 8 or more hours since eating. Your blood sugar levels are lower at this point and your body does not have adequate fuel to workout optimally. Most experts recommend eating something – even if it is a very small snack – within 2 hours before exercising.

<http://studenthealth.uiowa.edu/>

Athletic performance and recovery from exercise are enhanced by optimal nutrition. When your body doesn't have proper fuel, your workout performance may suffer and you may even feel nauseous, lightheaded or pass out during exercise. However, everyone's body is different. Some people can workout on an empty stomach with no problems, while others might feel sick. Eating something small, like a piece of fruit or a slice of whole-grain toast, will boost your energy levels, enhance the quality and length of your workout, and allow your body to burn calories more effectively.

You may burn more fat by exercising on an empty stomach but you are also more likely to quit exercising sooner. Therefore, in the long run you might end up burning even fewer calories if you don't eat beforehand because your stamina and endurance will compromise your ability to complete a full workout. Also with reduced carbohydrate intake, you are potentially increasing the breakdown of protein which can be detrimental for those concerned with muscular strength and building muscle. Next time you decide to exercise in the morning, grab a piece of fruit!