

ISSUE October
2010

02

Health Iowa is
located in Student Health
Service at Westlawn and
the CRWC.

To make an appointment
with the clinic call :
(319)335-8394

Have medical questions? Not
sure if you should
schedule an appointment or
not? Questions about your
medication?

Call Nurseline:
(319)335-9704

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

THE FLU ENDS WITH



www.flu.gov

Get vaccinated now!
Student Health has both
injectable vaccine and
FluMist nasal spray
available.

The shot: \$20
FluMist: \$25

Call to make an appt or just
walk in during our business
hours. We will be holding
clinics across campus
starting in late October-
watch for more news about
dates/times!

Your Monthly
Health Iowa
newsletter

Everything HEALTH

Health News for Students!



October is
National Breast Cancer Awareness Month!

FREE CPR TRAINING!

Are you interested in becoming CPR certified for FREE? Do you want to learn how to respond in an emergency situation, and potentially save the life of a friend? If you answered, "Yes" to either of those questions, then the Red Watch Band (RWB) program is for you.

The RWB program is focused on preventing student deaths and serious injuries related to alcohol. The program is a 2 hour training that certifies individuals in CPR (for free) through the American Heart Association and presents information and strategies on how to identify and respond to emergency situations.

Every second counts...Red Watch Band program

Fall 2010 Training Dates:

Monday, Oct 4, 7-9pm, CRWC
Tuesday, Oct 12, 7-9pm, CRWC
Friday, Oct 15, 2-4pm, CRWC
Monday, Oct 25, 7-9pm, CRWC
More dates coming for rest of the semester!

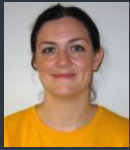
To register visit Red Watch Band on the Student Health website:
<http://studenthealth.uiowa.edu/>



If you have any questions about Red Watch, contact Mark Baccei:
Mark-Baccei@uiowa.edu
319-353-5965



healthIOWA
Promoting student wellness



*Words from your
Health Educator
Graduate Assistant
Misty Brents*

(319)353-5965
misty-brents@uiowa.edu

Health Ninjas are a group of students who are natural peer leaders and have a positive influence on those around them in regard to healthy behaviors. They are called the Health Ninjas because they are a small group that can make a big impact on campus.

The goal is to expand beyond peer groups and positively impact and influence the health behaviors of the University community.

To become a Health Ninja students are nominated by their peers to be a "Health Hero" because they have had a positive impact on their health.

Some of the benefits of participating in the Health Ninja program are:

- Leadership skills
- Health knowledge
- Skills to use peer influence in positive ways
- The ability to positively impact entire communities both at UI and beyond.

Please visit our website to nominate a "Health Hero." To find out more about the program email Misty or go to:

<http://studenthealth.uiowa.edu/wellness/health-ninjas>



Health Information from



*Words from your
Fitness Specialist
Graduate Assistant
Nelle Trefz*

(319)353-5965
marynelle-trefz@uiowa.edu

Stretching is an important part of any fitness program. However it is a part of our routine that is often neglected. Knowing when to stretch is the first step to successfully incorporate stretching into your fitness program!

Pre-Exercise

PRIOR to your workout, use dynamic stretching to "wake up" your muscles and prepare the body for exercise. Dynamic stretching involves active range of movements designed to increase your range of motion. Examples of dynamic stretching include leg swings, torso twists, and calf raises.

Post-Exercise

Static stretching (holding a stretch without any movement) is best performed AFTER a workout when muscles are properly warmed up. After your workout, focus on the main muscle groups (shoulders, arms, back, quads, hamstrings, calves, etc.), holding each pose for 15-25 seconds, relaxing, and repeating 2-3 times.

<http://www.acefitness.org/blog/749/is-it-better-to-stretch-before-or-after-my-workout/>

Health Answers

Have a health questions? Check out studenthealth.com! You can ask anonymous health questions. When submitting a question to the Health Answers Blog, your question will be sent to a Health Iowa staff member who will take the time to research your question fully. It is our goal to answer your question within 24 hours.

Q: I have started exercising regularly and am interested in losing quite a bit of weight. The problem is, as a student, my budget is tight and I find it difficult to shop cheap and still eat right. Any suggestions?

your Campus Experts!



Words from your
Health Educator
Trisha Schiltz

(319)335-8094
trisha-schiltz@uiowa.edu

My main focus at Health Iowa is to reduce tobacco use and help students deal with stress. I provide free one-on-one tobacco cessation and stress management consultations for UI students.

Want to be tobacco free? I can help. No lectures, no judgments—I simply assist you in achieving your goals. We also offer coupons for discounted Nicotine Replacement Therapy. Occasional smokers/chewers are welcome.

Stressed out? I can help you find a healthy balance between all of life's demands—school, work, family, friends, etc. I can also assist you in learning relaxation and time management techniques.

To make an appointment for a FREE tobacco cessation or stress management consultation, please call 335-8394.

Tips for less stress

- **Eat right**— A balanced diet improves your ability to think clearly, concentrate, and feel energetic.
- **Get enough sleep**— It's easy to fall into the trap of studying late or pulling all-nighters to study, but it's not very helpful. We only function at 50-70% efficiency without adequate sleep. Aim for 7-8 hours a night.
- **Learn to say "no"**— Overcommitting leads to high stress.

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

Dorm Room Cookin'

Have a craving for a snack and don't want to go to the cafeteria? Dorm Room Cookin' is here to provide fast and simple recipes that you can cook in your room. These recipes are healthy, tasty, and easy!

Breakfast in a Mug

Ingredients

- 1 tablespoon butter
- 1 tablespoon milk
- 1-2 eggs
- 1 cooked bacon (optional)
- Shredded cheese

Directions

- Place butter in a mug
- Melt butter in microwave (30-40 seconds)
- Add eggs & milk
- Whip with a fork
- Microwave one egg for 30-45 seconds; two eggs 1 1/4 to 1 3/4 minutes

Exercise of the month Tone those Tris!

- Place two pieces of furniture about 3 feet apart.
- Sit on one chair with your hands palm down, gripping the edge of the chair.
- Place your heels on the edge of the other chair.
- Slide forward just far enough so that your bottom clears the edge of the chair and lower yourself until your elbows are at 90 degrees.

Repeat 8-10 times.

A: It is possible to eat healthy on a limited budget (and with limited time, too). Try some of the following ideas.

- Compare brands by calculating the price per ounce
- Watch for store brands as they usually cost less without compromising nutrition.
- Never shop on an empty stomach.
- Buy whole fruits and vegetables rather than juice. You'll get better nutrition and save money.
- Buy day-old bread and freeze it.
- When buying produce, look for what's on sale. Usually that's what's in season and is most nutritious.
- Select lean cuts of meat. You have much less waste with these cuts during food preparation and they are healthier.

Health Iowa Updates!

Fruit & Vegetable Campaign

DID YOU KNOW:

64% of U of I students report having 1-2 servings a day, and only 4% eat the recommendation for 5 or more servings a day.

You may have seen Health Iowa tabling at the CRWC giving out fruit and vegetables to students. Health Iowa is promoting all students to get their daily dose of fruits and veggies!

Aim to incorporate 5 or more fruits and/or vegetables in your diet each day. Nutrition is just one of the areas that Health Iowa tries to promote to the greater University community. If your interested in finding out more about your own nutrition, or have any general health questions, please contact Health Iowa.



October is....

- National Breast Cancer Awareness Month
- Walk to School Month
- Sexual Assault Awareness Month
- Healthy Relationships Month
- Healthy Lung Month
- National Liver Awareness Month
- Positive Attitude Month
- National Book Month



Mobile Data Collection

It is that time of year again! Iowa football season has kicked off and tailgating often prompts heavy alcohol consumption by University of Iowa students. It just so happens that at the same time the university has launched a pilot data collection program to gather statistics on undergraduate alcohol consumption. And yes, we at Health Iowa are using a survey application on iPods to gather

this data. Three times a week, Health Iowa personnel are assigned to 6 different zones throughout campus with the weekly goal of collecting at least 400 surveys. In the end, our goal for the program is to collect 2,000 surveys from undergraduate students.

The university will use this data as another source of identifying our UI students' alcohol consumption behaviors. This helps to provide feedback on the effectiveness of our campus-wide harm reduction efforts. Our goal is to reduce the high-risk behaviors surrounding alcohol use. So, if you are a student and making your way through campus, stop and fill out a quick, anonymous, seven question iPod survey and offer information on your alcohol behaviors. This is the first of many topics we will focus our mobile data collection efforts. We're coming to you to make it easier to collect info.



Commission Against Laziness

Food mascots are everywhere, and most of the time we cheerfully accept their invitations. But let's think of what they really invite us to—sugary cereals, chips loaded with fat, food additives, and over-sized packages. They do taste good and cost little. Why? Our health and wellness pay the rest of the hidden bill. So next time you're shopping for groceries, beware of food mascots. Think of your health and *buy real food*.

Students are encouraged to actively participate in the campaign, and will have the opportunity to enter to win prizes including:

- Nike Plus® Sports Kit
- Camelbak water bottles

Visit studenthealth.uiowa.edu/win to submit your name for the prize drawings.



**Words from your
Dietitian**
Amy A'Hearn

(319)335-8394
amy-ahearn-1@uiowa.edu



Ready to make a change, but unsure how? Need that extra support to get and stay on right track? Student Health Service provides nutrition consultations for all registered University of Iowa students. Our dietitian and health educators can help you with any of your nutrition needs ranging from food intolerances to creating a healthy eating plan on a budget. You can schedule a consult for general nutrition needs at Student Health Service or the Campus Recreation and Wellness Center. If you have more in-depth nutritional needs, please schedule a consultation with our dietitian at Student Health Service.

Get a Real Body!

Monday, October 18; Noon—6 p.m.

Wednesday, October 20; 2 p.m.—6 p.m.

Find Barbie at the Campus Recreation & Wellness Center

Two times the length
of a normal neck.
Room only for her
trachea or
esophagus.

Triple the size of a
normal human
head.

Barbie would have to
crawl to support her
top heavy frame.

Not enough room
in her arms for all
her bones!

Your mission:

1. Find the life size Barbie located within CRWC.
2. Once located, gain information on healthy body image and eating disorders.
3. Gain resources to help yourself or a friend.
4. Add your own healthy body image message to the poster.
5. Register to win prizes.

For help appreciating your REAL BODY contact:

- Student Health Service/
Health Iowa
 - 335-8394
 - studenthealth.uiowa.edu
- University Counseling
Service
 - 335-7294
 - www.uiowa.edu/~ucs

Sponsored by:

healthIOWA

studentHEALTH



Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, contact 335-8331.

Calendar of Events

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Homecoming!	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
Halloween!						



= Red Watch Training Sessions (See front of newsletter)

Ask the Sexperts

Questions about SEX?

Want FREE glow in the dark condoms?

Dr. Laros and Dr. Evans of Student Health Service will be holding a Q & A to answer ANY of your questions about SEX!

Quad Rec Room

Tues. 10/26
8:00-9:30 pm

Currier Multipurpose Room

Wed. 10/27
8:00-9:30 pm

Don't let a Twinge Tweak Your Training!

Whether you're training competitively or recreationally, injuries can happen to anyone.

UI Sports Medicine and physical therapy students will be offering FREE injury screenings for National Physical Therapy Month at the Campus Recreation and Wellness Center.

Saturday, October 9 and 16
10am – 12pm

Tuesday and Thursday October 12 and 14
5 - 7 pm

Schedule a consultation with Health Iowa TODAY!

FREE

HEALTH IOWA

Nutrition

Tobacco Cessation

Sexual Health

Fitness

Substance Use

Stress Management



Relax • Rejuvenate • Renew

Massages Available
at the CRWC
Located near the Wellness Offices