Stall Talk

Your source for healthy events, news, & tidbits

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MISSION OF THE MONTH:
BE ADVENTUROUS. TRY A NEW & SAFE ACTIVITY DURING YOUR SPRING BREAK.

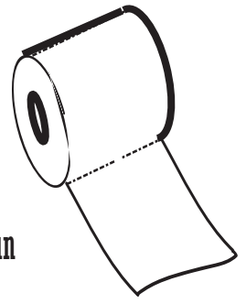
TOILET TALK TRIVIA

RESEARCHERS FOUND THAT MIXING LIQUOR WITH DIET DRINKS CAN INTENSIFY THE ALCOHOLIC EFFECT BY ___.

A. 14% B. 32% C. 50% D. 79%

LAST ISSUES ANSWER: TRUE. ABOUT 3 MILLION PEOPLE IN THE U.S. USE ILLEGAL STEROIDS FOR COSMETIC OR ATHLETIC PURPOSES.

Wellness Wipes: Sun safety on Spring Break



1. Avoid prolonged amounts of time in the sun between the peak hours of 10am and 3pm.
2. Be aware of an altitude change when traveling.
3. Wear a hat, long sleeves, and pants when possible.
4. Beware of surfaces like sand, cement, water, and snow which reflect sunlight.
5. Don't mix sun and certain medications.
6. Be sure to wear at least SPF 15 sunblock and reapply regularly; especially after getting wet.
7. Apply aloe vera post-sun exposure to soothe the skin.
8. Make sure you stay hydrated by drinking water, non-alcoholic and non-caffeinated beverages.

Fact vs. Flush

1. Alcohol is absorbed directly into the blood, therefore it affects every system in the body.
2. STDs cannot be spread if the infected person has no known symptoms.
3. One in four college-aged women will be the victim of rape or attempted rape.
4. If you tan easily, you don't need to use sunscreen.
5. One out of five college students abandon safe sex practices when they're drinking.

Fact : 1, 3, 5 Flush: 2, 4

Don't forget:

- *Never go anywhere alone or leave your friends alone
- *Follow your intuition
- *Have a great Spring Break!!!

Did you know...

AMERICANS ON AVERAGE EAT 18 ACRES OF PIZZA EVERYDAY!

FAST FOOD RESTAURANTS USE YELLOW, RED, AND ORANGE BECAUSE THOSE ARE THE COLORS THAT STIMULATE HUNGER!

Drink This Not That!! (Mexico style)

On Spring Break:
Choose the: Corona Extra (148 calories and 14 g carbs)
Instead of the: Margarita (500 calories and 32 g carbs)
Save: 370 calories and 19 g carbs! WOW!

THINK ABOUT IT:

The typical wine, beer, or mixed drink in bars is often more than 50% larger than a standard drink.

FITWELL CENTER

Fitness and Wellness this month:

- **MuscleBound Performance**
  St.Rob's Auditorium,
  Wednesday, March 4th
  7pm-8:30pm
- **Spring Break Saftey Fair**
  Founders Pavillion,
  Tuesday, March 3rd
  12pm-2:30pm

Both are free and open to all!

Brought to you by: The Porcelain Princess

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• Burns Recreation Center • Phone 310-338-3049 •