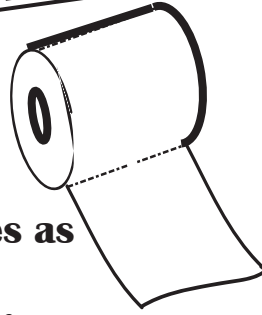




MISSION OF THE MONTH: EAT AT LEAST 5 SERVINGS OF FRUITS AND VEGGIES EVERYDAY



Wellness Wipes: Tips to reduce your risk of Cancer!



1. Don't use tobacco.
2. Limit alcohol intake.
3. Eat as many fruits and vegetables as possible.
4. Incorporate whole grains and legumes into your diet.
5. Cut back on saturated fats.
6. Maintain a healthy weight and exercise regularly.
7. Protect yourself from the sun.
8. Manage stress.

TOILET TALK TRIVIA

THIS TYPE OF CANCER ALONE ACCOUNTS FOR 25% OF CANCER DEATHS IN THE UNITED STATES?


- A. STOMACH C. BREAST
B. LUNG D. COLON

LAST ISSUES ANSWER: C. WAITING MORE THAN 90 MINUTES AFTER WAKING TO EAT BREAKFAST MAY INCREASE YOUR RISK OF OBESITY BY NEARLY 50%!!

Fact vs. Flush

1. Sleep deprivation is associated with a lower quality of life.
2. One in five Americans smokes regularly.
3. SPF stands for sun protection factor, a number that lets you know how long you can stay out in the sun without burning.
4. Studies show that using antiperspirant deodorants can cause cancer.
5. Two in every five Americans will be diagnosed with cancer at some point in their life.

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

How to... 
get the most out
of your sleep!

- Minimize noise and light.
- Avoid large meals two hours before bedtime.
- Don't consume caffeine 4-6 hours before bedtime.
- Exercise regularly (but not within 2 hours of bed time).
- Don't nap late in the afternoon.
- Stop working on any strenuous task an hour before bedtime to calm your brain.
- Don't discuss emotional issues right before bedtime.
- Keep your bedroom well ventilated and at a comfortable temperature.
- Learn a relaxation technique like meditation.

Did you know...

ADULTS SHOULD AIM TO ENGAGE IN AT LEAST 150 MINUTES OF MODERATE PHYSICAL ACTIVITY (LIKE WALKING OR TENNIS) **OR** 75 MINUTES OF VIGOROUS ACTIVITY (LIKE JOGGING OR SWIMMING) EACH WEEK.

Drink This Not That!!

At Starbucks:
Choose the: Grande nonfat caffè latte with a shot of caramel syrup (150 calories, 0 g fat, 23 g sugars)
Instead of the: Grande 2% Caramel Macchiato (240 calories, 7 g fat, 4.5 g saturated fat, 31 g sugars)
Save: 90 calories, 7 g fat, 4.5 g saturated fat, 8 g carbs!

THINK ABOUT IT:

SMOKING DAMAGES NEARLY EVERY ORGAN IN THE HUMAN BODY, IS LINKED TO AT LEAST 15 DIFFERENT CANCERS, ACCOUNTS FOR ABOUT 30% OF ALL CANCER DEATHS, **AND** COSTS BILLIONS OF DOLLARS EACH YEAR.

FITWELL CENTER

This month in the FITWELL CENTER...

- Relay for Life April 17-18th 3:30pm-3:30 p.m. Visit www.relay.org for more info.
- Fitness and Wellness Health Expo April 23 at Convo in Alumni Mall



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