

Stall Talk

Your source for healthy events, news, & tidbits

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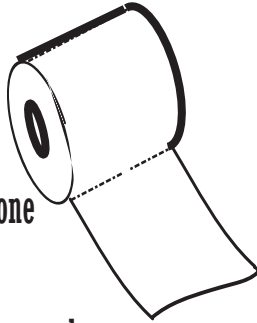


MISSION OF THE MONTH:

EXERCISE FOR THE JOY OF FEELING FIT AND HEALTHY, NOT TO LOSE WEIGHT OR TO "MAKE-UP FOR" CALORIES YOU HAVE EATEN.

Wellness Wipes: Avoid Midterm Overload

Don't let the midterm rush get to you. Try one of these new ways to combat your stress!



1. Take a nap but limit yourself to 30 minutes, any longer will make you more tired.

2. Have a cup of hot tea. Chamomile and black tea can calm the mind and reduce stress.

3. Revitalize your body by taking a free yoga class at Burns Rec Center.

4. Listen to classical music while doing your busy work.

Some Shocking Statistics!!

*only 13% of women are very satisfied with their body weight and shape

*only 2% of women consider themselves beautiful

* 7% of 12th grade males have used steroids in order to become more muscular

*more than 50% of women say their body disgusts them

*81% of women in the U.S. strongly agree that "the media and advertising set an unrealistic standard of beauty that most women can't ever achieve"

Eat This Not That!! (LMU style)

At Quizno's:

Choose the: small honey bourbon chicken sub on wheat bread (310 calories and 4 g fat)

Instead of the: small honey mustard chicken sub (550 calories and 30 g fat)

Save: 240 calories and 26 g fat!! WOW!

TOILET TALK TRIVIA

AN ESTIMATED 3 MILLION PEOPLE IN THE UNITED STATES USE ILLEGAL STEROIDS TO ENHANCE ATHLETIC PERFORMANCE OR COSMETICALLY CUSTOMIZE THEIR BODIES.

TRUE OR FALSE?

LAST ISSUES ANSWER: 46% OF PEOPLE KEEP THEIR NEW YEAR'S RESOLUTION FOR MORE THAN 6 MONTHS.

THINK ABOUT IT:

Americans consumed 50 million pounds of avocados on Super Bowl Sunday—enough guacamole to cover an entire football field to a depth of nearly 12 feet.

A single avocado tree can reach 80 feet and yield 100 to 400 fruits each year.

Fact vs. Flush

1. Only teenage girls suffer from eating disorders.
2. On any given day, 25% of men are on a diet.
3. You can never fully recover from an eating disorder.
4. Anabolic steroids are a drug version of the male hormone testosterone.
5. Anyone using steroids for non-medical purposes is breaking the law.

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

Did you know...

SNEEZES CAN REACH UP TO 100 MPH.

EVERY MONTH YOU GROW A BRAND NEW OUTER LAYER OF SKIN..."A NEW YOU"?

Fitness and Wellness this month:

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• Stacy Nadeau (from the Dove "Campaign for Real Beauty") will be speaking in Gersten Pavilion at 7:30pm on Monday, February 16th

• "MuscleBound" performance will highlight male body image issues on March 4th @ 7pm in St. Robs Auditorium.

Both are free and open to all!

Brought to you by: The Porcelain Princess

Print your own copy of Stall Talk from www.lmu.edu/campusrec at Fitness and Wellness

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