Small Steps for Health

-> 24 million children & adults in the U.S. live with diabetes and 57 million are at risk for type 2 diabetes.
-> Small changes in diet & exercise can prevent diabetes from developing or slow it in its tracks.

First, you must accept that you have habits you need to change.

Take what you want to do and break it down into small steps. Then think about a few things you are ready, willing, and able to change.

Pick some changes that you want to do the most and that will make the biggest impact. For example, take a 15 minute break from the TV and go for a walk.

Set realistic and specific goals for yourself such as: 'For the next month, 4 days a week, I will take a 15 minute walk after lunch.'

Lower your Risk of Heart Disease

Springfield, OH speak about this topic.

4 days a week, I will take a 15 minute break from the TV and go for a walk.

For the next month, 4 days a week, I will take a 15 minute walk after lunch.

Do your part by recycling and purchasing recycled goods!

DIABETES

KNOW THE SYMPTOMS

- Always tired
- Frequent urination
- Sudden weight loss
- Wounds that won’t heal
- Always hungry or thirsty
- Blurry vision
- Vaginal infections
- Numb/tingling hands or feet

If experiencing these symptoms, contact your health care provider.

* Energy drinks have a lot of stimulants and does not wake up.
* Person is vomiting while passed out
* Person has slow or irregular breathing.
* Person has cold, clammy, pale or bluish skin.
* Person cannot be awakened.

Stressed?

Already thinking about finals week?

Come to the Stress Free Zone where you can enjoy free food and drinks, a live DJ, giveaways, an inflatable obstacle course, human bowling and much more!

When: Thursday, November 18th 10pm - 12am
Where: BGSU Student Rec Center
Contact the Wellness Connection for more info at 419-372-9355

Signs and Symptoms of Alcohol Poisoning:

- Person cannot be awakened.
- Person has cold, clammy, pale or bluish skin.
- Person has slow or irregular breathing.
- Person is vomiting while passed out and does not wake up.

A Standard Drink contains:
14 grams of pure alcohol or about 0.6 fluid ounces.
12 oz. of beer
10 oz. of malt liquor
4 oz. of wine
1.5 oz. of 80-proof liquor
1.0 oz. of 100-proof liquor

1 beer = same amount as one glass of malt liquor, or one glass of wine or one mixed drink.

The Wellness Connection is now on Twitter!

www.twitter.com/BGSUwellness

November: American Diabetes Month

DIABETES

KNOW THE SYMPTOMS

- Numb/tingling hands or feet
- Vaginal infections
- Blurry vision
- Always hungry or thirsty
- Wounds that won’t heal
- Always tired
- Frequent urination
- Sudden weight loss

* These drinks combine a high malt liquor content with a heavy dose of caffeine.
* The Federal Drug Administration does not regulate energy drinks because they are considered dietary supplements so you have no idea how much of a substance you are really getting and the effects are unknown. These substances mixed with alcohol can be a recipe for disaster.

Stressed?

Already thinking about finals week?

Come to the Stress Free Zone where you can enjoy free food and drinks, a live DJ, giveaways, an inflatable obstacle course, human bowling and much more!

When: Thursday, November 18th 10pm - 12am
Where: BGSU Student Rec Center
Contact the Wellness Connection for more info at 419-372-9355

Signs and Symptoms of Alcohol Poisoning:

- Person cannot be awakened.
- Person has cold, clammy, pale or bluish skin.
- Person has slow or irregular breathing.
- Person is vomiting while passed out and does not wake up.

A Standard Drink contains:
14 grams of pure alcohol or about 0.6 fluid ounces.
12 oz. of beer
10 oz. of malt liquor
4 oz. of wine
1.5 oz. of 80-proof liquor
1.0 oz. of 100-proof liquor

1 beer = same amount as one glass of malt liquor, or one glass of wine or one mixed drink.

The Wellness Connection is now on Twitter!

www.twitter.com/BGSUwellness

November: American Diabetes Month