Heart Healthy Facts:
- Heart disease is the number one killer in both men and women.
- Doctors recommend you get at least 30 minutes of exercise a day.
- Walking, biking, jogging, dancing, swimming & many other activities can help your heart!
- A healthy diet can also help prevent heart disease. Include more foods that are high in nutrients such as fruits, vegetables, whole grains & fish.
- Quit smoking! Your heart will thank you. The health benefits start immediately, and within a few years of quitting your risk of stroke and heart disease are similar to non-smokers.

Black History Month
In honor of Black History Month, please attend The Black Issues Conference “The Content of Our Character: Overcoming Oppression Moving Forward” sponsored by the Office of Multicultural Affairs. The event will be taking place Saturday, February 12, 2011 in the Student Union at 10:30 am. Students must register at www.bgsu.edu/offices/sa/oma/page12721.html. Tickets are available at union tables Feb 7-11. Tickets are $5 for BGSU Students and $10 for Non-BGSU Students.

Men can be “One Less,” too!
Gardasil is now licensed, safe, and effective for males 9-26 years old, as well as females. Three sets of shots are needed to help protect against genital warts, pre-cancer, and cervical cancer. Studies show no serious side effects. Call the Student Health Service at 419-372-2272 to make an appointment. Check with your insurance company because it could be a covered benefit.

Do you have “CONDON SENSE”?
National Condom Day is Feb. 26th
The Condom Sense Program provides discounted male condoms to students at BGSU. Membership includes 50 latex condoms for $10 and a fun, educational program on the proper use of condoms. For more information contact the Student Wellness Network at wellnet@bgsu.edu.

VALENTINE’S DAY 💘 FUN FACTS 💘
- Worldwide, over 50 million roses are given for Valentine’s Day each year.
- To be awakened by a kiss on Valentine’s Day is considered lucky.
- It is believed that on Valentine’s Day, the first man’s name you read in the paper or hear on the TV will be the name of the man you will marry.
- The Italian city of Verona, where Shakespeare’s lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet every Valentine’s Day.
- About 3% of pet owners will give Valentine’s Day gifts to their pets.
- 73% of people who buy flowers for Valentine’s Day are men, while only 27 percent are women.
- About 1 billion Valentine’s Day cards are exchanged in US each year. That’s the largest seasonal card-sending occasion of the year, next to Christmas.
- In some countries, a young woman may receive a gift of clothing from a prospective suitor. If the gift is kept, then it means she has accepted his proposal of marriage.

HIV TESTING FREE & CONFIDENTIAL
Appointments Available Fridays 9:30 am-3:30 pm
Call the Wellness Connection at 419-372-9355 to schedule an appointment!

Sexual Responsibility Week
February 13-19, 2011

National Wear Red Day
Heart disease is the #1 killer of women and one in four women will die from heart disease. On February 4th, wear red in support of women’s awareness of heart disease. Please visit www.nhlbi.nih.gov/health/hearttruth for more information about National Wear Red Day and heart disease.

Healthy Heart Fair

Join us on Tuesday, February 8, 2011, for the "Healthy Heart Fair" from 11:30am-1:00pm in the Multipurpose Room of the Bowen Thompson Student Union. Come enjoy free food and product samples while learning about fitness, stress management, nutrition, and many other “Healthy Heart” topics. This event is brought to you by:
- BGSU Dining
- Student Recreation Center and Wellness
- Student Health Center
- Counseling Center
- Dietetics Program
- WELLAware
- Medical Mutual of Ohio
- Kinesiology Club
- Impact Solutions


Wellness Profile
Faculty, Staff, and Students: The Student Health Service is offering a Wellness Profile for only $30.00. These are self-ordered tests that include:
- complete cell count
- kidney, liver and thyroid function
- glucose, sodium and potassium
- cholesterol and triglycerides
- HDL and LDL
- blood pressure check
We also offer:
- PSA (men’s prostate test)
$25.00
- Hemoglobin A1c (for diabetes)
$10.00
- Rapid Strep Throat screen
$10.00
No appointment is needed; however, make sure to fast for 12 hours before the tests and to take all medication with water. Please pay the day of the tests with cash, check, BG1, or credit card. Call 419-372-7491 with any questions.

Stall Talk
Your source of health news, events and tidbits
February: Heart Health Month

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