Don’t Skip Breakfast. It keeps your metabolism moving and decreases overeating during the day.

Watch your portions in the dining hall.

Eat more fruits, vegetables and whole grains and less processed foods.

Choose lean meats such as lean beef, chicken, turkey, fish and beans.

Avoid soda. Choose lower calorie drinks like water, low-fat milk and uncaffeinated tea or coffee.

Get 30 minutes of physical activity five days a week. Activities can include walking, jogging, biking or taking a dance or sports class.

Nutrition Fun Facts

- Diet soda has not been proven to aid in weight loss. In fact, it’s been shown to actually increase hunger.
- In general, raw vegetables have more nutrients than cooked veggies.
- Spinach is one of the healthiest vegetables because it contains vitamins A & C and antioxidants.
- In the US, the average adult drinks about 500 cans of soda a year.

Staying Healthy in College

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Do you have "CONDOM SENSE"?
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

ST. PATRICK’S DAY SAFETY TIPS AND FACTS

★ If you’re going to drink, drink responsibly
★ Predetermine a safe way to get home
★ Eat and be sure to stay hydrated
★ If you’re impaired, use a taxi, call a sober friend or family member, or use public transportation so you are sure to get home safely

★ 34 million Americans have Irish ancestry
★ The harp is the symbol of Ireland
★ The Irish flag is green, white and orange
★ According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14!
★ One estimate suggests that there are about 10,000 regular three-leaf clovers for every lucky four-leaf clover

St. Patrick’s Day Safety Tips & Facts

- Tell family and friends where you are going and when you expect to return.
- Drink plenty of water to avoid dehydration.
- Wear sunscreen & sunglasses to avoid sun poisoning.
- Stay with a group of friends & never leave a friend behind!
- Set a limit on the amount of drinks you can consume.
- Don’t drink and drive!

SEXUAL ASSAULT AWARENESS 5K

Time - Registration: 9am
5k: 10am
Place - Beginning at the student rec center and continuing throughout BGSU’s Campus
Registration - $10 for bgsu Students; $15 for non students.
Register the day of the race or online at www.bgsu.
★ There will be tables at the union starting March 14, and 18th as well as April 6th and 7th from 11-3pm in the BTSU that you can sign up and pay for as well.
★Free t-shirts for the first 100 participants★

Health Appointments Made Easy!

Want the convenience of scheduling your health care appointments on line?

It is now available through MyBGSU

Just click on “Health Service Online Appointment” on the left side bar under “My Services”

Select a date, time and healthcare provider that works for you!