STALL TALK
Your source of health news, events and tidbits | JANUARY: HAPPY NEW YEAR

FREE GROUP X

JANUARY 12 – 16 | STUDENT REC CENTER
All Group X classes are FREE for faculty, staff, and students during the week of Spring semester. Participation is limited based on room size and/or equipment.

For More Information:
Karyn Smith | karync@bgsu.edu
www.bgsu.edu/recwell/fitness

OUTDOOR PROGRAM

MISSION
- Encourage student development through experiential education in outdoor settings.
- Promote environmental stewardship and conservation.
- Create opportunities for leadership advancement, team development and personal growth.
- Challenge students to expand beyond their personal boundaries and self-imposed limitations to broaden their understanding of themselves and the natural world

For More Information:
Outdoor Program | Perry Field House 419.372.8044

BGSU RECOGNIZED FOR STUDENT WELLNESS

The University’s efforts to promote and enhance health among its student body have earned it bronze level accreditation from US Healthiest, a nonprofit dedicated to making the U.S. the healthiest nation in a healthier world. BGSU includes a healthy environmental support awareness, education, and opportunities to be part of a community where healthier choices are the norm and wellness is inextricably linked to organizational and academic performance.

LIFEGUARD TRAINING

The purpose of the American Red Cross Lifeguarding course is to teach participants how to react in an aquatic emergency based on knowledge and skills to prevent, recognize and respond to aquatic emergencies. Lifeguard/ First Aid and CPR/AED certification is valid for two years.

PREREQUISITES:
- Must be 15 years old on or before the final scheduled session of this course.
- Swim 300 yards continuously to demonstrate breath control and rhythmic breathing.
- Tread water for 2 minutes using only legs.
- Complete a timed event.

For More Information:
Student Recreation Center | 419.372.2000 | smicha@bgsu.edu

START THE CONVERSATION

Learn how to identify the warning signs of people who may be struggling and how to help and give advice. Simple expressions of care are powerful and YOU can make a difference in someone’s life!

Follow us on Twitter: @BGSUStart
www.bgsu.edu/starttheconversation

WINTER WATERFALLS

JANUARY 31 | HOCKING HILLS, OH
Hocking Hills State Park and Hocking Hills State Forest are located in Hocking county in south eastern Ohio. The sandstone bedrock here is the remains of an ancient sea. Numerous streams have carved their way through the sandstone over the years creating many spectacular gorges with beautiful trails and waterfalls.

Cost $35.00 BGSU Students/Faculty/ Staff/ SRC Members
$40.00 Community Members

For More Information:
Outdoor Program | Perry Field House 419.372.8044

THE COMMON COLD AND SEASONAL FLU

Causes for Common Cold and Seasonal Flu: Sick person sends virus filled droplets through air when they sneeze/cough onto items such as doorknob, counter-top, etc. Risks of illness increase when there is direct contact to the face (nose, mouth, or eyes) and recently contaminated surface. The seasonal flu is also caused by influenza A and B viruses. If sickness occurs, rest up and drink plenty of fluids.

Seasonal Flu Symptoms are more severe than the common cold.
- dry, hacking cough
- fever or chills
- sore throat
- muscle or body aches
- headache
- stuffy and runny nose
- profound fatigue
- vomiting
- diarrhea

Common Cold Symptoms:
- runny or stuffy nose
- sore throat
- sneezing slight fever
- cough
- headache
- body aches mild tiredness

Did you know? In 2010, approximately 7 million Americans (12+) abused a prescription drug medication.

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