



STALL TALK

• Your source for health events, news and tidbits •

March • National Nutrition Month



Did You Know?

50% of women will drink alcohol before realizing they are pregnant. Fetal Alcohol Spectrum Disorder (FASD) is the leading preventable cause of mental retardation. Stop by our booth at the Health Fair on April 8th for a free drink and to learn more about FASD!

Contact:
Melissa Miller
mrreyno@bgsu.edu
419-575-2424

Interest meeting: Spring 2009 Child Free by Choice Group

The group will provide a supportive environment to those who have made the conscious decision to remain child-free to discuss their individual life choices, reproductive freedoms and struggles they have faced. Please join to voice your interest and help plan for the future group.

Meet every 2nd and 4th Thursday
6:00-7:00 p.m. Women's Center
108 Hanna Hall
Contact: Jodi Thomas
• 419-372-2081
• jodit@bgnnet.bgsu.edu

JOIN THE REVOLUTION!

Renowned speaker, Christopher West, will give his talk, "God, Sex & the Meaning of Life." His talk focuses on considering a revolutionary perspective on sex, love, lust, the dignity of humanity and how it all connects with god and the meaning of life.

Thursday March 26
Doors open at 7:30
Student Union Ballroom

Event is FREE and open to all
Hosted by Creed on Campus
& H20

CONTACT MICHELLE BAFUNNO
MTBAFUN@BGSU.EDU
330-883-7976

FREE • Confidential HIV Testing

Mondays 9:30 am - 1:00 pm
And Fridays 9:30 am - 3:30 pm

Wellness Connection
Room 214 Student Rec Center
Call the Wellness
Connection

at 419-372-9355
to schedule your 30
minute appointment.



SPRING BREAK

Safety Tips



- Let your family and friends know when you are leaving, when you'll get back and how you are traveling.
- Avoid carrying large amounts of cash. Leave credit or debit cards in a safe place.
- Travel in groups and never leave a friend behind.
- If traveling by vehicle, make sure to have it thoroughly inspected before leaving.
- Wear sun block, sun glasses and a hat to protect yourself from harmful UV rays.

Cool Nutrition Facts

- Instead of drinking two percent milk you should try switching to one percent milk, which has half the fat.
- 50 years ago, a typical fast food meal (original burger, fries and soft drink) totaled 600 calories. Today, a typical fast food meal can add up to 1,550 calories.
- Average person eats almost 1,500 pounds of food a year.

Wellness Tip of The Week

Brought to you by the Student Wellness Network

Choose Wisely: Resist urge to drink soda with every meal, don't eat too much dessert and moderate your portions. Eating foods high in fiber such as oatmeal, help you feel fuller with out consuming excessive calories.

Q&A with BG Dietitian

Jane Crandall, RD, LD



Q: Do you "Eat Right"?

A: Below is a checklist for your personal challenge to "Eat Right".

1. Plan meals and snacks regularly into your day. Eat three meals and a couple small snacks each day. Eat breakfast daily. Don't go for long intervals between meals.
2. Keep yourself energized with carbohydrates. Aim to get 50-60 percent of your calories from carbs, trying your best to limit the sugars and simple carbohydrates.
3. Add color to your diet with fruits and vegetables. These provide the many vitamins and minerals needed to help you achieve maximum health benefits.
4. Eat lean protein sources such as poultry and fish.
5. Don't forget low-fat dairy options...low-fat milk, yogurt and cheeses to provide calcium and Vitamin D for strong bones.
6. Choose your beverages wisely. Regular soda, fruit juices and other sugar-sweetened beverages may provide an abundance of extra calories which may contribute to weight gain. Drink water as your primary beverage.
7. For additional nutrition information visit www.mypyramid.gov or www.eatsmart.org. You may also contact BGSU Student Health Service at 419-372-2271 for an appointment with a Registered Dietitian.

Are you a registered organ and tissue donor?

Did you know that over 3,000 people in Ohio are waiting for a transplant?

By registering to be an organ and tissue donor you can save up to 8 lives and enhance the lives of many more.

Register today at doitnowohio.org/bgsu.

Save
the Date!

**23rd Annual Health &
Wellness Fair 2009**
Catch the Wave to Wellness
Wednesday April 8
10 am- 3 pm
Student Union Ballroom

Brought to you by the Wellness Connection and Recreational Sports

• Room 214 Student Rec Center • Phone 372-9355 (WELL) • www.bgsu.edu/wellness •