



STALL TALK

Your source of health news, events and tidbits

November: American Diabetes Month



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.

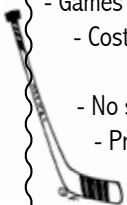
-> Pick some changes that you want to do the most and that will make the biggest impact. For example, take a 15 minute break from the TV and go for a walk.

-> 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."

Domestic Violence Helpline

Attention students who are experiencing verbal, sexual, and/or physical violence in your relationship. An Outreach Specialist from Victims Services of Behavioral Connections wants to talk to you about your experience. Calls can remain anonymous. Please call 419-352-9504 ext. 3542 to speak with Stephanie.

2009 Winter Slo-Puck Hockey League



- Games will run November 5 - December 13
- Cost is \$100 each and this includes 8 games and a game jersey
- No slap shots and no body checking
- Protective equipment is required

Slo-Puck Draft Night
Thurs. Nov. 5 from 9-10:15 PM
(free ice time for teams to form)

Pick up a registration form at the BGSU Ice Arena or call 419-372-2264!

REGISTRATION FORMS DUE MONDAY, NOV. 2

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.

Want to become a Peer Educator? Take HHS 4400!

For more information call the Wellness Connection at 419-372-9355 or visit our website www.bgsu.edu/wellness

BYSTANDER Intervention

STRIVE TO BE THE OWL!

Have you ever witnessed an event that made you feel uneasy? Did you intervene or think about intervening? *Bystander intervention is the act of assisting someone in an emergency.* There are 5 intervention styles people use when intervening. What animal are you like? We all portray different animals at different times, but we should strive to be the owl.

ARE YOU LIKE THE SHARK?

"I'm here to save the day."

ARE YOU:



- ⇒ Willing to intervene but give little or no thought first?
- ⇒ Perceived as stubborn or headstrong?
- ⇒ If YES, you are like the **SHARK.**

ADVANTAGE: You are driven and really want to help.

DISADVANTAGE: You can be aggressive or insensitive.

YOU NEED: **PERSPECTIVE**

Being quick to react to a situation is needed in many emergency situations, but it's good to think about what you're going to do first.

Look for the next Stall Talk to see what animal will be featured next!



Ask a Dietitian

Jane Crandall, RD, LD

The holidays are near, enjoy some carbohydrates without fear!

1. Carbohydrates are your body's #1 source of fuel for your metabolism. They give energy for everyday tasks and physical activity.
2. EVERYONE needs 50-60% of their calories to come from carbohydrates.
3. Sources of carbohydrates include starches (bread, cereal/grains, starchy vegetables, crackers and snacks), fruit, milk, sweets, desserts and sugared beverages.
4. Carbohydrates consist of two types: Simple (fruits, sugared beverages, candy, desserts) and Complex (whole grain bread, whole grain pasta, brown rice, and starchy vegetables).
5. Eating too few carbohydrates causes fatigue, muscle cramps, and poor mental function.
6. Too many carbohydrates and it goes to storage to be used as fuel later - and anything leftover is then turned to fat.
7. An average individual needs 60-75 grams of total carbohydrates per meal, plus an extra 15-30 grams included in couple snacks daily. Athletes will need additional for their sport.
8. Keep in mind consistent carbohydrates gives consistent energy. Don't overdo it with large portions.
9. Have no fear, enjoy the holidays! Enjoy a little stuffing and potatoes and save room for a little pumpkin pie.



For additional nutrition information contact Student Health Service at 419-372-2271 for an appointment with a Registered Dietitian.

FLU SEASON TIPS

- Wash hands regularly
- Stay home from class or work if you are sick
- If you have flu-like symptoms go to the Student Health Service or call 419-372-2271 for an appointment
- Cough & sneeze into your sleeve
- Use the Buddy System! It is recommended that you get a "flu buddy" where you pair up to care for each other if one of you becomes ill.



Brought to you by the Wellness Connection
with the Department of Recreation and Wellness, Division of Student Affairs

214 Student Recreation Center ♦ Phone: 419.372.9355 (WELL) ♦ www.bgsu.edu/wellness