



Stall News

Created by The Student Health and Wellness Center
and Jessi Miller (office assistant)



UPCOMING EVENTS

American Heart Month	February
National Wear Red Day	Feb. 6
National Condom Day	Feb. 10
National Organ Donor Day	Feb. 14
Natl. Eating Disorders Week	Feb. 20-26
Information at D-Hall	Feb. 22



Resources for you!

www.nationaleatingdisorders.org
The Student Health and Wellness Center
434.395.2102
The Counseling Center
434.395.2409

Common Groups at Risk

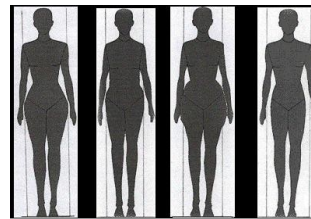
- Females (especially teenagers)
- Athletic groups who put pressure on weight or appearance (boxers, wrestlers, football players, dancers, gymnasts, etc.)
- Models
- Actresses
- Depressed individuals

<http://www.bellaonline.com/articles/art57045.asp> (1)
<http://www.cdph.ca.gov> (2)

Do You Have a Healthy Body Image?

“Body image is a complex concept that affects how people feel about themselves and how they behave.” (CDPH) Each individual has a picture in their mind about how their own body looks. “A recent survey found that 56% of women and 43% of men disliked their overall appearance.” (2) A negative body image can produce a distorted perception of size or shape, as well as feelings of awkwardness, shame, and anxiety. Body image also plays a huge role in relationships; poor self-image can create barriers

and cause problems! It is important to have a healthy perspective of your own body because a poor body image is a huge risk factor for developing



one of many eating disorders. “Poor body image has also been linked to diminished mental performance, low self-

esteem, anxiety, depression, and sexual dysfunction” (1).

Ways To Develop or Keep a Healthy Body Image:

- Eat healthy and exercise regularly
- Realize it’s what’s on the inside that counts
- Do not compare yourself to others, especially on TV and in magazines,
- Wear clothes that fit you and you feel comfortable in
- Fight negative self-talk

Eating Disorders

“An eating disorder is defined as an extreme expression of a range of weight and food issues experienced by men and women” (2).

Anorexia nervosa is characterized by an extreme and irrational fear of becoming overweight and a strong desire to become thinner which usually leads to starving the body of essential nutrients. “This disease has the highest mortality rate of all psychological disorders” (2).

Body dysmorphia is typically referred to as the “reverse anorexia.” It develops when a man thinks he can not get big enough. Distortions can occur when looking into the mirror just the same as anorexia nervosa.

Bulimia nervosa is characterized by cycling between bingeing on food and purging in one of many ways. Individuals will “purge” by means of one or a combination of the following: laxatives, vomiting, crash diets, diuretics, and extreme exercise. This is the hardest of the three to catch because body weight is usually fairly normal.

Binge eating disorder is also known as compulsive overeating. It is characterized by periods of gorging or continuous eating. Body weight varies from normal, mild, moderate, to severe obesity.

Disordered Eating is becoming more and more prevalent in

today’s society. Someone who has disordered eating simply does not eat a normal healthy diet. This could include cutting out food groups to cut calories, eating to manage emotions, and believing that scales reveal your worth.

The two main keys to avoid or prevent unhealthy eating patterns is to maintain a healthy balance and healthy outlook on life. It’s important to be able to balance the stressors of everyday life, eat healthy, exercise, and rest/relax frequently. It’s also critical that you “see the bigger picture”, and realize that weight and appearance are just one layer on a person.

“Like *Stall News* or just want one for yourself? Print one out at www.longwood.edu/health/stallnews.

Lankford Student Union
Approved for Posting

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

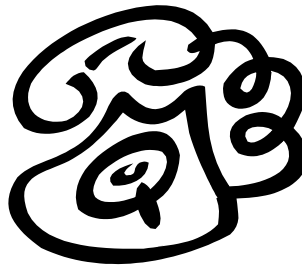
While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to

your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also re-search articles or find "filler" articles by accessing the World Wide Web.

You can write about a variety of topics



Caption describing picture or graphic.

but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new

procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article



Caption describing picture or graphic.

and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images

from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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February 5

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Your business tag line here.

We're on the Web!
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all

employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is

a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.