

Stall News

March 2011

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

Tips for a Successful and Healthy Break

- Limit alcohol intake
- Enjoy fun physical activities
- Always use protection when having sex
- Care for your skin by using sun screen
- Eat healthy
- Be smoke-free

How to have a healthier Spring Break

Sleeping Patterns

The definition of adequate sleep is determined on an individual basis. Although it is a myth that 8 hours of sleep is required each night, a person's average wake cycle is 16 hours which leaves 8 hours of rest (2). The body needs this rest period to rejuvenate and reset. Sleep is vital to all of the bodily functions. Adequate sleep allows muscles and soft tissues time to repair, cognitive functioning increases, the body relaxes completely, and stress is relieved. Sleep deprivation has been shown to result in sore muscles, memory lapses, headaches, hallucinations, and depression (5).

Alcohol & Drugs

It is a known fact that most college students who go on spring break trips go to party. Binge drinking is characterized by consuming large amounts of alcohol over a short period of time with the intentions of getting intoxicated (4). Safe drinking-habits are imperative on Spring Break trips. The following are some tips on how to drink responsibly:

- Alternate alcohol with water
- Surround yourself with responsible people
- Always pay attention to your drink
- Sip, do not chug
- Never drink and drive

Skin Care Information

Sunlight has two types of rays, UVA and UVB. UVA rays are known as the aging rays because they lead to premature aging such as wrinkles and age spots. UVB rays are the sun's burning rays which can permeate window glass and is the primary cause of sunburn (1). Excessive exposure to both types of rays increases the risk of developing skin cancer.

Sunscreen should be applied 15-30 minutes prior to exposure of the sun and every 2 hours thereafter to provide the best protection. Dermatologists recommend using a water resistant sun protection factor (SPF) of at least 30 to protect from premature aging signs and skin cancer(1).

Upcoming Events	
National Nutrition Month	March
Sleep Awareness Week	March 3-9
Spring Break	March 14-18
American Diabetes Alert Day	March 25



Sources

1. www.aad.org (1)
2. www.apa.org (2)
3. www.mypyramid.gov (3)
4. www.cdc.gov (4)
5. www.sleeptracks.org (5)

Nutrition 101

Nutrition can be defined as the process by which an organism acquires nourishment, in the form of food, necessary for growth and maintenance (3). There are six essential nutrients the body needs in order to function properly. They are as follows: carbohydrates, fats, protein, vitamins, minerals, and water. Each of these are important for different reasons and should never be removed from a diet.

Caloric intake is another basic determinant of healthy nutrition. The recommended daily caloric intake for males is 2,500 and for females it is 2,000. These values are determined on an individual basis taking into consideration weight, muscle, and activity level. The more you weigh, the more calories your body will need (it takes more calories for it to function).

A pound of muscle burns up to 50 more calories per day compared to a pound of fat. Therefore, an individual with more fat free mass will need to eat many more calories each day. The more active you are, the more calories you will burn allowing for a greater caloric intake.

Remember, it's best to:

EAT A RAINBOW of fruits and veggies everyday!

Stall News

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 con-

tent 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 research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics 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 newslet-



Caption describing picture or graphic.

ter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

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

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.

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 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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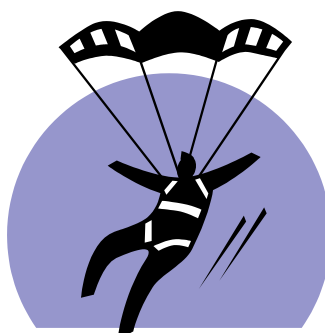
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Longwood University

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



Caption describing picture or graphic.

image or some other graphic.