

University of
Cincinnati

BEARCAT BODY

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INSIDE THIS ISSUE:

Get Ready for a 5k	2
Allergy Season	2
Wheat Grass	3
Skin Care	3
Wellness Center Schedule	4
Relay For Life	4
Healthy Recipes	4
Friday Night Live Schedule	5
Word Search	6

Body Acceptance Week 2006

What exactly is Body Acceptance/Self Image? Body/Self Image is a picture of the body seen through the mind's eye. It is how you see yourself when you look in the mirror or when you picture yourself in your mind. It is what you believe about your appearance, whether it's your weight, height, or other areas. People with negative body image have a greater likelihood of developing an eating disorder and are more likely to suffer from feelings of depression, isolation, low self-esteem, and obsessions with weight loss.

Many people try to find their self image through what they see in the media. Many parts of our society, such as the media, tell us that appearance is the key to success and happiness. The media is full of images of beautiful, suc-

cessful women who are tall, slender, and without flaws, while men are portrayed as tall, slender, and muscularly defined. It is not all about how you look or act, it is about being satisfied.

We all may have our days when we feel awkward or uncomfortable in our bodies, but the key to developing positive body image or acceptance is to recognize what our bodies are capable of and respect your natural shape and learn to replace those negative thoughts and feelings with positive and accepting ideas.

For more information about Body Acceptance, the University of Cincinnati Wellness Center will be focusing on Body Acceptance during April 24-28. The program schedule can be seen at: www.uc.edu/wellness.

Men's Health Week 2006

It is vital that men stay in tune with their health. Men's health can often be overlooked, but should not. It is important for men to make regular visits with the doctor in order to increase their life span. Men and women used to have the same life expectancy in the 1920's. Since then men's percentages have dropped, becoming 10% lower than women. This percentage drop reinforces the essential need to promote men's health. The UC Wellness Center is planning their annual Men's Health Week. Program Coordinator, Regan Johnson, has set aside the week of May 8th to inform men of issues that are specific to them.

It is important to inform men about certain health risks that may affect them. These risks include different kinds of cancers, heart disease, high cholesterol as well as many other threats. Often when it comes to health care, men are less likely to visit a doctor, and tend not to have regular checkups. Overall, men are 66 percent less likely to visit a doctor than women. Often the only times men will seek medical attention is when the pain becomes unbearable or someone insists that they go. The facts speak for themselves. Women tend to outlive men by 7 years. Men are also twice as likely to die from heart or liver disease, 18 percent more likely to die of a stroke and 45 percent more likely to die of cancer.



There are various ways men can help to reverse the current statistics. These methods should include physical activity, yearly physician

visits, activities for mental health, and many more! For more information on male health issues, feel free to stop by the Wellness Center.

Get Yourself Ready for a 5k

Do you find yourself always saying that you want to run in a 5-K, but don't know how to start training or where to go to participate in one? Well, don't worry you are not alone. 5-K's are a great distance for every runner whether you fall into the beginner, intermediate, or advanced level of running. Don't know what level runner you are considered? Well, a *beginner* is considered to be someone who runs recreationally two to three times a week for about six to eight plus miles. An *intermediate* runner is considered to be someone who has run consistently for a least a year and has participated in a few races, but mainly only for the experience. An *advanced* runner is someone who has at least several years of serious running experience, follow a year-round schedule, have ran in many races at various distances, have done regular interval training, want to discover their personal performance ceiling, and are willing to push hard in training. So now that you can decide what level of runner you are, let's discuss how to put together a plan for those beginners who need help getting started. The training will last approximately six weeks, and each run should be a steady run done to the point that has you breathing "comfortably hard", according to runnersworld.com, not uncomfortably wheezing. The key is that you want to enjoy each run, and feel yourself getting stronger with each day. A typical 5-K schedule for beginners should look a little something like this:

Week	M	T	W	T	F	S	S	TOTAL
1	Rest	2 miles	Rest	2 miles	Rest	2 miles	Rest	6 miles
2	Rest	2.5 miles	Rest	2.5 miles	Rest	2.5 miles	Rest	7.5 miles
3	Rest	3 miles	Rest	3 miles	Rest	2.5 miles	2 miles	10.5 miles
4	Rest	3.5 miles	Rest	3.5 miles	Rest	3 miles	2 miles	12 miles
5	Rest	4 miles	2 miles	3.5 miles	Rest	3.5 miles	2 miles	15 miles
Taper	Rest	4 miles	2 miles	Rest	2 miles	Rest	5-K Race	

This is a great training plan to get you started and prepare you for the big race day! There are some key rules for race day that you must remember however: have an energy bar for breakfast with some fluids, arrive to the race early so you can get your race number in time, do a little warm up walking / jogging while you sip some water, stretch a little bit, and just hang out with other racers so your stress level stays down for the race. Best of all keep reminding yourself that your goal is to finish the race, run the whole way so you finish feeling tired, but not exhausted. Now that you know how to train, maybe you can participate in some of the upcoming races. For a complete list of local 5K's visit: www.runnersworld.com/cda/racefinder or www.cincinnatiatirunning.com.

Tips on Ways to Survive Allergy Season

Finally, spring is almost here. The flowers will soon be blooming, the sun will be shining, and we can begin shedding those layers of winter clothing. To some of us, these are things that we are anxiously awaiting for, but to allergy sufferers, this is the time of the year that they dread. Instead, they will be preparing themselves for not only the good but also the bad, such as itchy, watery eyes, sneezing and other allergy symptoms. For allergy sufferers, it is important to know which allergens trigger their symptoms and when to watch for them.



The number one way to prevent an allergy attack is to see your health care provider and take the medication they prescribe. By doing this, allergic symptoms can be minimized with

continued use of medication and avoidance of potential triggers.

Here are some more helpful tips to help you get through the allergy season:

1. Do a thorough spring cleaning.
2. Minimize outdoor activity when pollen counts are high. You can get up-to-date pollen information for your area from the National Allergy Bureau.
3. Dry laundry indoors. Sheets hanging on an outside line are an easy target for blowing pollen.
4. Shut windows in your house on days when pollen counts are high.
5. Wash bedding weekly in hot water.
6. Shower and wash your hair before bed -- pollen can collect on your hair and skin.
7. Keep pets off of furniture and out of the bedroom. Pollen can cling to the dog or cat after being outside.

- 8. Keep car windows closed during peak season.
- 9. Use air conditioning and point vents away from your face.
- 10. When mowing lawn or doing gardening, wear a filter mask.

It is important to remember that seasonal allergy

symptoms should not be taken lightly since they can lead to other chronic conditions such as asthma. If your symptoms are interfering with your everyday life and you do not seem to be improving, you might want to consider seeing a doctor that can determine what is triggering your symptoms and will work with you to develop a management plan.

Who Would Have Thought They Would Start Selling Grass?

Smoothies, fruit and vegetables juices, and grass seem to be the new rave in the health and nutrition world. But it's not just any grass – it's Wheatgrass as a matter of fact! People have been drinking it for years and now it's coming to a venue near you.

Now that the new Campus Recreation Center is open you will be able to, "feel the physical and emotional appeal to your senses," all while stopping by the new Zia Juice Bar that opened February 10. The juice bar offers power supplements such as Siberian Ginseng, Soy Protein, frozen coffee blended beverages, and freshly squeezed Wheatgrass!



According to sources Wheatgrass has been proven to provide numerous advantages to people in many ways: restoring balance in the body, building the blood, removing toxic metals from the cells, and nourishing the liver and kidneys. It is also said

that Wheatgrass juice has the mineral and vitamin equivalent of 2.2 pounds of fresh vegetables and also includes most of the vitamins and minerals required for daily human maintenance.

Now you're probably wondering how all of this is possible...Wheatgrass is a living food, which is a complete protein with about 30 enzymes and around 70% crude chlorophyll. The brain and body tissues function at an optimal level in a highly-oxygenated environment, which is all provided by the Wheatgrass that is high in oxygen because of its containment of chlorophyll. All of this allows for the wonderful healing of Wheatgrass!

So the next time you're walking through the CRC stop and have a shot of Wheatgrass – you will be neutralizing the toxins in your body, purifying your liver, and improving your blood sugar all at the same time.

Information obtained from:
<http://www.sodexhousa.com>

Skin Care During the Sunny Months

Spring will soon be upon us and the sun will finally be shining. Many of us will be joining in on outdoor activities. No matter what the activity is be sure to protect your skin. Every year more than one million Americans are affected by Ultraviolet (UV) rays, the primary cause of skin cancer. It is very important to protect yourself from these UV rays to reduce your chance of skin cancer. Choosing the right sunscreen for your skin type is critical. The sun protection factor (SPF) is what you want to focus on. The fairer the skin the higher number SPF you should use for greater protection. Sunscreen with an SPF of at least 15 is recommended for all skin types. It is also recommended that sunscreen is applied 30 minutes prior to exposure to the sun.

"Reapply sunscreen at least once every two hours to ensure protection."

This allows the sunscreen time to absorb into the skin so it is less likely to rub off when perspiring. If you go swimming you should reapply even if the sunscreen is waterproof. Also be sure to reapply sunscreen at least once every two hours to ensure protection. If you follow these simple rules you will greatly reduce your risk of getting sunburn or even worse skin cancer. For more tips or if you have any questions on what to do about a skin problem please contact the University of Cincinnati Medical Center's Department of Dermatology at 558-6242.



Wellness Center Schedule

April 3-7	Body Acceptance Week	TBA	TBA
April 5	Lunch & Learn "Diabetes"	12pm	TUC
May 8-12	Men's Health Week	TBA	TBA
May 12	Random Acts of Kindness	All Day	All Day
May 24	Lunch & Learn "Health Myths"	12pm	TUC 425
June 1	Stress Awareness Day	11am-1pm	TUC

Relay For Life

Relay For Life is a fun-filled overnight event designed to celebrate survivorship and raise money for research and programs at the American Cancer Society. This year Relay For Life will be happening on campus Friday, April 28. Friday Night Live is proud to sponsor the donations for the Luminarias. During Relay for Life, the Luminarias will be lit and

the names of loved ones will be read out loud during the Luminaria Ceremony. The cost is free and the donations are limited to two per person. If you would like to donate a luminaria in memory or honor of a loved one, you can stop by or call the Wellness Center at 556-6124. Visit www.cancer.org for more information on Relay For Life.

Spring Healthy Recipes

Garden Veggie Pizza Squares

Ingredients:

1 (8 ounce) package refrigerated crescent rolls
 1 (8 ounce) package cream cheese, softened
 1 (1 ounce) package Ranch-style dressing mix
 2 carrots, finely chopped

1/2 cup chopped red bell peppers
 1/2 cup chopped green bell pepper
 1/2 cup fresh broccoli, chopped
 1/2 cup chopped green onions



Instructions:

*Preheat oven to 375 degrees F (190 degrees C).
 *Roll out crescent rolls onto a large non-stick baking sheet. Stretch and flatten to form a single rectangular shape on the baking sheet. Bake 11 to 30 minutes in the preheated oven, or until golden brown. Allow to cool.
 *Place cream cheese in a medium bowl. Mix cream cheese with 1/2 of the ranch dressing mix. Adjust the amount of dressing mix to taste. Spread the mixture over the cooled crust. Arrange carrots, red bell pepper, broccoli and green onions on top. Chill in the refrigerator approximately 1 hour. Cut into bite-size squares to serve.

Nutrition Facts:

Amount Per Serving: Calories 75, Fat 5 g, Cholesterol 15 mg, Sodium 162 mg.

Fruit Smoothie

Ingredients:

1 cup nonfat vanilla yogurt
 1 cup frozen strawberries, slightly thawed

1/2 cup orange juice
 1 banana, sliced



Instructions:

*Place all ingredients in a blender and blend until smooth.

Nutrition Facts:

Makes 2 servings. Per serving: Calories 200, Protein 7g, Carbohydrates 42 g, Fiber 4 g, Fat 2 g, Cholesterol 5 g, Calcium 210 mg, Iron <1 mg, Sodium 76 mg.



Spring Friday Night Live Schedule

3/31 Mr. Goodbody 2006

7:00pm @ TUC Great Hall

Come watch this entertaining male pageant show where they will showcase their good looks, talent, community service, and dedication to UC.

4/7 Family Night

5:00pm @ TUC Cinema

Bring your family to watch Pixar's *Monsters, Inc.* Enjoy a fun time before the movie.

4/21 Capture the Flag

7:00pm @ Recreation Center Campus Plaza

Come play an old fashioned game of Capture the Flag. Call 556-6124 to join a team by 4/20/06. Win great prizes. Limited entries available. FREE!

4/28 Relay for Life

6:00pm @ McMicken Commons

Come support the cure for cancer. Join a relay team. Call 556-6124 to donate a luminaria in memory of a loved one for free.

5/5 Salsa Dance Night

8:00pm @ TUC Great Hall

Enjoy Cinco de Mayo listening and dancing to the Latin band "Tropicoso". Enjoy music, food, and fun!

5/12 Varsity Village Grand Opening Celebration

TBA @ Richard E. Lindner Varsity Village

Various activities and events will be going on throughout the weekend. More details to come.

5/19 MainStreet Celebration Concert

8:00pm @ Sigma Sigma Commons

Enjoy an awesome concert! Indulge in food, music, and fun! FREE!

6/2 Drive in Movie and Cookout

8:00pm @ Sigma Sigma Commons

End the school year at a cookout and chilling at the Drive in Movie. Showing *Old School*. Rain Location –TUC Cinema. *Limited seats available in the Cinema.

All Events are FREE!

*If you would like to join the Friday Night Live Committee contact Erica.Forrest@uc.edu.



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Fax: 513-556-6077
E-mail: Wellness.Center@uc.edu



We're on the web!
www.uc.edu/wellness



Newsletter Comment Card

Name: _____

Contact Info: _____

Comment or Suggestion: _____

Please send your comments to UC Wellness Center

Spring Word Search

***Return completed word search by April 21st and you may win a \$10 gift card to Chipotle!**

V V D S W S J I G B D S B V K O U G O N G Z B J S P R I N G
 I K C H U G P X A V S F I R N M C Z Y B S U K K N O V A S R
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- BASEBALL
- BLOOM
- BUTTERFLY
- DAFFODILS
- EGG
- FLOWERS
- GARDENS
- GRASS
- KITE
- MAY
- PUDDLES
- RAIN
- RAINBOW
- ROBIN
- SPRING
- SUNSHINE
- TULIPS
- UMBRELLA
- WINDY

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