

Bearcat Body



University of Cincinnati

Fall Quarter 2006

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2006 Health and Wellness Fair

The 7th Annual Health and Wellness Fair and Student Activities Fair will be held on Wednesday, October 4th from 11am-2pm on McMicken Commons. The fair is sponsored by the UC Wellness Center, Campus Recreation Center, and Student Activities Board. The annual fair has been a tremendous success in the past and we are looking forward to another successful year! There will be approximately 50 different on and off campus health and wellness organizations at the fair as well as several different student organizations to learn about and get involved in. This is a great opportunity for the University community to find out what resources are located around them and to pick up some great free gifts. Throughout the day partici-

pants will have the chance to enter into a raffle to win prizes such as Cincinnati Zoo tickets, CCM Box Office tickets, restaurant gift cards and much, much more.



There will be great interactive opportunities like health screenings, meet the bearcat, and free massages. The following fitness classes will be offered during the fair; kickboxing 12pm-12:30pm, Tae Kwon Do 11:30am-12:00pm, and Break Dancing 1:00pm-1:30pm. We look forward to seeing everyone at the fair! For more information on the 7th Annual Health and Wellness Fair contact the UC Wellness Center at 556-6124.

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Support Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Again this year, the University of Cincinnati Wellness Center is sponsoring Lee Denim Day on Friday, October 6, 2006.

As members of the UC community, you can show your support for breast cancer awareness by wearing denim and making a donation on October 6th. The funds raised this year will be divided between the Komen Foundation (the nation's leading private fun-



der of breast cancer research) and the UC Cancer Center. Contributions made to both entities will be completed in the name of the University of Cincinnati. Donations can be dropped off at the Denim Day booth located in the Atrium of Tangeman University Center, and on East Campus at University Health Services (1st Floor Holmes Hospital) on Friday, October 6, 2006 from 9:00am through 4:30pm. The Denim Day booth will have educational information, pink ribbons, and other goodies. A raffle is going to be held for all those who have donated. There are 3



grand prizes to be won! Those who make a donation of at least \$5 will receive a pink ribbon key chain.

The Wellness Center will continue to have pink ribbons and educational information on breast cancer throughout the month of October. In addition

Want to Quit Smoking?

Thinking about quitting smoking? There is no better time to quit than now! For anyone who is interested in quitting or wants to help a friend or family member quit, the Wellness Center can help you. The Wellness Center

**GREAT AMERICAN
SMOKOUT
NOVEMBER 16**

offers the American Lung Association's Freedom From Smoking clinic free of charge to all university students, faculty and staff. Group and individual sessions are also available. This clinic incorporates

there will be a Lunch & Learn on October 18th from 12-1pm in the MainStreet Cinema on Breast Cancer. If you have any questions or would like additional information, please contact Kylie Giesken at 556-6124.

many well-known techniques, tools and tips to help individuals successfully quit smoking. The center also offers Quit Kits which include brochures, candy, gum and many other things that can aid in the quitting process. We also have a plethora of information on tobacco use and smoking cessation. For further information on smoking cessation contact the Wellness Center at 556-6124, email us at quithelp@uc.edu or stop by our office at 675 Steger Student Life Center.



Commission on Alcohol and Other Drug Education

The Commission on Alcohol and Other Drug Education (CAODE) was started by President Joseph Steger in 1999. Dr. Steger stated, "There is no question that alcohol abuse on United States' campuses is a subject that requires serious attention and action. Our goal is to change the culture and environment so that those of our students who choose to drink will do so in a responsible manner."



The Commission is made up of different professionals and students from both east and west campus, which includes the Wellness Center, University Judicial Affairs, Public Safety, the College of Medicine and Student Government.

Members meet on a quarterly basis. Through a proactive approach the commission members work together to educate the university community regarding alcohol and drug related issues and develop effective alcohol prevention programs on campus. We encourage students, faculty and staff to take advantage of what the commission has to offer. If you have any programming ideas or information of how the commission can improve current programs and activities on campus please let us know! If you are interested in learning more about the Commission on Alcohol and Other Drug Education contact Regan Johnson at 556-6124, Regan.Johnson@uc.edu or stop by the Wellness Center at 675 Steger Student Life Center.

Basic Alcohol Facts

- 75%-80% of acquaintance rapes involve alcohol
- 90% of all sexual assaults occur under the influence of alcohol
- 85% of college students were intoxicated when they were infected with an STD

- 2/3 of college women reported being intoxicated when they unintentionally became pregnant
- 28% of college dropouts are alcohol related
- 40% of academic problems are alcohol related

Your Stop for Health and Wellness

The UC Wellness Center is now offering informational packets for Residence Hall bulletin boards. Resident Advisors are able to pick up a complete packet with updated health information. Along with providing this accurate information resource for

the students, the Wellness Center is also able to facilitate health related programs. To request a program, go to www.uc.edu/wellness/ and click on Request a Wellness Program or call 556-6124.



NetWellness Q & A

Question:

Hi. Can you please tell me what the recommended daily intake of fat, calories, carbohydrates and protein are? I am a 20 year old female who is trying to lose weight. Thanks.

Answer:

The amount of calories that you need depends on your age, gender, weight, and activity level. Visit the MyPyramid site at www.mypyramid.gov to determine the recommended amount of calories needed daily. As a 20-year-old female who participates in less than 30 minutes of moderate/vigorous activity per day, you would need about 2000 calories per day to maintain your current weight. If you are more active, you may need 200 or more additional calories per day. You can record your food and activities every day, using the MyPyramid Tracker, to see how many calories you are taking in and how many calories you are using each day. If you are trying to lose weight, you need to take in less calories than you are burning up.

The Dietary Reference Intakes (DRI) are recommended amounts of nutrients for healthy Americans set by the Food and Nutrition Board of the Institute of Medicine. According to the latest DRIs, adults should get 45 to 65 percent of their calories from carbohydrates, 20 to 35 percent from fat, and 10 to 35 percent from protein. In terms of grams, if you are eating a 2000 calorie diet, you should consume about 225-325 grams of carbohydrate, 44-78 grams of fat, and 50-175 grams of protein.

You should also try to choose healthy carbohydrates and fats. To include enough fiber in your

diet, most of your carbohydrates should come from fruits, vegetables, and whole grains, rather than from sugars found in soft drinks, candies, and desserts. In regard to fats, choose foods with polyunsaturated fat or monounsaturated fat and limit foods that contain saturated and trans fats.

Rather than calculating the amounts of nutrients that you need, the best way to think about nutrients is in terms of food. The MyPyramid site will give you a meal plan based on your calorie level, with the recommended amounts of fruits, vegetables, milk products, grains, meat & beans.

To determine if your weight is in the healthy range, you should calculate your Body Mass Index (BMI). You can easily calculate your BMI by visiting the government website <http://nhlbisupport.com/bmi/bmicalc.htm>. BMIs between 18.5 to 25 are considered to be healthier than higher or lower BMIs. After calculating your BMI, click on the BMI Table link, to see the range of weights in this range. You can then decide on a healthy weight target.

Individuals vary in their need for nutrients and calories, depending on their digestion, metabolism, and absorption of nutrients. For more individualized nutrition counseling, see a registered dietitian in your local area.

This answer was provided by Bonnie J. Brehm, PhD, RD, who is an Associate Professor of the College of Nursing at the University of Cincinnati and a NetWellness expert. NetWellness is a non-profit consumer health website operated by the University of Cincinnati, The Ohio State University, and Case Western Reserve University. In over ten years, NetWellness experts have answered over 32,000 questions. To send a question to Dr. Brehm and other NetWellness experts, please visit <http://www.netwellness.org>.

Wellness Center Schedule

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Place</u>
Sept 6	Women & Wellness: Osteoporosis- Lunch & Learn	11:30p-12:30p	500 Swift Hall
Sept 13	Women & Wellness: Cardiovascular Disease- Lunch & Learn	12p-1p	620 Swift Hall
Oct 4	Health & Wellness Fair	11a-2p	McMicken Commons
Oct 6	Denim Day	9a-4:30p	TUC Atrium
Oct 18	Lunch & Learn– Breast Cancer	12p-1p	MainStreet Cinema
Nov 2	HIV Testing	11a-2p	335 Lindner Center
Nov 8	Lunch & Learn- Nutritional Supplements: Fact or Fiction?	12p-1p	TUC 415 A&B
Nov 16	Great American Smokeout	TBA	TBA
Nov 17	Random Acts of Kindness	All Day	West Campus
Nov 28	Stress Awareness Day	11a-1p	TUC
Dec 1	World AIDS Day	9a-4:30p	TUC Atrium

Recipes

Fiesta Salsa

Ingredients:

2 Roma tomatoes, diced or 2/3 cup chopped canned tomatoes
1/4 cup diced red onion
1 jalapeno pepper, seeded and finely chopped
1/4 cup red or green peppers

1 tablespoon chopped cilantro
1 tablespoon fresh lime juice (about 1 lime)
Salt and freshly ground pepper to taste
Dash of hot sauce (optional)

Instructions:

- Place tomatoes, onions, jalapeno, peppers, cilantro and lime juice in a bowl. Add the salt, pepper, and hot sauce.
- Serve with tortilla chips or pita bread.



Nutrition Facts:

Serving size: 2 tablespoons. Makes 8 servings. Per serving: Calories 10, Fat 0g, Protein 0g, Sodium 80mg, Carbohydrates 2g, Fiber 1g, Saturated Fat 0g.

Strawberry-Orange Smoothie

Ingredients:

1/4 cup orange juice
1/2 cup plain, low-fat yogurt

1/2 cup stemmed, sliced strawberries
Honey to taste

Instructions:

- Place all the ingredients in a blender. Blend on high speed until smooth.

Nutrition Facts:

Serving size: 1 cup. Makes 1 serving. Per serving: Calories 116, Fat 0g, Protein 6g, Sodium 69mg, Carbohydrates 25g, Fiber 2g, Saturated Fat 0g.



Free Fun For Everyone

How often does the question arise; what should we do this weekend? Why not start the weekend off with Friday Night Live? Friday Night Live started at the University in the fall of 1999 as a



means for students to get out and enjoy some free entertainment. Today, Friday Night Live is becoming a more prominent event on campus. Friday Night Live puts together fun events like Game Nights, Scavenger Hunts, Drive-in Movies, Family Nights, and Cook-outs for faculty, staff, and students. There is such diverse programming of events that it truly is “Free Fun for Everyone”. Where else can you go, have hours of fun and win some amazing prizes all for

Free!! Some of the prizes have included DVD players, Plasma TV’s, Ipods, X-box 360’s, Sirius satellite radio’s, gift cards to local restaurants and so much more!

Friday Night Live has increased the liveli-hood of campus by providing quality alcohol-free entertainment and educational programs to the entire UC community. FNL also provides an opportunity for you to get involved on campus. Join the FNL committee to help bring your ideas to reality. If you would like to know more about the FNL committee or would just like to know about the next FNL event, just IM us at UC FNL, look us up on Facebook, or call us at 556-6124.

Friday Night Live Fall 2006 Schedule

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
9/15	Splash Bash Dive-in Movie	11pm	Campus Recreation Center Leisure Pool
9/22	Bearcat <i>Live!</i>	7pm	Sigma Sigma Commons
9/28	Free Fun For Everyone	10am-2pm	TUC Atrium
9/29	UC Deal or No Deal	7pm	TUC Great Hall
10/6	PAC Comedy Show	7:30pm	TUC Great Hall
10/13	Game Night	10pm-12am	Catskeller
10/20	Cornhole Tournament & Putt Putt Golf	6pm	Sigma Sigma Commons
10/27	Halloween Family Night	5pm	TUC Food Court & Cinema
11/3	80’s Night	8pm	TUC 400 A, B, & C
11/17	Taste of the World	6pm	TUC Great Hall
12/1	Murder Mystery Dinner Theater	6pm	TUC Great Hall

ALL EVENTS ARE FREE!

Call 556-6124 or visit www.uc.edu/wellness



MAIN STREET



Wellness Center

University of Cincinnati

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675 Steger Student Life Center
University of Cincinnati
Cincinnati, OH 45221-0366
Phone: 513-556-6124
Fax: 513-556-6077
E-mail: Wellness.Center@uc.edu

Newsletter Comment Card

Name: _____

Contact info: _____

Comment or Suggestion: _____

Please send your comments to the UC Wellness Center,
ML# 0366.

We're on the web!

www.uc.edu/wellness/

**YOUR STOP FOR HEALTH
AND WELLNESS!**

University of Cincinnati Word Search

*Return the completed word search by October 20th and you may win a \$10 gift card to the UC Bookstore!

S L L N Q K J K B B G V U L P N H J
X W V T X V O G A N R M H U W T Q H
M D D W Z Y R S R K J V R Y X F O I
Z Y B K S Y C U T R H D M B N V H N
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BEARCATS

BOOKSTORE

CATSKELLER

CCM

DAAP

FNL

LANGSAM

MAINSTREET

MCMICKEN

RESIDENCE HALLS

SALD

TANGEMAN

UHS

VARSITY VILLAGE

WELLNESS

Name: _____

Phone Number: _____

ML: _____