

THE BEARCAT BODY

UNIVERSITY OF CINCINNATI WELLNESS CENTER

Welcome Back To...Wellness



Wow! It's already that time of year again...you know what I'm talking about: another school year is in full swing. Welcome back and enjoy the year. Now it's time to let you in on the little secret of what exactly the UC Wellness Center is, and what it can do for you! Basically, for those who do not know, the Wellness Center is a resource on campus for absolutely anyone who needs information on practically every subject relating to health and wellness. We offer information on almost any topic from A to Z; for example: alcohol, body image, drugs, drinking, eating disorders, exercise, fitness, HIV & AIDS, men's health, nutrition, relationships, rape / sexual assault, stress, smoking, STI's, tobacco, women's health, etc. As you can see the list goes on and on, but don't worry if we don't have the information you are in search of, we have an extensive list of other resources on campus that we will refer you to so that you can find what you need. The Wellness Center is full of information that is available to everyone at no cost. There are brochures addressing all the topics listed above and more, so the next time you have an assignment for a class and need information this would be a great place to stop by and check out. We also have a collection of books and videos that we may be able to lend out to you for your viewing / reading pleasure depending on the resource.

Another part of the Wellness Center is the work of its staffed Peer Educators. These student-workers are the individuals responsible for putting on programs about health and wellness topics. They go around to the classrooms, residence halls, Greek houses, etc. to give presentations offering you information about the requested topic. These programs are presented through the use of games (like Jeopardy), videos and discussions, guided meditations (for stress programs), and general information sessions. The choice is up to you on what topic you want to hear about and how you want the information presented. There are three ways to go about ordering a program...simply stop by room 675 of the Steger Student Life Center and fill out a Program Request Form, call us at 556-6124 to request a program, OR visit us online at www.uc.edu/wellness to complete the online request form.

The last aspect of the Wellness Center, but certainly not the least is an event we are responsible for called Friday Night Live or FNL. These are events that are put on every Friday night that are absolutely FREE to everyone and offer an alternative to the party and drinking scene. If you attend a Friday Night Live event you can usually find tons of food, fun and GREAT prizes. Events will include: Movie and Wings Nights, Casino Nights, Carnivals, Halloween Horror Night, Ice Cream Socials, Cornhole Tournaments, Texas Hold 'Em Tournaments, and comedy acts, just to name a few. These events will feature prizes like I-Pods, portable DVD players, flat-screen TVs, Riverbend tickets, Play Station Portables, Kings Island passes, Reds Tickets,

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etc. If you want to have a great time, with free food and a chance to win awesome prizes, then Friday Night Live is something to come and check out!

So, now that you know what the Wellness Center does and how it is here for you, we encourage you to come by and visit whenever you can find a free moment from those tough classes!

Lee Denim Day

Breast Cancer is a disease that is currently on the rise with women. Although large strides are being taken to increase awareness and early detection, women are still at a large risk. According to the American Cancer Society, about 211,240 new cases of breast cancer arise each year with about 40,000 resulting in death. However, despite these frightening statistics, there are currently over 2 million breast cancer survivors in the United States, due mainly to research funded by generous donations.

Denim Day which is a breast cancer awareness program. Students, Faculty, and Staff are encouraged to wear denim on that Friday to show their support for breast cancer and research.

The UC Wellness Center will be in the TUC Atrium hosting a donation table in which donations can be made to the Susan G. Komen Breast Cancer Foundation. If a donation is made, you will have the opportunity to sign a piece of denim showing your support, receive some free gifts, and also be entered in a raffle for other great prizes. Last year we helped to raise more than \$8.5 million! This year the overall goal nationally for Lee Denim Day is \$10 million in honor of their 10th anniversary. Please help to show your support for breast cancer research and survivors!

At the University of Cincinnati, we are working to create more awareness across campus in hopes of teaching young women of their risks and raising money for various foundations. On Friday October 7th, we are participating in the 10th Annual Lee National

Organizations at the Health and Wellness Fair

- Hoxworth
- Nova Care Rehabilitation
- Collegiate Ministry
- American Cancer Society
- Planned Parenthood
- UC Psychological Services
- Diversity Education
- Arthritis Foundation
- University Ombuds
- University Fitness Center
- Athletic Department
- UC Women's Center
- College of Pharmacy
- UC Bookstore
- Ohio Tobacco Quit Line
- UC Police
- AVOC
- MainStreet Operations

Health and Wellness Fair

The UC Wellness Center and the Campus Recreation Center have come together to bring you the 6th annual Health & Wellness Fair. It will be held on October 5th from 11:00am through 2:30pm on McMicken Commons. There will be over 50 on and off campus organizations participating in this large event. Prizes will be given away, and you can pick-up information and goodies while you're there! Not only will there be booths at the fair, but also a huge inflatable obstacle course will be waiting for adventurous competitors. The fire department will bring a simulation trailer where you can feel what it would be like to be in a burning

house. This is a great event to learn what resources are available to you on and off campus.

In conjunction to the Health & Wellness Fair the Student Activities Fair will also be in full swing. All attendees will be able to meet and learn about the different student groups housed at UC. For more information, contact the Wellness Center at 556-6124.

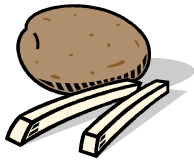


Wellness Center Fall Schedule

<u>Program</u>	<u>Date</u>	
Health & Wellness Fair	10/5/2005	Wednesday
Denim Day	10/7/2005	Friday
Lunch & Learn: Healthy Cholesterol	10/19/05	Wednesday
HIV Testing	10/20/05	Thursday 10-2
Lunch & Learn: Breast Self Exams	10/26/05	Wednesday
Fitstop	11/9/2005	Wednesday
Great American SmokeOut	11/17/2005	Thursday
Random Acts of Kindness	11/18/2005	Friday
Stress Awareness Day	11/29/2005	Tuesday
World AIDS Day	12/1/2005	Thursday



Healthy Eating Options on Campus



Looking for something to eat for lunch? Here is a breakdown of some options to choose from on campus.

	<u>Calories</u>	<u>Fat</u>	<u>Sodium</u>	<u>Protein</u>	<u>Carbohydrates</u>
Wendy's					
Grilled Chicken Sandwich	310	8	780	27	35
Single Hamburger	420	20	810	26	37
Grilled Chicken Salad	200	8	690	25	10
Sour Cream & Chive Potato	380	6	40	8	66
Small Fries	260	13	85	3	33
Subway					
Subway Club®	312	5	1352	21	46
Roasted Chicken Breast Salad	162	4	693	20	13
Roast Beef Sub	303	5	939	20	45
Subway Melt™	382	12	1746	23	46
Meatball Sub	419	16	1046	19	48

Recipes

Fast Food

Facts

Taco Bell

Nachos BellGrande®
Calories- 740
Fat- 39g
Carbs- 66g
Protein- 16g

Wendy's

Spicy Chicken Sandwich
Calories- 410
Fat- 15g
Carbs- 43g
Protein- 28g



Turkey Bacon Cheeseburger

- 1 Lb. ground skinless chicken breast
- 2 tablespoons ketchup
- 2 tablespoons plain dried bread crumbs
- 2 teaspoons Dijon mustard
- 1/2 cup shredded reduced-fat cheddar cheese
- 4 hamburger rolls
- 4 strips crisp-cooked turkey bacon
- 4 lettuce leaves
- 4 tomato slices
- 4 onion slices

Combine chicken, ketchup, bread crumbs, and mustard in a bowl. Shape into four patties. Cook patties in skillet, about 4 minutes on each side. Sprinkle with cheese and garnish with lettuce, tomato, and onion.

Per Serving:

377 calories * 17g fat * 27 g carbs

Autumn Apple Salad

- 4 tart green apples, cored and chopped
- 1/4 cup blanched slivered almonds
- 1/4 cup dried cranberries
- 1/4 cup chopped dried cherries
- 1 (8oz) container vanilla yogurt



Per Serving:

213 calories * 5g fat * 38g carbs

Peanut Butter Chews

- 1 cup corn syrup
- 1 cup white sugar
- 1 cup creamy peanut butter
- 4 1/2 cups cornflakes cereal
- 1 cup semi-sweet chocolate chips
- 1 cup butterscotch chips

Melt corn syrup and sugar in a saucepan, boil for 1 minute, remove from heat. Stir in peanut butter and cereal. Roll into balls on waxed paper. Drizzle melted chocolate and butterscotch chips over cookies

Per Serving:

152 calories * 6.4g fat * 23g carbs

Friday Night Live



Looking for something awesome to do on Friday nights? We found it! Friday Night Live is a program that provides fun events for students without the alcohol scene. We make it a point to do exciting events, eat great food, and give away impressive prizes.

Does that sound cool? Think about joining the Friday Night Live committee and help decide what events we have in the future. Committee members can choose from many different aspects of program planning to help with. And yes, even

committee members will compete for their own prizes. The first meeting will be September 28 @ 4:30pm in 675 Steger Student Life Center, room 681. Stop in to check it out, refreshments will be provided.



FNL Fall Schedule

- 9/16 Personalized Holograms**
12pm-8pm @ TUC Atrium
Graeter's Ice Cream
6pm-8pm @ McMicken Commons
- 9/23 Bearcat Live!**
Fun Flicks 12pm-6pm @ TUC
Free Soda and Snacks 6pm-2am @ Sigma Sigma Commons
- 9/30 Tha Blast**
"Tha Afternoon College Spin" Learn about urban culture and spinning 2pm-3:30pm @ TUC Atrium
"Hip-Hop Until You Don't Stop!" Music Concert
8pm-11pm @ McMicken Commons
- 10/7 Heads VS. Feds**
Debate over the legalization of marijuana
7:30pm @ TUC Great Hall
- 10/14 Midnight Pancake Breakfast**
Have a late night snack after kicking off the UC Men's
Basketball season
12:30am-2:30am @ TUC Food Court
- 10/21 Cornhole Tournament**
Compete in a Cornhole Tournament for awesome prizes
6pm-8pm @ Armory Fieldhouse
- 10/28 Halloween Horror Night**
Costume Contest and Movie
8pm-12am @ TUC Cinema
- 11/4 Family Night**
Disney's "Madagascar"
5pm-7pm @ TUC Cinema
- 11/18 Scavenger Hunt**
Search UC campus for items and win GREAT PRIZES!
7pm-10pm @ Catskellar
- 12/2 Chocoholic Delight**
Watch "Willie Wonka and the Chocolate Factory" and indulge in many sweet treats!
7:30pm-10pm @ TUC Great Hall

All events are FREE!!!!

The Bearcat Body

Word Search

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

- APPLE CIDER
- BARE TREES
- BEARCAT LIVE
- COLORFUL LEAVES
- FITSTOP
- FOOTBALL
- HALLOWEEN
- HARVEST
- HEALTH FAIR
- JACKETS
- PUMPKIN PIE
- PUMPKINS
- RAKING
- SWEATERS
- THANKSGIVING



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Newsletter Comment Card

Name: _____ (optional)

Contact Info:

Comment or Suggestion:

Please send your comments to:

UC Wellness Center