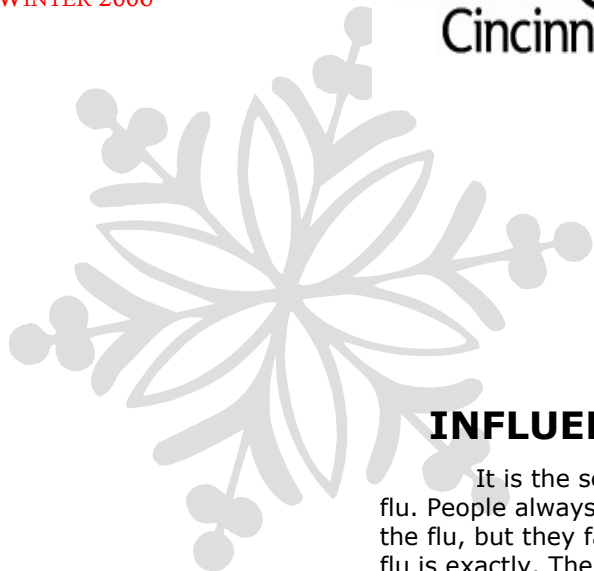




BEARCAT BODY



INFLUENZA VIRUS

It is the season for the dreaded flu. People always say that they have the flu, but they fail to realize what the flu is exactly. The flu is a viral infection of the respiratory tract that deals with the throat, nose, and lungs. The flu is highly contagious and occurs mostly in the winter and spring months.

Some flu symptoms are fever, chills, headaches, loss of appetite, and fatigue. However, the most serious symptoms that are caused by the flu are depression, weakness, sore throat, and runny nose. You may experience nausea, diarrhea, or even vomiting. Symptoms usually last between 1-4 days after exposure. Cough and weakness usually last between 7-14 days.

The flu is spread when an infected person sends virus-infected droplets into the air by coughing, sneezing or speaking and someone breathes in those droplets. A person can still catch or spread the virus from the day before



the symptoms appear until the day the symptoms are gone.

The best way to prevent getting the flu this year is to get the flu vaccine.

It's difficult to distinguish between the flu and other infections because the symptoms are sometimes very similar. The only way to know for sure is to be tested by your doctor within a few days of getting sick.

For more information about where you can get vaccines or tested for the influenza virus visit the Cincinnati Health Department website at <http://www.cincinnati-oh.gov/health> or visit the facility at 3101 Burnet Avenue, Phone: (513) 357-7200.

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STAY ACTIVE DURING THE WINTER MONTHS

It can be very hard to stay motivated to exercise, especially during winter months. The cold weather can force anyone to stay at home wrapped up in a blanket in front of the television. It is critical to get some exercise whether it is to maintain that strength and stamina you've built up over the past few months, to maintain a healthy lifestyle, or if you are just trying to get a jump on swimsuit season. Here are some indoor actives to get a little exercise and avoid all that cold weather.

*When you go to the mall, instead of

bringing your wallet, grab your walking shoes and take a few laps *past* your favorite store.

*Join a gym. A fun new atmosphere can be a little extra motivation, all while exercising and meeting new people.

*Create your own home gym. A lot of exercises that are done in the gym can be done at home with a set of dumbbells, a jump rope, and exercise ball.

If you're the type that enjoys the outdoors, even in the cold weather, be sure to get all bundled up to go out-



side. Warm up your muscles to avoid injuries. The best way is to layer with breathable clothing and do quick warm-up exercises. Try to use breathable clothing to avoid sweating because sweating can cause chills and cool down your muscles. After you are bundled up and prepared, here are a few ways to get that exercising in on a busy day.

*Don't park close to the store entrance, take the farther spot and walk.

*Take the stairs, it will be good for your legs.

*Do the shoveling yourself. It may not be fun, but it is a workout!

As great as all of this seems, it will help you stay active with minimal effort during the cold winter months.



IT'S THAT TIME OF YEAR AGAIN—"WINTER BLUES" TIME

Are you the kind of person who just feels down in the dumps when the fall and winter months roll around? Well don't be afraid because you are definitely not alone. This is a very common disorder known as Seasonal Affective Disorder (SAD) or more commonly called the "winter blues." SAD is a common type of depression that is associated with the seasons of the year.

Most people who have SAD are only affected during the late fall and winter months, although a select few are affected in the late spring and summer months. SAD is more common in young adult women but can affect men and women of any age. In North America alone, SAD can affect close to 6 in every 100 people and occurs more in northern states than in the south! The exact cause of SAD is still unknown, but it has been related to chemical changes that occur in the brain caused by changes in the amount of sunlight during the day, as well as the fact that this disorder often has the tendency to run in families. Some symptoms

of SAD include depressed mood, loss of interest in usually enjoyable activities, poor concentration and indecisiveness, or feelings of worthlessness.

Symptoms that are specific to winter SAD are sleeping much more than normal, cravings for sugar, starchy foods, or alcohol; weight gain, irritability, conflicts with other people, and heaviness in the arms and legs. The symptoms typical to summer SAD include: insomnia, poor appetite, weight loss, agitation and anxiety. A person who suffers from SAD may experience some of these symptoms, as they do not have to experience all of them to be considered a person suffering from the disorder!

Treatments for this disorder may include anything from the use of bright-light therapy to the use of medications such as anti-depressants. Overall, just know that if you are a person who gets down in the winter months, you are NOT alone and that there are plenty of options to help you feel better!

GIRLS FIGHT BACK

On Tuesday, March 7, 2006, Erin Weed, national speaker, author and consultant, will be here at UC to present her campus presentation "Girls Fight Back". When Erin was in college a good friend of hers was murdered while fighting off an attacker who broke into her apartment. After this tragedy Erin made it her life's work to travel to different colleges and teach

women to defend themselves. "Girls Fight Back" is an empowering sexual assault and violence prevention program for college women. The program will take place in Alumni Hall from 6-7pm. This program is free and open to all women of the University. For more information on this program please contact the UC Wellness Center @ 556-6124.

STAY SAFE ON WINTER BREAK

With Winter break right around the corner, many are anticipating the break from classes and the start to some carefree fun. However, the weather during this vacation can be very unpredictable and dangerous.

Some ways to stay safe during the holidays are to drive slowly, stay alert and wear your seat belt. Always be cautious that the weather can change at any time so be prepared.

Also, many will be looking forward to seeing their friends. When the

weather allows it, go out and have a good time.

There are many fun and safe activities to partake in to stay out of harm's way. Some activities include going to the movies or renting movies, or going out to dinner. There are skating rinks and horse carriage rides downtown. To get into the holiday mood drive around and look at Christmas lights or have a cookie baking party.



CINCINNATI WINTER ACTIVITIES

Winter has arrived and you probably don't want to find yourself stuck inside, staring out the window, wishing you had something better to do. In order to avoid boredom, here are a few suggestions of ways to get involved and remain lively around the city regardless of the weather outside:

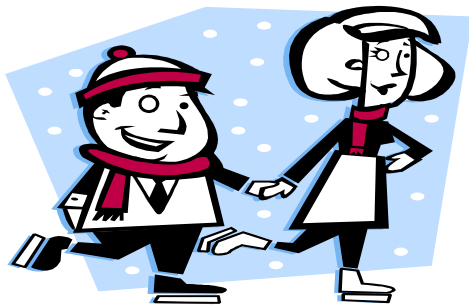
Ice Skating

Eden Park

905 Eden Park Dr
Cincinnati, OH 45202
513-352-4080

Sawyer Point

801 W. Pete Rose Way
Cincinnati, OH 45203
513-352-4000



The Arts

February 10- Swan Lake

Procter & Gamble Hall
513-721-3344

January 28- The

Arabian Knights
Cincinnati Playhouse
In the Park
Rosenthal Plaza
513-421-3888

February 24- Wizard of Oz

Taft Theater
513-721-8883

One last suggestion would be to simply have fun! Build a snowman, make snow angels, or even go sled riding!

For more information on what's going on around the city check out:

www.cincinnati-oh.gov/parks
www.cityguide.aol.com/cincinnati

Parks' Visitors Center at 513-352-4080

HEALTHY FAST-FOOD EATING TIPS

In this busy day and age, you are probably thinking, "How in the world will I have the time to choose healthy meals on the go?" Well, there is an easy way to fix that problem even with the lack of healthy fast-food choices on campus. By following these easy tips, you are sure to be eating healthy fast-food meals in no time.

TIP #1: Change unwanted behaviors and adapt new ones

- *Drink a full cup of water before eating.* This will cut your hunger pains by filling you up and making you more aware of your food.

- *Eat only when you are hungry.* Try not to give into the temptation of eating foods by habit (ex. while watching TV) or simply because the food smells or looks good.

- *Eat slowly.* You should take at least 20 minutes to eat a meal in order for your brain to register when you are full.

TIP #2: Choose your food items wisely

- *Think small.* Though it may be tempting, avoid ordering larger, or "super sized" meals. If you become hungry later, snack on healthy foods to get you through the day until your next meal.

- *Here are some healthy options:*

*Grilled chicken or fish sandwich instead of hamburgers

- * Baked potato or salad instead of french fries
- * Thin crust pizza instead of thick crust or pan pizza
- *Fruit or yogurt for dessert instead of cookies and cake.
- * Avoid fried foods and condiments such as mayo, tartar sauce, and ranch salad dressing

- *Drink water instead of pop with your meal.*

This helps you fulfill your recommended daily serving of water (8 glasses of water a day).

- *Save dessert for later.* Wait about 30 minutes after your meal. If you are not hungry for it anymore, that means you probably didn't really want it in the first place. On the other hand, if you are still craving dessert, go ahead and indulge yourself with a reasonable portion.

TIP #3: Stick to your new eating habits and don't give up!

- *Stand your ground.* It may be hard, but don't be persuaded by your friends and family to eat food items that are unhealthy choices for you.

- *Don't give up!* In the beginning, it might seem difficult for you to develop a new routine of eating healthy meals at fast food restaurants. Soon enough, you will realize that it is not as hard as it you thought. Once you get into the groove of things and make it a habit, it's a piece of cake!

FRIDAY NIGHT LIVE—WINTER SCHEDULE 2006

1/6 Texas Hold Em' Tournament

8pm @TUC Atrium

Registration begins at 7:30pm! NO ENTRY FEE! Eat FREE food! Winner will receive a portable DVD Player with DVD's! Cool prizes for 2nd and 3rd places!

1/20 Ultimate Psychic Fair

7pm-11pm @ TUC Atrium

Come see a palm reader, tarot card reader, and get your personal numerology and aura imaging done. All for FREE and FUN! Win awesome prizes!

1/27 Blackout

7pm @ TUC Great Hall ~ Co-sponsored by Shades of You

The lights are out! Features poetry and talent by the members of *Shades of You* and other individuals within the University.

2/3 Family Night

5pm @ TUC Cinema

Come watch a good family movie. Movie is TBA. Enjoy the movie, games, and snacks. FREE!

2/10 The College Dating Game

8pm @ Zimmer Auditorium

Everyone will have fun at this hilarious 1960's style Dating Game. *Call 556-6124 if you would like to be a Bachelor or Bachelorette-Amazing prizes awarded!

2/17 Bearcat Bash Pep Rally

6pm @ Great Hall ~ Co-sponsored by Rally Cats

Come support the Bearcats before they face Providence. Enjoy food, music, games, and prizes!

2/24 Game Night

6pm @ Catskeller ~ Co-sponsored by Campus Recreation

"All you can play" games for FREE until 8 pm. Compete in the Billiards Tournament-Win a TV!

3/3 METRO/CWEST Talent Show

7pm @TUC Great Hall ~ Co-sponsored by the Men of METRO and the Women of CWEST

Come watch this entertaining talent show and enjoy great food and fun!

3/10 Food From Around the World

5pm @ Zimmer Auditorium

Experience food from different countries. Win gift certificates to local ethnic restaurants!

All events are FREE!!!

*If you would like to join the Friday Night Live Committee, contact the Wellness Center @556-6124



WELLNESS CENTER –WINTER SCHEDULE 2006

2/6-2/10

Wellness Week

2/22

Lunch and Learn "As Seen on TV- Do Fitness Products Really Work?"

TUC 400B

12pm

2/24

Random Acts of Kindness Day

3/1

Stress Awareness Day

3/2

HIV Testing

Scioto 1st floor

10am-2pm

3/6-3/10

Safe Spring Break Week

HEALTHY SOUP RECIPES

Barley and Vegetable Soup

3/4 cup pearl barley
 11 cups vegetable stock (see recipe for Roasted Vegetable Soup)
 2 tablespoons extra-virgin olive oil
 1 1/2 cups chopped onion
 1 cup chopped carrots
 1/2 cup chopped celery
 1 cup thinly sliced mushrooms
 Salt to taste
 1/2 bunch parsley

1. In a saucepan, combine the barley and 3 cups of vegetable stock. Bring to a boil over medium heat, cover, and simmer for 1 hour, or until the liquid is absorbed.
2. Meanwhile, heat the olive oil in a large pot and add the onion, carrots, celery, and mushrooms. Cover and cook the vegetables for about 5 minutes, until they begin to soften.
3. Add the remaining vegetable stock and simmer 30 minutes, covered.
4. Add the barley and simmer 5 minutes more. Add salt to taste and ladle into bowls. Serve garnished with chopped fresh parsley.

Vegetarian Chili

7 1/2 cups cooked beans, like pintos, anasazi, adzuki or kidney (roughly four 15-ounce cans or 1 pound dried beans, cooked)
 2 tablespoons extra-virgin olive oil
 2 large onions, diced
 1 dried or canned chipotle pepper (crushed)
 1 tablespoon mild red New Mexican chile powder, or to taste
 1 tablespoon dried whole oregano
 1 tablespoon ground cumin
 1/2 teaspoon allspice
 1 large can (28 ounces) crushed tomatoes, undrained
 5 cloves garlic, mashed
 Salt and pepper, to taste

Garnishes:
 Chopped raw onion, Chopped tomato, Shredded lettuce, Tortillas

1. Drain beans in a colander.
2. Heat oil in a saucepan. Add the onions and sauté.
3. Add the chipotle pepper, red chile powder, oregano, cumin and allspice to the onions. Cook for 2 minutes.
4. Add the tomatoes and beans. Simmer for 45 minutes, adding liquid if the mixture gets too dry.
5. Serve in bowls with warm tortillas. Garnish with chopped raw onion, chopped tomato and shredded lettuce.

Serves 6

Nutrients Per Serving

Calories: 202.6
 Protein: 6.6 grams
 Fat: 5.1 grams
 Saturated Fat: 0.5 grams
 Monounsaturated Fat: 2.6 grams
 Polyunsaturated Fat: 1.7 grams
 Carbohydrate: 33.7 grams
 Fiber: 4.6 grams
 Cholesterol: 0.0 mg
 Vitamin A: 3,465.2 IU
 Vitamin E: 0.9 mg/IU
 Vitamin C: 4.5 mg
 Calcium: 36.7 mg
 Magnesium: 40.1 mg



Serves 6

Nutrients Per Serving (with 1 tortilla)

Calories: 351.1
 Protein: 17.4 grams
 Fat: 5.7 grams
 Saturated Fat: 0.8 grams
 Monounsaturated Fat: 3.5 grams
 Polyunsaturated Fat: 0.8 grams
 Carbohydrate: 62.1 grams
 Fiber: 20.6 grams
 Cholesterol: 0.0 mg
 Vitamin A: 737.5 IU
 Vitamin E: 1.3 mg/IU
 Vitamin C: 25.0 mg
 Calcium: 140.3 mg
 Magnesium: 117.9 mg



UC Wellness Center

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

We're on the web
[www.uc.edu/
wellness](http://www.uc.edu/wellness)



Newsletter Comment Card

Name: _____ (optional)

Contact Info: _____

Comment or Suggestion: _____

Please send your comments to UC Wellness Center

WINTER WORD SEARCH

*Mail in your com-

pleted word search by 1/31/06 and you may win lunch at Potbelly's!

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

Word Search

- BOOTS
- CHRISTMAS
- COAT
- COLD
- FROST
- HANUKKAH
- HOT CHOCOLATE
- KWANZAA
- NEW YEAR
- RESOLUTIONS
- SNOW
- SNOW DAY
- SNOWMAN
- SOUP
- WINTER

NAME: _____

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PHONE: _____

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Mail to the Wellness Center
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