

Total Wellness in 3 Steps

We know how crazy the college lifestyle can be and we're here to help!

1. 30 minutes of...

Just 30 minutes of these activities burn calories!

Jogging 6mph = 322

Ping Pong = 126

Running 8mph = 427

Shopping for groceries = 84

Skipping Rope = 399

Walking 3mph = 112

3. Flu Season Tips

Symptoms

- Severe sore throat
- Headache
- Body aches
- Fatigue
- Significant cough

Be prepared with a week's supply of medicine, tissues, water and flu-friendly foods.

Stay home for 24 hours when you first get a fever.

Wash your hands or use hand sanitizer to stop the spread of germs.

Try to avoid close contact with sick people.

s.w.e.e.t. Peer Educators are SHU students equipped with information and resources to help lower the risk of eating disorders, alcohol poisoning, depression, and other wellness-related issues, and to promote a safer, healthier, happier campus community through various fun and educational programs. If you are interested in learning more about s.w.e.e.t. or becoming a Peer Educator, e-mail Karen Flanagan at flanagank879@sacredheart.edu. This message has been approved by the Student Wellness Education and Empowerment Team.

2. Sleep By The Numbers

.05%: your blood alcohol level equivalence after 17 hours of sustained wakefulness

1.5: hours until REM sleep begins

3: the number of drinks that it will have the same effect on your body if you haven't slept well in 5 days.

5: minutes or less to fall asleep if you're sleep deprived

7: average hours of sleep

18-24: age range when not getting enough sleep has the most effect

Meet this month's peer ed.!



Name: Danielle Adler

Year: 2011

Major: Exercise Science/ PT

You can find her... playing club field hockey or on the beach!