App of the month: “MyFit”

Want an amazing workout but just not feeling the long walk to the Pitt? This app gives you specific work out moves you can do in your dorm.

It’s Love Your Body Month...do you love your body?

-Fact: Everyone has at least one thing about themselves that they wish they could change.

-Fact: “Fat Talk” is everywhere. Focus on other great aspects about your friends other than their waist size.

Challenge: Take part in “Mirrorless Mondays”. Go the whole day without checking the mirror. Can you do it?

All the single ladies and guys, what are you doing on Valentine’s Day?

-Spend a night in watching movies and eating popcorn. No need to fight about what movie you want to watch.

-Why not get yourself something nice? Take the shuttle to the mall and grab some Starbucks.

-Go about your day like Valentine’s Day doesn’t exist...even some couples do this.

EVENTS OF THE MONTH:
What: Healthy Eating Screening
Where: Freshmen Dorms
When: February 25th times TBA

What: “Your Diet is Making You Fat”
Where: The Edgerton
When: February 26th at 7:45pm

Words of Inspiration:

“Just because you don’t look like the other crayons in the box, you can still make the most beautiful picture.”

~Unknown

Who are we? Students like you. We eat. We sleep (sometimes). We study. We spend too much time on Facebook. We have a good time. We’ve also got the facts about drinking, dealing with stress, sexual health, nutrition and exercise, and tobacco use on campus.