

MAVERICK HEALTH

A newsletter dedicated to student health at Minnesota State University, Mankato

Fall 2005

10,000 Steps Walking Club is back!

18 months ago, a group of student volunteers working for Student Health Services and Health Education launched a walking club, a daily exercise opportunity for MSU students who are interested in becoming physically active in a fun, social atmosphere. The goal of the 10,000 Steps Walking Club is to encourage everyone, no matter what their current level of fitness, to walk 10,000 steps each day. Walking Club participants enjoy the benefits of cardiovascular exercise without the hassles of having to sign up or pay for anything. For those concerned about keeping up, this walking experience is tailored to fit everyone no matter what walking pace they find most comfortable. Students interested in the 10,000 Steps Walking Club can contact Heather or Jessi in the MSU Health Education office at 389-5689 for more information and walking dates/times.



Happy Birthday!!!



Certain birthdays represent important milestones. When a person turns 16, they can get a driver's license. When a person turns 18, they are an adult and have the right to vote. And when a person turns 21, they can legally drink alcohol. The 21st birthday celebration for some college students includes the end to abstaining from alcohol, using fake IDs to get into the bars, or finding an older acquaintance to buy alcohol for them. Unfortunately, some 21st birthday celebrations include birthday rituals that can lead to serious consequences and, in some instances, death. Recent, well-publicized deaths caused by excessive drinking on a 21st birthday inspired Minnesota Rep. Morrie Lanning to introduce legislation calling for an end to the so-called Power Hour, the time from midnight to last call at bars when just-turned-21-year-olds try to consume as much alcohol as possible in a short time frame. The law, which took effect in June, prohibits alcohol purchase, possession or consumption until 8:00 a.m. on the day of a person's 21st birthday. Other 21st birthday rituals, like drinking 21 shots or doing a pub crawl for 21 drinks, are nearly impossible make "illegal" through legislation but have the potential for the same serious consequences as the Power Hour. A 2002 study by the Task Force of the National Advisory Council on Alcohol Abuse and Alcoholism reports an estimated 300 college students die each year from alcohol poisoning, a condition caused by drinking too much alcohol too fast. Dangerously high blood alcohol levels can occur easily when taking shots, chugging, or playing drinking games. Signs and symptoms of alcohol poisoning, often dismissed because the person is passed out or "sleeping it off" in the corner, include the person being unconscious or semi-conscious; cold, clammy or bluish skin; 10 or more seconds between breaths; or vomiting while "sleeping" or passed out. Alcohol poisoning is a medical emergency that require immediate help: call 911, turn the person on their side and stay with them until help arrives. So the next time someone you know is about to celebrate that all-important 21st birthday, be a good friend and don't pressure them to drink. Forget about buying them a barf bucket and help them have a fun birthday celebration they'll actually remember and be around to talk about on their 22nd birthday .

House Party 2005

Take a tour with us & explore a house party from a different point of view!



Wednesday, October 19th

Phi Delta Theta

639 South Fourth Street



Portion Control & Serving Size Important Part of Healthy Eating

The obesity epidemic in the United States has produced an abundance of materials telling Americans how they can reshape their diets in order to reshape their bodies. Two useful tools that increase our chances of eating a healthy balance and don't require a degree in nutrition are portion control and serving size. Knowing how to properly "portion" your plate and what constitutes a serving size helps fill your plate with healthy choices.



The place setting pictured is a visual cue that shows 1/2 the plate space should be used by vegetables (colorful vegetables are best), 1/4 of the plate space should be used by whole grains or starchy vegetables, and 1/4 of the plate should be taken up with meat and meat substitutes. In addition to the food on the plate, the beverage offered with the meal should contain 8 ounces of skim or 1% milk (or 1 cup of yogurt as a substitute). Diners looking for something sweet to finish a meal should consider a medium-sized piece of fruit or 1/2 cup of unsweetened canned fruit. Serving size is the second tool that can be used to shape a person's diet. Most Americans overestimate serving size and "overconsume" because of it. Using everyday objects can put serving size in perspective. See www.mypyramid.gov for more tips.

3 ounces of meat is about the size/thickness of a deck of cards	
A medium apple or peach is about the size of a tennis ball	
1 ounce of cheese is about the size of 4 stacked dice	
1 cup of mashed potatoes or broccoli is about the size of your fist	
1 teaspoon of butter or peanut butter is about the size of your thumb tip	
1/2 cup ice cream is about the size of a tennis ball	

Feeling Stressed?

You can't get rid of stress in your life. In fact, a completely stress-free life would be unhealthy (not to mention boring). But you can develop coping techniques that help reduce the source of stress or change your response to it:

~Get regular exercise—after all, the stress response is designed to give you energy for a burst of physical activity.

~Take time to relax each day and train yourself to relax effectively.

~Regularly assess your activities and priorities and be willing to give up activities that are unnecessary and cause too much stress.

~Learn to "go with the flow" when you can't do anything about a stressful change.

~Learn to let go of situations that are out of your control.

~Avoid excessive use of alcohol and caffeine. Don't smoke.

~Make time for wholesome meals each day.

MSU STUDENT HEALTH SERVICES

APPOINTMENTS & INFORMATION

389-6276

HEALTH EDUCATION

389-5689

PHARMACY

389-2483

NURSE LINE

389-6710

OR VISIT US AT:

www.mnsu.edu/shs/

**REAL DOCTORS. REAL NURSES.
REAL CONVENIENCE ON CAMPUS**

**LOWER LEVEL
CARKOSKI COMMONS**

This document is available in alternate format to individuals with disabilities by calling the MSU Health Education office at 389-5689.



Health **P**eers
Reaching
Out