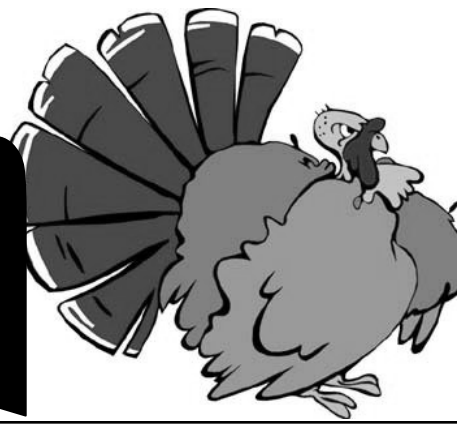


November Newsflash



Kelly, Lauren B., Alyssa, Laura, Kevin, Lauren S., Annie, Brittany, Caitlin, Amy, Becky, Julie

Feast on This, Not That

Thanksgiving is a time for celebrating—not a time for feeling guilty about the feasts we’re consuming! Fortunately, by choosing healthier, yet still delicious options, we can still indulge in our favorite holiday comfort foods!

EAT THIS

6 oz. turkey breast dinner [731 calories, 61 g protein, 85 g carbohydrates, 20 g fat (11g saturated), 1240 sodium]

1 medium slice pumpkin pie with low fat whipped cream [335 calories, 15 g fat, 42 g carbohydrates]

2/3 cup mashed potatoes [224 calories, 5 g fat, 42 g carbohydrates]

1 dinner roll [280 calories, 4 g fat, 28 g carbohydrates]

1 cup green bean casserole [60 calories, 2 g fat, 9 g carbohydrates]

NOT THAT

6 oz. dark meat turkey dinner [1279 calories, 62 g protein, 159 g carbohydrates, 48 g fat (22g saturated), 1890 sodium]

1 small slice pecan pie [450 calories, 21 g fat, 65 g carbohydrates]

2/3 cup sweet potatoes w/ marshmallow topping [684 calories, 26 g fat, 112 g carbohydrates]

1 c stuffing [400 calories, 17 g fat, 45 g carbohydrates]

1 cup corn [132 calories, 2 g fat, 31 g carbohydrates]



Make Strides Inside!

Anyone familiar with Milwaukee knows about the fluctuating weather. Newbies: just you wait! From heat waves one day to blizzards the next, we can’t let our fitness rely on the weather! As winter approaches, workouts are pretty much confined to the inside. Nevertheless, you can keep fit without even leaving your own room! By taking just a few moments each day to squeeze in a few exercises, you can reap the benefits of fitness. Benefits include:

- Healthier heart, bones, muscles, and joints
- Control over weight and blood sugar
- Improved mood and well-being
- Reduced stress and anxiety
- More energy throughout the day

Try this simple workout routine in the comfort of your own room!

- 1.) 50 jumping jacks
- 2.) 10 body squats (place your hands on hips and keeping your back straight, squat down as far as you can and push back up to standing)
- 3.) 10 push-ups
- 4.) 20 sit-ups
- 5.) 10 star jumps (squat down, touch the floor, and explode up, throwing your arms and legs outward as you jump)

Go through this circuit once. As the weeks progress try doing more reps or sets, or even get creative and add your own exercises to it!

Great American Smokeout

November 17-19
CSI: Cigarette Smoke Investigation
[For more info, visit:
www.marquette.edu/healthed]



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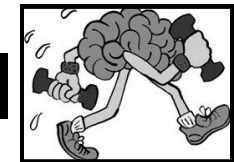
Speakers this Month:

11/9: “To Write Love on Her Arms”:
Jamie Tworowski—AMU Ballrooms; 8 PM

11/18: “An Evening with Dr. Drew”:
Dr. Drew Pinsky—AMU Ballrooms; 8 PM



A Toast to Healthy Brains



We’re always being told to drink in moderation—or don’t drink at all...But why? Yeah, it’s not great for our bodies, but let’s consider how our cocktails are affecting our brains. Our brains do so much to help us out everyday, so why not give thanks to our brains for once and consider what our brains are thinking while we’re drinking. Alcohol is a depressant. The more you drink, the more “depressed” your brain activity becomes. As alcohol levels increase, specific parts of your brain are being affected.

The cerebrum is the part of the brain that controls advanced functions. Alcohol lowers inhibitions and affects judgment. As alcohol levels increase, vision, movement and speech are impaired.

The cerebellum is the part of your brain that is involved with coordinating movement. Alcohol consumption causes problems with coordination, reflexes and balance.

The medulla is the part of your brain that controls basic survival functions like breathing and heartbeat. When the medulla is affected, your brain’s ability to control respiration and heart rate are extremely diminished.

Which side of the turkey has the most feathers?

