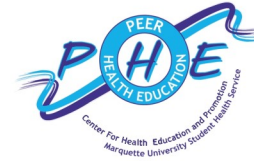




April Newsflush



Marquette University 2009
Center for Health Education and Promotion / Student Health Service
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healthyeagle@mu.edu
www.marquette.edu/healthed
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What do you call a monkey who loves potato chips?

Exercise Q & A



Q. Does exercising in shorter sessions throughout the day really provide the same benefit as exercising in one continuous session?

A. Research continues to emerge supporting the notion that small bouts of exercise accumulated throughout the day may provide many of the same benefits as one continuous bout of activity, including improvements in aerobic fitness and even weight loss. Ways to make activity a part of your day:

- Schedule exercise into your day
- Recruit a workout partner or a fitness professional
- Try 10-minute mini-workouts

For more information: www.acefitness.org

MIXING: Energy Drinks + Alcohol

According to Texas A&M University, *"The stimulant effects can mask how intoxicated you are and prevent you from realizing how much alcohol you have consumed. Fatigue is one of the ways the body normally tells someone that they've had enough to drink. The stimulant effect can give the person the impression they aren't impaired. No matter how alert you feel, your blood alcohol concentration (BAC) is the same as it would be without the energy drink. Once the stimulant effect wears off, the depressant effects of the alcohol will remain and could cause vomiting in your sleep or respiratory depression"*

Kelly, Lindsey, Leah, Matt, Jenny, Caitlin, Amy, Beck, Christine, Jess

Student Health Service

Check out these services offered by SHS...

- Cancel an appointment online ahead of time to avoid a fine.
- Cold and flu kits with everything you need for an entire week
- Sports Medicine including: bracing for treatment & prevention of injuries
- Nutritional Evaluations by registered dieticians
- STD evaluation, testing, and treatment
- Travel Clinic: recommendations and immunizations for international travel
- Men's and Women's Health Care

For more information: www.marquette.edu/shs



A chipmonk

AIDS Awareness Week April 26 - 30, 2010



Don't Miss These Events...

- Sex @ 7 : Sex & Chocolate 4/26
- True Life: I've been affected by AIDS/STIs 4/27
- Free Fitness Class at Rec Center 4/30

More details and events coming soon...

For more information: www.marquette.edu/healthed

Fruit and Vegetable of the Month

Tomatillo: Tomatillos are small fruits (used as a vegetable) enclosed in a husk. The fruit resembles a small unripe tomato and is usually green or yellow. The husks must be removed before preparing, but tomatillos in the husk are often used as decoration. Wash the fruit with soap and water to remove the film left by the husk. Tomatillos may be used raw in salsas or salads or cooked for sauces.

Asian Pear: Asian pears are cousins to the pears that are typically seen in grocery stores, but this fruit is similar to an apple and its many names reflect that characteristic. Select the most fragrant and unbruised fruit with little to no brown spots. Ripe Asian pears are hard and do not soften. They are ready to eat when purchased.