



The Thermometer

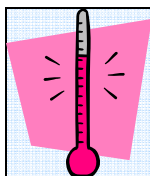
Presented to you from the Health Education Program



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Tips for Staying Healthy As the Temperature Drops

Dress in layers to handle temperature swings of fall

Wash your hands often to prevent illness.

Enjoy the year's most beautiful season: Get outside and enjoy the season by bicycling, walking, hiking, jogging, and playing golf and tennis.

Wear comfortable shoes to make your treks back and forth to class more pleasant!

Wear chapstick, especially when going outdoors, to keep your lips from cracking.

Eating Healthy Over the Holidays

- ☞ Drink plenty of water: alcohol and coffee can dehydrate your body. Drink calorie-free water to help fill up your stomach and keep you hydrated.
- ☞ Be physically active every day. Physical activity, especially aerobic activities can help relieve stress, regulate appetite, and burn up extra calories from holiday eating.
- ☞ Keep an eye on your portion sizes. Instead of eating a large amount of food, try to eat a large variety of foods.
- ☞ Pay attention to how quickly you eat and exactly what you eat and drink. Savor the flavor by eating slowly and choosing your food carefully.
- ☞ It's OK to eat too much once in a while. Just relax, enjoy the holidays, and remember what the season is all about.

To request an EAT@Simmons peer education program, please contact healtheducation@simmons.edu



November 20th is the Great American Smoke-Out

Quit for today and beyond...



Know how your body changes once you quit

20 minutes:

Blood pressure and pulse rate decreases

8 hours:

Carbon monoxide and blood oxygen levels return to normal

24 hours:

Chance of suffering a heart attack decreases

48 hours:

Sense of taste and smell enhanced

72 hours:

Breathing becomes easier as bronchial tubes relax, night vision improves and lung capacity improves

2 weeks-3 months:

Circulation improves and lung function increases up to 30%

1-9 months:

Coughing, sinus congestion, fatigue and shortness of breath decreases. Cilia re-growth in lungs, resulting in increased ability to handle mucus, reducing infections. The body's overall energy level increases

5 years:

Lung cancer death rate for average smoker decreases (one pack/day)

10 years:

Precancerous cells are replaced with healthy ones
Other cancer risks (mouth, esophagus, bladder, kidney and pancreas) decrease

Five Basic Steps to Get You Ready to Quit

S = Set a quit date.

T = Tell people that you're quitting.

A = Anticipate and plan for the challenge.

R = Remove cigarettes and tobacco from your life.

T = Talk to your doctor about getting help to quit.

Need help quitting, or want more information? Contact the Health Center at 617-521-1002 or healtheducation@simmons.edu



November Health Horoscope

Scorpio
October 24th-November 22nd

The temperature is changing so it's time for you to change your routine! Make sure you drink lots of fluids and wash your hands to avoid those nasty mid-semester colds. It's almost Thanksgiving! Remember to indulge in moderation and enjoy the time with your family. Lastly, go for a nature walk to see those changing leaves and then sip on some hot chocolate while snuggling up with a book, movie, or that special someone.

Written by Ingrid Kania

Save the Date!

Choose Health Night

Monday, November 17th in Bartol Hall

FREE chair massages, health information and give-aways!

Great American Smoke-out Table

Thursday, November 20th from 12-1pm in the Fens and 5-6pm in Bartol Hall