



# The Thermometer

Presented to you from the Health Education Program

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## Health Tips!

- ❖ 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 chap stick, especially when going outdoors, to keep your lips from cracking
- ❖ Dress in layers to handle temperature swings of New England
- ❖ There's no time like the present to make wellness an important part of your holiday season. Here's to your health!



## Healthy Holiday Eating

- ⊗ 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.

November 15<sup>th</sup> is...

## The Great American Smoke Out!

Quit Smoking for the day, and beyond...

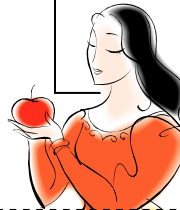


### Did you know...

- ⊗ 20 Minutes after quitting: Your heart rate and blood pressure returns to normal
- ⊗ The cost of a pack of cigarettes averages \$4.49. Using this number, a pack-a-day smoker burns through about \$31.43 per week, or \$1,635 per year- this could be funding for a nice vacation!
- ⊗ Women who smoke may be more likely to have painful and irregular periods, and menstrual pain seems to last longer for smokers.
- ⊗ Studies show that male smokers are at least 50 percent more likely to become impotent than male non-smokers.

If you or a friend is interested in quitting, contact health education@simmons.edu

For more information on quitting check out [http://www.cdc.gov/tobacco/quit\\_smoking/index.htm](http://www.cdc.gov/tobacco/quit_smoking/index.htm)



Look for us at the S-Table Fens with the Biology Liason on November 15<sup>th</sup>!

## Recipe of the Month

### Microwavable Apple Pie

- 6 Medium Apples
- 6 Tablespoons Brown Sugar
- 3 Tablespoons Butter or Margarine
- 1/2 tsp Cinnamon (or more)

Wash and core apples. Make a shallow cut in the skin completely around each apple, one-inch from the bottom to keep skin from shrinking during cooking.

Place apples in a glass baking dish.

Place 1 tablespoon brown sugar and 1/2 tablespoon butter into the core of each apple.

Sprinkle with cinnamon. Cover apples with wax paper.

Microwave on High for 10 to 14 minutes, or until tender

Let stand 3 minutes before serving.

## Health Education Upcoming Events!

**HIV/AIDS Red Bake Sale:**  
Thursday, November 8<sup>th</sup>  
S-Table

**Media Madness:** Take Action  
Monday, November 19<sup>th</sup>  
7:30p Arnold Living Room

**Choose Health Night:**  
Tuesday, November 27<sup>th</sup>  
5:15-7:15p Bartol Hall

### Save the date!

Clothesline Project is February 13<sup>th</sup> at 3:30p

For more information contact Health Education at 617-521-1001 or healtheducation@simmons.edu