

SPRING BREAK BLITZ IS COMING!!

WHEN: March 7th 11-2pm

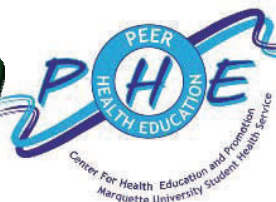
WHERE: AMU 1st Floor lobby

WHAT: Info you need to know before going on spring break and...

Free goodies and raffle prizes!!



March



©Marquette University 2007
Center for Health Education and Promotion/ Student Health Service
March 2007, Volume 74
Healthyeagle@mu.edu
www.marquette.edu/healthed

NEWSFLUSH

Michele, Jenny, Valerie, Lauren, Colleen, Jennifer, Kathleen, Lindsey, Molly, Andrea, Sarah, Kasey, Amber, Jessica, Amy

March is National Nutrition Month!

Peer Health Educators

Are Popping Up Everywhere!

Interested in health promotion?? We are looking for hardworking, creative, motivated students to be a part of the '07-'08 Peer Health Education Team!

More information and applications will be available after Spring Break!

<http://www.marquette.edu/healthed/>



SUNGLASSES ARE MORE THAN JUST A FASHION STATEMENT!

After years of exposure, UV radiation from the sun can lead to cataracts - a clouding of the lens of the eye, a permanent condition requiring surgery to correct.

Photokeratitis (sunburn of the cornea of the eye) is a painful condition that can occur after sun exposure and can result in temporary loss of vision.

Your risk is increased when sunlight reflects off snow, water or sand - increasing your exposure to UV radiation.

So for spring break, grab a pair of sunglasses with a label indicating they offer 99-100% UV protection and set more than just a fashion trend!



Q: What do you call a fake stone in Ireland?

A: A Sham rock.



Urine the News!!



Thank you to Megan Kenney (Schroeder), Kathleen Grusenski (Cobeen) and Amber Erickson (Cobeen) for posting February's NewsFlush!

Healthy Green Vegetables in Honor of St. Paddy's Day!!

Good nutrition includes a wide range of healthy vegetables in many colors. Below are some of the green variety!

- **Celery** - with peanut butter makes a great snack
- **Cucumbers** - a great addition to any salad
- **Brussels sprouts** - we recommend cooking them with butter and parmesan cheese
- **Romaine lettuce (dark green)** - a better nutritional choice than iceberg lettuce (whiter color lettuce)

Top Five Reasons a to see a Registered Dietitian

1. If you have a medical condition such as diabetes, food allergies or digestive problems.

Our two registered dietitians on campus can help you develop menus and suggest eating habits that will be the best for you!

2. If you want to eat smarter.

Our dietitians can help you sort through media misinformation. They can help you understand why diets don't work, how to read labels, create healthy menus that taste good and are inexpensive, and teach you tips about eating out.

3. You want to improve your performance in sports.

No matter what level of the game you are at, MU's dietitians can help you figure out what to put in your body that will help you perform your best.

4. You think you might have issues with food and eating healthy.

MU's dietitians can work with students who feel they might be struggling with disordered eating or body image.

5. You want to gain muscle or manage weight.

MU's dietitians can offer suggestions about additional calorie sources for healthy muscle gain or an appropriate eating plan plus regular physical activity to achieve a healthy weight while still eating all your favorite foods.

***Stop by "Ask the Dietitian" in Marquette Place to get your questions answered: Monday, March 19th from Noon-1pm or Wednesday, March 28th from 11-Noon. Or to talk to Barb or Tracy one-on-one Call 288-7184 to schedule an appointment.**