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Healthy Days and Healthy Knights

Stressed????

Attend the Stressbusters Wellness Series!
Workshops offered from 3-4pm on Fridays
in the Interfaith Center
To sign up and for more information visit
health.geneseo.edu

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Healthy Happenings from the Healthguards

Healthy ResHall Life

Avoid Getting Sick:

- Wash your hands & use hand sanitizer!
- Stay at home when you aren't feeling well.
- Coughs & sneezes spread diseases! Do so into your elbow.
- Clean, clean, clean! Viruses can live on hard surfaces for 2 days, but up to 12 days in clothing!
- Stay hydrated & eat healthy foods!
- Get 7-9 hours of sleep every night.
- Exercise regularly.



If you think you are getting sick...

GO TO THE HEALTH CENTER
It's free!

Call (585) 245-5736
To make an appointment.

Hours: M & R 8-7
T W F 8-5

Roommate Issues?

- Set clear boundaries.
- Create and sign a roommate contract.
- Seek out a mediator, such as an RA, RD, or mutual friend.
- Maintain open lines of communication.
- Attack the problem instead of your roommate.
- Compromise, but stand your ground.
- Be reasonable.

Trouble Sleeping?

- Try some relaxation exercises, such as yoga or meditation.
- Exercise regularly, but not within three hours of bedtime.
- Keep to a regular schedule.
- Keep a "worry journal."
- Avoid substances that disrupt sleep, such as caffeine, nicotine, and alcohol.
- Drink warm milk.
- Sleep in a dark room, or use eyeshades.

Healthy Eating Hints:

- Make time for meals! Try to eat three balanced meals and two snacks every day
- Eat different combinations of grains, fruits, veggies, meat, dairy and healthy fats
- Stay hydrated! Drink water for healthy skin and organs.
- Watch your portion sizes. On-campus portions may be too much!
- Be mindful of your snacking. Only eat when you're hungry.

Fun Ways to Exercise On-Campus

- Join an intramural sports team.
- Form a walking club with friends. Walk around the village, and take weekly outings to Letchworth.
- Take Yoga or Zumba classes offered at the gym.
- Rent a bike (or the tandem bike!) from the union.
- Go recreational swimming.