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Healthy Days and Healthy Knights**

**If you think you are getting sick...**

**GO TO HEALTH SERVICES**

**It's free!**

Call (585) 245-5736

Hours: M & R 8-7

To make an appointment.

T W F 8-5

Online appointments also available at [myhealth.geneseo.edu](http://myhealth.geneseo.edu)

# Healthguard Healthy Hints

September  
2011

## Tips For A Flu Free Fall

### Avoid Getting Sick:

- Get a flu shot!
- 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.



### Like Free Stuff?

**Check out the Self-Care Center  
at Health and Counseling!**

- Cold care kits
- Wound care kits
- Pain care kits
- Condoms
- Peptobismol
- Plan B (ask at the desk)
- Prescription delivery from Wegmans

### Conquer Mid-term Stress!

- Commit to regular study hours.
- Bored of the walls in Milne? Change your scenery by studying in Fraser or South Hall.
- Make studying social! Study with groups of friends over snacks.
- Stretch every 30 minutes. A healthy mind lives inside a healthy body.
- Get help! Make appointments with tutors, go to faculty office hours, and visit learning centers!

### 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.
- Don't do homework in your bed!
- Avoid substances that disrupt sleep, such as caffeine, nicotine, and alcohol.
- Drink warm milk or decaffeinated tea!
- Sleep in a dark room.

### Healthy Eating Hints:

- Make time for meals! Try to eat three balanced meals and two snacks every day
- Make half your plate fruits and vegetables
- Get vitamin C from more than just oranges! Broccoli and red peppers are great sources!
- Stay hydrated! Drink water for a healthy body, inside and out.
- Eat colorful foods. They're packed with antioxidants

### Tips to Keep Your Body Running Smoothly!

- Take Yoga, Zumba or Kickboxing classes offered at the gym.
- Play a game of Frisbee or Kan Jam before the weather gets too cold!
- Rent a bike (or the tandem bike!) from the union.
- Go recreational swimming.
- Go dancing! Check out dance classes offered by Geneseo clubs.