

THE STALL SEAT JOURNAL

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Body Image Positively Right for Summer!

With summer around the corner, talk and images of dieting are everywhere! Why are people so focused on weight loss? Often, they just want to feel good in their bodies. So skip the latest diet and feel good about your body *today* with these tips:

Turn a negative into a positive

Every time you catch yourself thinking negatively about whatever your inner body critic focuses on, take a deep breath and think of a physical attribute you have that you love. You deserve a compliment, not a put-down!

What's really bothering you?

Do you comfort yourself with food when you're not really hungry or reach for a beer when you feel sad or angry? If so, ask yourself, "What's up? Are there feelings I'm trying to escape by obsessing over this food/body stuff? What is it I *really* want? What can I do to get that?"

Tune in to hunger!

Next time you make the decision to eat, try the following mindfulness exercise:

Pause and ask yourself, "Am I hungry?" If the answer is yes, ask yourself, "What sounds good right now?" Once you have a food in mind (and it can be anything!), imagine what you'll feel like after you eat it. Then re-evaluate. Repeat until you make a decision.

Example: A pint of Chunky Monkey for lunch might be delicious, but is it worth enduring the stomach ache and food coma during your afternoon class?

Move!

Dancing? Walking? Skateboarding? Ultimate Frisbee? Cartwheels? They're all exercise. If you're not into the gym, figure out a way to move your body that feels good to you, and do it often.

For more nutrition information or an individual appointment, call 828-WELL.

Going Overseas? First Stop: VCU's Travel Clinic

by Virginia Minehart

Do you have all required vaccinations? If not, check out Student Health Services' Travel Clinic for most required vaccines and travel medications.



Two pre-travel appointments are necessary. First, a clinician reviews your travel plans and vaccination records, then you will receive the necessary immunizations. Please make an appointment at least six to eight weeks before you depart so that hard to obtain vaccines like yellow fever and rabies can be obtained, and the vaccines have time to kick in.

To make an appointment, call Student Health Services at 828-8828 (Monroe Park Campus) or 828-9220 (MCV Campus). Healthy travels!

For more information, go to www.students.vcu.edu/health/immunizations/travel_clinic.php

**Smoking doesn't kill people.
People who are quitting smoking kill people.**

**Most VCU students don't smoke. Most who do want to quit.
VCU Student Health can help! Call 828-8828 to make an appointment, and stop by for a FREE Quit Kit! Additional assistance is available at 1-800-QUIT-NOW.**

Fun in the Sun

by Eric Hill

Spring is probably the best time of year in Richmond. The weather is nice, the mosquitoes aren't here yet, and Belle Isle is calling VCU students with the unrelenting lure of sun and fun.

Before you throw on your bikinis and your trunks, take a moment to consider proper precautions.

The sun, while essential to life on earth, can be damaging as well — responsible for sunburns, wrinkles and even skin cancer.

You should wear sunscreen with an SPF of 30 or above whenever you go outside. SPF or "sun protection factor" is an indicator of how much ultraviolet radiation is blocked out. The higher the SPF, the more likely you won't expose your skin to harmful UV rays. Re-apply sunscreen every 4-6 hours and also re-apply if you go swimming or happen to sweat a lot. If someone asks why you're using so much sunscreen, just say, "I always use protection."

Some tanning alternatives such as tanning beds also expose you to UV radiation, so consider using one of the many sun-free tanning products on the market.

While down on the rocks of Belle Isle, be sure to stay hydrated. Dehydration can result in headaches, dizziness, confusion and feeling worn out or lethargic. If you feel thirsty, it means you already waited too long to take a drink. Take a water bottle or other non-alcoholic beverage and hydrate all day.

While 60 percent of VCU students drink fewer than 4 alcoholic drinks or not at all when they party, if you do drink alcohol while in the sun, be sure to take in additional fluids. Alcohol is a diuretic causing your body to expel more fluid than the amount in the beverage, therefore accelerating dehydration. As you sip your beer, consider alternating a drink from your water bottle.

Slather on the sun block, carry some water, and get out of the house already. It's spring!



Ashley and her Wii

Were you 1 in 3?

Thank you to all who completed the online National College Health Assessment for a chance to win fabulous VCU prizes including a Nintendo Wii!

Congratulations to our Wii winner, Ashley Wright!

If you have been notified that you are a winner of another of our fantastic prizes, please call the VCU Office of Health Promotion, 828-9355, to claim it!

For strategies, history, research:
www.YourStrategy.org



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