

WHY EXERCISE?

Have you ever considered using calisthenics to keep your mind as well as your body in shape? Clinical studies have suggested that exercise can elevate a person's mood and impart a sense of well-being.

Strenuous activity increases the amount of a naturally occurring chemical, endorphin, in the blood stream. Secretion of endorphin has been found to fluctuate along with radical mood shifts in patients labeled as manic-depressive. This chemical acts as an anti-depressive to elevate a person's mood.

To help cope with anxiety or the irritations of daily life, try running, racketball, Tai Kwon Do, or tap dancing. Which ever form of exercise you choose, your secretion of endorphins will be enhancing your well-being.

FREE NUTRITION COUNSELING

TAKE CHARGE!

LEARN NEW LIFE-LONG EATING HABITS

UNDERSTAND NUTRITION AS IT RELATES TO YOU:

NUTRITION AND STRESS
NUTRITION AND ATHLETICS/EXERCISE
NUTRITION AND OPTIMUM HEALTH

The Student Health Center offers a progressive approach to diet and weight control. Call 686-4441 to make an appointment to talk with MARY DEITERS, the Nutrition Educator.

health happenings

from the Student Health Center

HEART HEALTH AWARENESS

FEBRUARY 23, 1982

10:00 a.m.-4:00 p.m.

E.M.U.

10:00 a.m.-2:00 p.m. in room 167:

FREE MASSAGE

FREE BLOOD PRESSURE SCREENING

RELAXATION EXERCISES

Lectures in the Forum:

1:00....."Nutrition for a healthy heart"

2:00....."Exercise for a healthy heart"

3:00....."Coping with stress for a healthy heart"

3:00 p.m.-4:00 p.m. in room 167:

Experience EXERDANCE with Steve Ross from the YMCA

There will be a Nutrition Information table in the E.M.U. lobby all day.

Sponsored by the Student Health Input Committee.

STRESS MANAGEMENT WORKSHOP

WHEN: every Thursday at 4:30 p.m.

WHERE: Stafford Dorm lounge

WHY: to help you relax and learn to cope with potential stressors

WHO: open to anyone interested in learning about stress and relaxation

BY: Lisa Wilson and Vickie Campbell

STUDENT HEALTH CENTER HOURS:

By Appointment...

Mon-Fri.....8:00 a.m.-4:30 p.m.

No Appointment Necessary...

Sat.....8:00 a.m.-11:30 a.m.

Urgent Care...

Sat-Sun.....12 noon-8:00 p.m.

FREE
BLOOD PRESSURE SCREENING
FOR STUDENTS
Monday 2:30-4:30
Student Health Center lobby
Sponsored by: The Asklepiads

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FUN RUN
March 2, 1982
UO Recreation & Intramurals
Call
686-4121
686-4113