



Well - U

UNIVERSITY of HOUSTON

UH WELLNESS

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Special points of interest:

- Last summer, all first year students participated in IM-AGE during New Student Orientation. If your group is interested, contact Reuben Parrish at 713-743-5430.
- UHW went to University of Texas El Paso this past summer for a campus dissemination that is part of our U. S. Department of Education Model Program grant.



UH Wellness: 20 Years & Counting...

University of Houston Wellness (UHW) arrived on campus in 1991. UHW was the result of a two year U.S. Department of Education F.I.P.S.E. (Fund for the Improvement of Post Secondary Education) grant. How far we have come to have arrived as a grant to create a prevention center on campus, and to now be the recipient of two new U.S. Department of Education grants given in recognition of our “Model” status.

UHW was first named “STEPS” and focused almost entirely on substance abuse prevention and related issues. By the end of three years, the program was entirely institutionalized, paid for by student

service fees, and became known as “The Wellness Center.” Currently, this comprehensive program is known as UH Wellness, and is celebrating 20 years of excellence. The focus has always been on helping students make healthier choices and creating a healthier, safer learning environment.

We are hoping you will join us for our 20 Year Anniversary Open House on Wednesday, November 30, from 12:00 p.m. to 2:00 p.m. at the CRWC office. Come celebrate with us, 20 years of excellence—national and state recognition, model programs, student engagement, expansive and comprehensive programming, and service learning!



Join Us on Face Book!

UH Wellness is now on Facebook. We hope you will “like” us and follow what we are doing. Just search for UH Wellness and click to “like” us. Since we will be reducing the number of issues for our newsletter, now only publishing a fall, spring, and then summer issue, we will be using facebook to keep you informed.



Fall 2011—

9/8. Muslims for Life Blood Drive, 2-6, CRWC.

9/28. National Women’s Health and Fitness Day, 11-1, CRWC.

10/5-6. Paint Your Nails Pink, 11-2, UC.

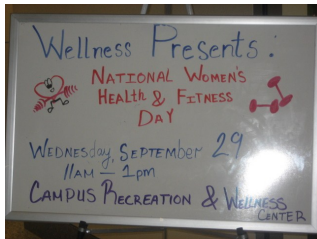
10/6. Depression Screening, 11-2, UC.

10/13-15. 17-19, Clothesline Project, 10-2, UC.

11/17. Great American Smoke-Out, 2-6, UC.

12/1. World AIDS Day, 9-5, UC and CRWC.

Picture Yourself as a Leader!!! Get involved with Cougar Peer Educators



For information on CPE, call 713-743-5430 or go to www.uh.edu/cougarpep

Fall 2011 Workshops

8/29	10-11	Marijuana: Magic & Myths	11/1	12-1	Financial Wellness: The College Economy
9/14	2-3	Alcohol: Shaken Not Slurred	11/10	10-11	Angry? Manage it Instead of It Managing You!
9/22	3-4	Preventative Health: Screenings and More!	11/15	12-1	Thinking about Stopping Smoking?
10/3	12-1	Men's Health: Turn and Cough	11/21	11-12	Nutrition: Eating During the Holidays
10/11	3-4	Sexual Assault Prevention: Be Part of the Solution	11/28	3/4	Stress Management: Relax, It's Only Finals
10/21	10-11	Nutrition: Eating on the Run	12/1	3/4	HIV: Prevent & Protect

NOTE: All workshops are in the Campus Recreation and Wellness Center, Rm 1038.

UHW: Don't Stress Out

We believe it's important for students to stay healthy and well. A part of that is to reduce your stress and we have a few ideas to help. First, drop by and visit our relaxation lab. It's a quiet room where you can sit quietly and relax, or listen to a relaxation tape if you like.

If you need more than a

quiet room, perhaps a little stress management or wellness coaching will help. You are welcome to drop by and ask for an appointment with one of our staff to discuss some stress management skills.

Finally, it's important to keep your body fit if you want to reduce your stress. To that end, we invite you

to use our nutrition counselors. Starting in September, you can make an appointment to talk to a nutrition intern.

We hope these services will help, and you learn to manage your stress a little more easily. For more information, contact Dr. Gail Gillan at 713-743-5461.

CPE: Focus on World AIDS Day

Each semester, Cougar Peer Educators are involved in collaborative programming. Some of our newer peer educators, those who are currently enrolled in HLT 4197, will be involved in collaborative programming experiences that will be an excel-

lent learning opportunity. CPE members, and members of the HLT 4197 lab will be working all semester planning World AIDS Day events. In addition to bringing panels of the AIDS Quilt to the University of Houston, there will be activities and displays that help

educate and encourage both prevention and understanding of the issues surrounding HIV and AIDS. Want to know more about peer education, or get involved? You can contact CPE officers at 7123-743-5430, or drop by the UH Wellness office.



Food For Thought...Death by Chocolate?

A lot has been said about dark chocolate and its health benefits. But what's true and what is media hype? There are studies that link dark chocolate consumption to heart health. What you may not know is that the subjects of these studies were eating large amounts of high fla-

vonoids dark chocolate daily for short periods of time. In the long run, such high amounts of chocolate could cause weight gain and all the problems that accompany obesity. This would offset the benefits of the flavonoids from the cocoa beans. Overall, it may not be a bad idea to munch on some chocolate

now and then. But keep in mind that during processing, many of the flavonoids are stripped out of the chocolate, so the darker the better when choosing your treats. If you don't like dark chocolate, try some of these other flavonoids rich foods — try some apples, onions, and cranberries.

Wellness Tips.... For "Eating" Choices

Many college students are living on a fixed income, which can make eating healthy even more challenging. For some reason, more often than not the cheapest foods are the most processed ones, and therefore the least good for us. But you can still eat healthy while living on a budget. Start with eating at home more often; eating out gets expensive. Regardless of

whether you eat at "cheap" fast food restaurants or more expensive sit down restaurants, the cost will add up.

It may seem like going grocery shopping is expensive, but it isn't. When you think about how many meals you are getting from a \$100 grocery spree, you will realize that it is CHEAPER than eating out that same amount of meals.

But here are some things to remember.

Never shop when you are hungry and be organized. Plan your meals for the week out in advance. This way you avoid impulse purchases. Finally, make a shopping list, and stick to it! You can spend less at the same time you eat healthier.

Good luck and good eating health. We wish you well.

On Being Well...Men's Health

When it comes to health, there are myths that plague the minds of men in dealing with their own health. For example, breast cancer is more prevalent in women, so can a man get breast cancer? The answer is yes, but the condition is very rare. Studies shown that 1 in 1000 men may get breast cancer but there are some risk factors that men

should know to determine if they are at risk.

Another question is do men need to worry about osteoporosis? The answer to this question is yes. Even though you see the disease more in women, it is not uncommon for a man to develop osteoporosis. This is especially true if they have many of the risk factors.

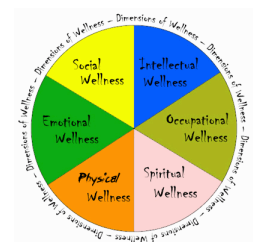
One other myth men really want to know is if they can break their penis? The answer is

Come get the answer to that question and other information on men's health at the UH Wellness Workshop called "Men's Health: Turn and Cough" on Monday October 3, 2011 from 12:00 p.m.- 1:00 p.m. at the CRWC office location.

Top Ten

Top Ten Excuses for Bad Health Habits

10. I would exercise if the elevators were just faster.
9. This fitness stuff is putting too much pressure on my heart.
8. I'll be fit when I'm too old for anything else.
7. But French Fries ARE a vegetable, yes?
6. Worrying keeps me busy and out of trouble. How can that be bad?
5. It's too long a walk to the Health Center.
4. I would be healthy, but then who would recognize me?
3. Planning ahead just gets in the way of my nap.
2. I'm not doing that badly...for someone whose body is the age of someone much older.
1. It's just my health ...heart... lungs ...brain ...muscles ...future.....





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Houston, TX 77204-6056

Campus Locations:

Campus Recreation & Wellness Center, Ste.1038

University Center, Rm. 35

UH Wellness: Quick Reference Guide



Main Campus Switchboard		713-743-1000
Academic Advising	LIB 56	832-842-2100
Athletics Ticket Office	Athletic Alumni Center	713-743-9444
University Bookstore	126 UC	713-748-0923
Center for Student Involvement	51 UC	832-842-6245
Dept. of Campus Recreation	CRWC	713-743-PLAY
University Career Services	106 SSC	713-743-5100
Counseling (CAPS)	200 SSC	713-743-5454
Dean of Students	252 UC	832-842-6182
Center for Student w/ Disabilities	Justin Dart Jr., Center	713-743-5400
Health Center & Pharmacy	106-CHC	713-743-5151
Learning Support Services	CV Living-Learning Cntr	713-743-5411
Library	M.D. Anderson	713-743-1050
Parking	112B Welcome Center	713-743-1097
A.D. Bruce Religion Center	113 A.D. Bruce	713-743-5050
Scholarships & Financial Aid	120 Welcome Center	713-743-1010
Center Leadership & Frat/Sor Life	52 UC	832-842-4955
University Testing Services	200 SSC	713-743-5444
UH Police: Information		713-743-0600
Women's Resource Center	279A UC	832-842-6191