



W.A.H.L. News

Wellness Advocates for Healthy Living

★ March 2009 ★



Brought to you by the Saint Vincent College Wellness Center

Spirituality in Wellness

Wed., April 1, 2009 from 11:30 to 1:30
Carey Student Center Lounge

- ⊕ The Power of Forgiveness/ Campus Ministry
- ⊕ Meditative Paper Labyrinth/ Counselors
- ⊕ Gratitude Flower pots/ Residence Life Staff
- ⊕ Gratitude Sign Expressions/ Campus Life
- ⊕ Prayer beads/ Prevention Projects
- ⊕ Scratch Art Crosses/ Wellness Center
- ⊕ Passover Meal/ Parkhurst Food Services
- ⊕ The Healing Prayer Board
- ⊕ Easter Basket Give-a-ways!

The Best Time to Walk

Start off on the right foot, this Spring. Consider the following advantages when deciding what time is the *best time* to walk each day.

Before breakfast—Clear the fog so you can start your day refreshed and alert. Enjoy the peace and quiet of the morning. Get your daily exercise out of the way!

Before lunch or dinner—Work off those morning or afternoon tensions. Curb your appetite before eating a meal.

Go for the Green

In spring, focus on tender, leafy, vegetables that represent the fresh new growth of this season. The greening that occurs in springtime should be reflected by greens on your plate. Go for Swiss chard, spinach, Romaine lettuce, fresh parsley, and basil this season.



Act cheerful (even if you're not)

Sometimes *going through the motions* can trigger *emotions*. Smile at each passerby until your grin becomes genuine. Approach your classroom with a jaunty step until you get caught up in real enthusiasm. Happiness is a choice. Choose to be happy each day.



Sing Your Stress Away



Singing is a natural way to express how we feel. It can be done loudly, quietly, publicly or privately in the shower. Singing is a joyful activity that can release endorphins and help to relieve stress. Don't worry if you can't sing on key or don't know all the words to a song. Just be in the moment and sing out a song of praise or celebration. Singing is also a way to connect with others—in church, at a concert or at a birthday party. The next time you are worried or stressed out...try singing a few lines from a favorite song...and observe how you feel during and after. Sing that stress away!

ANCIENT ALMONDS

Almonds have been written about in historical texts, including the Bible. People who eat this *ancient nut* at least twice a week are much less likely to gain weight. Current research indicates that an almond-enriched low calorie diet (which is high in monounsaturated fats) can help you lose weight. Almonds are a great source of protein, help to increase energy and protect against diabetes and heart disease. Information from: whfoods.com

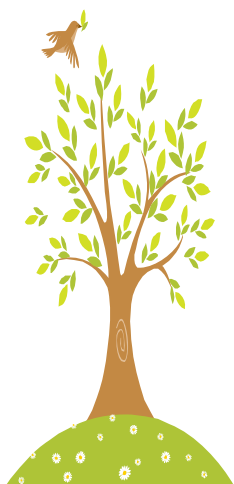
Trouble sleeping?

- ⌚ Go to bed and get up at the same time each day (even on the weekends!)
- ⌚ Avoid daytime naps.
- ⌚ Avoid caffeinated products (coffee, tea, soda, chocolate).
- ⌚ Exercise regularly during the day, but avoid exercising immediately before bedtime.

“A healthy attitude is contagious, but don't wait to catch it from others...
Be a carrier”

Tom Stoppard

If you need to see a Nurse, Doctor, or Counselor, please contact the Wellness Center to schedule an appointment. (724-805-2115 or ext. 2115)



Life-Way Pregnancy & Resource Center

In the Wellness Center
Every Monday from 10:00am—noon

FREE and Confidential

By appointment or walk-in

Ask for “Cristal”

Email: cristal.lifeway1@earthlink.net
www.lifewaypregnancy.org

