Proper hand washing can help prevent the transmission of germs and viruses. A healthy diet can help increase attentiveness and academic performance. Breathing in cold air hurts and may cause, or contribute to shortness of breath. Coloring can reduce stress.

What you NEED to know!

**The Truth**

While we have all been taught that washing our hands is extremely important, there were some lessons that we may not have learned. For instance improper hand washing may be as bad as not washing your hands at all. Simply washing your hands is your first line of defense against getting sick.

**How to Wash Your Hands**

1. Use warm running water and soap.
2. Scrub the soap in both hands to a lather for about 20-30 seconds. (A good rule of thumb is to sing “Happy Birthday,” by the time you are done with the song the required time has passed)
3. While scrubbing make sure that you attempt to get under your nails, as this is an ideal place for bacteria to hide.
4. Rinse all suds off hands with warm water.
5. Dry hands completely. (Leaving hands wet may encourage additional bacterial to cling to freshly washed hands)

**When to Wash Your Hands**

- After going to the bathroom
- Whenever hands come into contact with bodily fluids or discharges
- Before preparing food
- Before eating food
- After touching raw meat, poultry, fish or eggs
- After all meals and snacks
- After coughing, sneezing or blowing your nose
- After touching or playing with animals
Sports Nutrition

Winter is here and for all you students who play a winter sport or if you just want to keep in shape here are some good nutrition facts that you can use. Below is information to keep in mind when planning your meals. Balanced nutrition can help with your peak performance and overall energy level.

Vitamin and Mineral Balance:
Even though vitamins and minerals make up only 4-5% of your total body weight, they are essential for optimizing your metabolism. Varying your calorie intake from a variety of food sources can help ensure you obtain a sufficient amount of necessary vitamins and minerals. Thiamin, riboflavin and niacin (all B vitamins) are needed to produce energy from the fuel sources in your diet. Carbohydrates and protein rich foods are excellent sources for B vitamins. In addition to vitamins, minerals play an important role in physical performance. Heavy exercise can effect the body’s supply of sodium, potassium, iron and calcium. To replenish minerals lost through sweating, considering drinking a fluid replacement drink, such as Gatorade. Eating a balanced meal after exercise can also help with replacing lost minerals. Oranges, bananas and potatoes are good sources of potassium.

Quick Facts…. (did you know)
• Athletes are more likely to achieve peak performance by eating a variety of foods
• Carbohydrates are an important energy source
• Don’t forget about healthy fats! Fat can also be a source of fuel and is most needed during periods of intense physical activity of long duration
• Water is a critical for those that engage in physical activity. Dehydration can cause muscle cramping and fatigue.

Remember: Optimal nutrition is essential for peak performance!
Cold Air Hurts!

Extreme cold, can cause shortness of breath. The reason for this is simple. It hurts to breathe super cold air, so naturally we show signs of shortness of breath. A good way to avoid this effect of cold air is to cover the mouth and nose when spending time outdoors. A scarf or other covering can help to warm the air before it enters the nostrils and mouth. This in turn allows for more normal breathing. Use multiple layers of a scarf, for example to warm the air. Even when walking from one building to another on campus it is important to cover your nose and mouth!

Watch Out For Overly Dry Air!

Not only can the cold weather cause problems when you are outdoors, the moisture level of the air indoors can cause problems as well. The amount of moisture in the air can drop when in a heated environment. This can cause problems that are painful. The nose can dry out, and possibly bleed because of the dryness. The throat, too can become irritated. A simple solution for this is getting a humidifier. Some run as low as $20. There are different humidifiers for different sized rooms. Finding one to fit your budget and room size should not be difficult, but it will make a huge difference!

Common Misconceptions

#1 You will catch a cold if you go outside with wet hair
- Research has shown that viruses, not exposure to cold temperatures, cause colds. Having a wet head actually has no effect on whether or not one gets a cold or flu. (goaskalice.com)

#2 You can never dress too warm
- Dressing in layers may be a good thing for going outside, but once inside you should delayer so that you don’t over heat, or risk passing out.

#3 Shoveling the snow is NOT dangerous
- Depending on age and previous health history shoveling snow may not be a good idea. However, if you are healthy enough to do so, it is a good way to exercise. Be careful and make sure to bend at the knees if you decide to brave the cold and shovel!

Play it Safe!

- Clear porches and sidewalks of ice and snow to prevent slips or falls (make sure to wear proper shoes/boots!)

- Dress warmly if going out to go sledding, skiing, or snowmobiling

- Change out of wet clothing as soon as possible

- Take frequent breaks to go inside and warm-up!
If you are like most college students then you probably have a hard time not only getting to sleep but staying asleep. Although many of us have problems sleeping it usually isn't hard to figure out why. It may be that energy drink you had 1 hour ago, or the fact that you have a paper due next week, or it could be as simple as your roommate has the TV up to loud. So, what can you do to make the sleep that you do get better, and how can you prevent yourself from waking up at all hours of the night? Here are a couple of tips that may help you overcome these common sleep problems:

**I Have Too Much On My Mind!**

Like any college student you probably go to bed dreading the next day (unless its Friday) because you may have a paper due, or a quiz. How can you forget all your worries and enjoy a good nights rest? Well there are many different methods, some of these may help you:

**Zzz:** Try making a plan for the next day, look at what is due and split up your time accordingly so that you have time to get everything done.

**Zzz:** Make a quick list of everything that is on your mind, it doesn't have to be organized or even make sense the next day when you read it (it is just a way to get your thoughts on paper).

**Zzz:** If you are worried that you may forget every tiny detail, make a ton of notes for yourself and hide them in places that you know you will see in the morning such as on your computer or in your shower caddy.

**I Just Cant Get to Sleep!**

Sometimes you just need help falling asleep. Below are some tips that are worth a try:

**Zzz:** If you can't sleep with the light on but your roommate is still working on homework, try a night mask. There are many out there from aromatherapy ones to silk ones, either way they all block out unwanted light.

**Zzz:** Do something that is fun and that you enjoy before you go to bed, this will help you unwind, especially if you have had a stressful day.

**Zzz:** Get used to a schedule. This can be hard but try to go to bed and wake up at the same time everyday, eventually your body will wake its self up which will be more comforting than waking up to your alarm clock.
A Healthy Green
Natural Remedies for...

Soothe a Sore Throat

When you get a sore throat most of us know that more than likely more symptoms will be coming soon. While many of us reach for throat lozenges there are other methods that some believe minimize a sore throat and accompanying symptoms.

Throat irritation can be relieved by herbal tea,” says Brigitte Mars, herbalist and author of Healing Herbal Teas. Mars suggests marshmallow root (unrelated to campfire marshmallows). This root acts as an anti-inflammatory herb that is “wonderfully soothing on the throat” according to Mars.

Other herbs that are recommended for a sore throat are slippery elm, which is an anti-allergic agent, and licorice root. According to James Duke, author of The Green Pharmacy these two herbs especially when combined are an effective duo that can help a sore throat.

If you have a sore throat that is already accompanied by cold and flu symptoms then Mars suggests drinking peppermint. “It can lower a fever by helping you to sweat and release toxins naturally. It’s antiviral and user friendly” Mars explains. She also states that ginger is another good natural remedies that helps with chills, aching muscles, and helps to relieve nausea.

Breathe Easy

When your congested and are having trouble breathing, herbs can be helpful. “When I have a difficult time breathing, I go for oolong (Black Tea) because it opens up my lungs,” says Sara Martinelli, tea blender and owner of The Boulder Dushanbe Tea House in Boulder, Colorado. Black tea contains powerful compounds that can help clear mucus from deep within the chest. The tea also contains caffeine which can act as a bronchodilator.

For a remedy that relies on just herbal ingredients, Matinelli combines thyme, rosemary, and eucalyptus. Thyme has antiseptic properties that help heal infections, while rosemary contains disease-fighting compounds and eucalyptus cools inflamed tissues and can ease congestion in the lungs. Matinelli suggest sipping the tea or breathing in the healing vapors from the combination.

**Please note that these are not to be used in place of, or instead of any medical orders and advice. The statements made above are that of the professionals as stated. While these remedies may help symptoms, please seek medical attention if your condition shows no improvement or worsening. Also note that these are not meant to take the place of any manufactured medication. While many believe these remedies to work the statements above have not been proven and may not work in all cases.
Can coloring relieve stress?

With the end of the semester rapidly approaching most college students may begin to feel stressed by upcoming finals and the many term papers due. If you are one the many students around the country that can say they agree with that last statement no need to fear or feel hopeless. We here at WOW just may have the solution for you! Meditative Coloring!!!

This may sound juvenile but it is a simple, fun activity that allows you to slow down, helping to release some of the thoughts that may be troubling you. The repetitive motion of your hands as you color and just sitting still may help you to achieve a meditative state or at least have a sense of calm and well-being.

So if your feeling stressed grab your favorite coloring books, crayons and some markers and relax. Also if your seeking a more intense or spiritual form of meditative coloring maybe you can look into Mandala art. These are complex geometrical pre-made designs that draw the eye to the center. Some religions use them as a means of spiritual connection to a higher power. Either way it seems as if a childhood past time can help relieve stress…

What is WOW?
WOW is a student publication created by student workers of the Wellness Center. If you have any suggestions for future topics or issues please contact the Wellness Center.
-Thanks WOW!

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