

Potty

For students



Mouth

by students

VOLUME 13 ISSUE 2

pottymouth@jmu.edu

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Carb Up! + Protein!

After exercising, the key is to eat meals that combine protein and carbohydrates. Protein helps your muscles recover and carbohydrates replenish energy stores. It is best to eat within 30 to 60 minutes after exercising, since muscles are most receptive directly following your workout. Foods that include nuts and whole grain are two great ideas. Check out <http://www.cnn.com/2009/HEALTH/09/01/post.work.out.meals/index.html>, for more healthy meal ideas!



Music. Does the Body Good.

Did you know that music can be used to help improve and maintain our health? Music therapists not only use it for its powerful effects on our self-esteem and stress levels, but also in dealing with depression, psychiatric disorders, physical handicaps, and substance abuse. Music can even affect our level of intensity while exercising! So, sorry - no more smooth jazz on the treadmill.

Source: http://stress.about.com/od/tensionamers/a/music_therapy.htm



MONEY IN THE BANK

As college students, we are all looking for ways to save some money. Here are some tips to help you keep money in the bank:

- Do not get a credit card unless you absolutely need one.
- Spend less than you earn.
- Budget out your needs and your spending habits.
- Track your spending to help you stay true to your budget.
- Pay your bills on time to avoid late fees.

For more money saving tips visit the Better Business Bureau's Website at www.bbb.org.

Buckle Up and Enjoy the Rideboard

Want to head home for the weekend, but have no way of getting there? Check out JMU's RideBoard at <http://info.jmu.edu/rideboard>. Ride-seekers can search various rides to see if anyone is going to their hometown, while drivers can post rides if they are looking for some company on that long trip home. Make sure to buckle up, and who knows, you may even make a new friend!

Source: <http://info.jmu.edu/rideboard/>

Don't Blame it on the Booze

If you choose to drink, it's important to know how to drink responsibly. Here are some safety tips for the weekend:

- Keep track of your number of drinks.
- Alternate non-alcoholic and alcoholic beverages.
- Make sure you have a safe way home by using SafeRides, the Harrisonburg Transit, a local cab company, or a designated driver.

Source: <http://www.jmu.edu/healthctr/>

Apply for Spring Potty Mouth! Applications due 10/21 12pm Warren 404

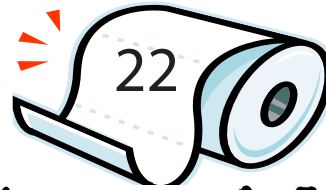
Email us with your ideas at: pottymouth@jmu.edu

Potty Mouth is brought to you by the University Health Center's Student Wellness and Outreach and the Potty Mouth staff. For more information regarding SWO, call 568-2831 or visit www.jmu.edu/healthctr/swo.

Potty Mouth Staff:
 Ashley Smith (graduate assistant)
 Juli Mathews Rachel Dozier
 Mandy Smoot Dave Godfrey
 Larry Kim Caitlin Hardgrove
 Angela Saunders Danielle Sandersen

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Potty Mouth by NUMBERS



The average number of teaspoons adults consume of sugar each day

source: http://today.msnbc.msn.com/id/32543288/ns/health-diet_and_nutrition/



Pet Therapy

Recent studies have shown that owning pets can improve one's health in several ways, by:

- Providing opportunities for exercise and social interaction
- Decreasing levels of stress and depression
- Increasing allergy resistance in small children

Additionally, pet owners have been shown to have lower cholesterol and blood pressure, which translates into healthier hearts.

Source: http://www.cdc.gov/HEALTHYPETS/health_benefits.htm



Do you suffer from the late night munchies syndrome?

Late at night, people tend to crave snacks when they are not hungry because they are ready to relax. However, it becomes a bad habit that contributes to weight gain. Try some of these tips if you feel tempted to eat late at night.

- Don't skip meals throughout the day.
- Find something else to do besides watching TV.
- Keep only healthy food around.
- Eat low fat snacks instead.

Source: <http://searchwarp.com/>

"Can you hear me now?"

In this day and age cell phones are a necessity. However, where should you not talk on your phone?:

- Bathroom: It's creepy sitting in the stall and hearing someone next door taking care of business and chatting away.
- UREC: You're out of breath so the conversation will probably take double the time, and the person next to you will be in agony double the time.
- Dining hall: With the fourth best food in the country, you should be holding a fork to your mouth instead of a cell phone.

Source: <http://www.roadandtravel.com/youogirl/cellphone2.htm>

Psst...There's a Fungus Among Us!

The presence of indoor mold can pose a significant health risk for many individuals. Exposure to household mold can worsen asthma symptoms, cause allergic reactions, and incite other respiratory complaints. Moisture control is key in preventing the growth of mold. To reduce the amount of moisture in your home, run ventilation fans when showering or cooking, immediately repair any water leaks, and maintain a proper amount of ventilation in your home by running your air conditioner or opening a window.

<http://www.epa.gov/mold/moldresources.html>

Namaste

Increased flexibility, less stress, improved posture and increased strength are just a few of the many benefits yoga offers. A practice that has been around for more than 5,000 years, yoga has developed into many different styles. If you are looking to move your body in new ways or learn breathing and relaxation techniques, check out UREC for free classes offered.

Source: <http://www.webmd.com/balance/the-health-benefits-of-yoga>

UPCOMING EVENTS

- 9/30 Take Back the Night Interest Meeting, Taylor 304, 8-9 p.m.
- 10/2 Lee National Denim Day, \$5 wear jeans, contact 540-568-2831 for more info
- 10/5 BCA Survivor Night, Festival Ballroom, 7 p.m.
- 10/7 Brown Bag Lunch-Campus Safety w/ Sgt Peggy Campbell, Taylor 306 12-1 p.m.
- 10/10 ZTA BCA 5 K, Festival, 9 a.m.
- 10/23 Seasonal FLU Vaccine Clinic, 10 a.m.-8 p.m., JMU Convocation Center, F/S \$15, Students/Emeriti \$25, ONE DAY ONLY