

Proper Nutrition During Spring Break

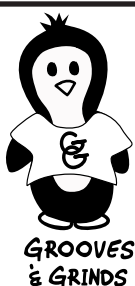
- Make sure you stay properly hydrated.
- Stay away from drinks with high amounts of sugar (like soft drinks).
- Eat fruit! Fruits supply more nutrients and are usually made up of at least 8% water.

Road Trip Snack Ideas:

- Nuts.
- Vegetables, such as a bag of carrots.
- Fruit, such as apples, bananas, pears or peaches.
- Yogurt.
- Low-calorie bars.
- Whole grain crackers.

Safe Sex Tips

- Talk smart sex first, have smart sex later.
- Remember that “no” means NO and passed out doesn’t mean YES.
- Respect everyone’s right to make his/her own personal decision, including yourself.



Rally for
Relief
Concert!
Thursday,
March 25th
at 8:40p.m.
Hewitt
Union
Ballroom.

Toilet Talk

March 10, 2010

Stay Safe on Spring Break

Did You Know...

- ...The sun is the cause of 90% of skin cancers.
- ...Crash dieting does not make you lose weight. It can hinder weight loss and remove lean muscle and tissue.
- ...Drinking + sun can equal a bad sunburn and an even worse hangover. The sun can maximize the effects of alcohol so keep this in mind if you party on the beach.
- ...Alcohol can dilate blood vessels and lower blood pressure to dangerous levels. The effects of alcohol are felt sooner and stronger in a hot tub. This can lead to unconsciousness and drowning.

Answer to Last Week’s Question:

The most popular Spring Break destinations for college students in 2010 include the Bahamas, Panama City, Florida, Mexico and South Padre Island, Texas.

Easy Tip on Living Laker Green:

If every U.S. car carried one more passenger on its daily commute, 32 million gallons of gas would be saved each day.

Question of the Week: What was the average amount of hours volunteered per resident in the U.S. between 2006 and 2008?

Events of the Week:

Zumba! Tuesday, March 23rd. Hewitt Ballroom. 7-8p.m.

Wednesday, March 24th 12:15-1p.m. FREE.

Friday, March 26th: Concert: Collage. 7:30-9:30 p.m.

Waterman Theatre, Tyler Hall. \$5 for students.

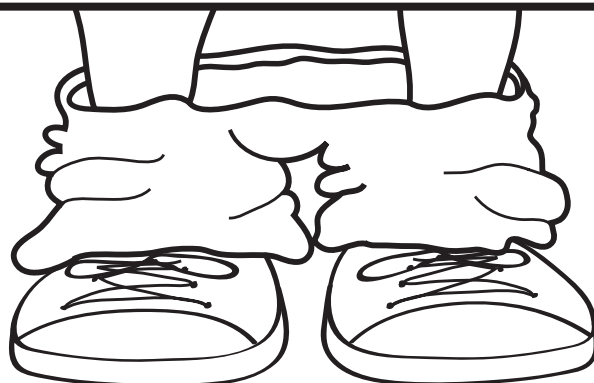
Saturday, March 27th: Theatre Production: New Voices.

7:30-9:30 p.m. Lab Theatre. Tyler Hall. FREE.

Questions? Comments? Suggestions? Get Involved.
Give us a call! 312-5648 Or email
lifestyle@oswego.edu

Toilet Talk Back

Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
the Toilet Talk link.



Words to whiz by...

“When one door closes, a window opens.”

-Unknown

How to Treat A Sunburn

- Use a cool cloth on sunburned areas.
- Take frequent cool showers or baths.
- Apply soothing lotions that contain aloe vera to sunburned areas.
- Topical steroids may also help with sunburn pain and swelling.
- Lotion may help to relieve the itching caused by peeling skin.

Be Safe at the Bars

- Use the buddy system if going out.
- Beware of alcohol poisoning. Symptoms include: vomiting, seizures, slow breathing (less than 12 breaths per minute), pale skin, low body temperature and passing out.
- Keep an eye on your drinks. Date rape drugs are often colorless, odorless and tasteless.

Lifestyles
a center for healthy choices

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Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Jenna Bernardelli, Intern Chris McPherson and Peer Educators Brianna Daley, Deanna Drexler, Chelsea Giaraffa, Mary Hankin and Jessica Raghunanan.

Sources available upon request.

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