

Well- NEWSLETTER



December, 2009

EVENTS

Fireside Chat: Panel of Person's Infected and Affected by HIV/AIDS

Wednesday, December 2, 5:30pm
Kuhn's Honors and Scholars House

Walk-in HIV Testing (free)

Thursday, December 3, 4:30 - 7:00pm
Frank W. Hale Center

Recovery Community Gathering

Friday, December 4, 12:30 - 2:00pm
Student Wellness Center (B130 RPAC)

It's Abuse. Meeting

Monday, December 8, 5:30 - 6:30pm
RPAC Meeting Room #2

For more listings, visit: www.swc.osu.edu/events/

IT'S ABUSE.

WWW.ITSABUSE.COM

It's Abuse. is in the midst of planning some exciting events for Winter Quarter! It's Abuse. will host a "Twilight" event, including a movie showing and a talk about relationship abuse and what healthy relationships look like. We will also be having a New Year's event, where students can make their resolutions for healthy relationships; and a Valentine's Day event where students can enter a contest to win a date package. Keep your ears open for more details!

If you have any questions about upcoming events or It's Abuse, please contact: leinger@studentlife.osu.edu.

Three tips to kick those extra holiday pounds

by Melissa Terlau, Health Management major

The holidays are here! It's a time for friends and family, traditions, and FOOD! Whether it is a holiday gathering consisting of appetizers, a buffet, a five course meal, or just a cookie exchange, everyone is surrounded by a ton of food. The best way to keep away those extra pounds is by following a few easy tips.

First, always eat breakfast. It is a common misconception that the best thing to do is save up your calories until the big meal, when in reality this could cause you to overeat. To prevent this, have a healthy breakfast, such as a bowl of whole grain cereal, low fat milk, and a piece of fruit. This will keep you feeling satisfied throughout the day and you will be less likely to gorge on food later.



Second, a great way to stick to healthy eating is to bring a lighter option to share, such as a vegetable and hummus platter, chips and salsa, or a fruit tray. If you do plan to make a dessert, use lighter ingredients in place of higher calorie ingredients. Some examples of these are fat free or low fat milk instead of whole milk, Splenda® in place of sugar, and applesauce rather than oil. Make cookies with dried fruits and nuts, such as raisins, Craisins®, almonds, or walnuts.

Finally, remember to include a variety of food by putting at least three different food groups on your plate. Rolls and bread are good sources of grains. Vegetables such as green beans, salad, and sweet potatoes, are great choices, along with fruit salads and fruit platters. Lean sources of protein include turkey, chicken or fish. A glass of low-fat milk or cheese cubes are good sources of dairy. After you get some of these foods, go for your favorite dessert. Remember, it's all in moderation!

For more tips on healthy, holiday eating, consider a FREE nutrition counseling session offered in the Student Wellness Center. For more information, visit <http://www.swc.osu.edu/healthy-eating-active-living/nutrition/nutrition-counseling/>.

Going for broke:

A few thoughts on holiday gift-giving

Last year Americans spent over \$66 billion dollars buying gifts for friends and family during the holiday season. While I do not want to discourage you from gift-giving, or from doing your own small part to stimulate the economy, here are a few tips for gift-giving this holiday season:

1. Go simple. While Americans spent \$66 billion, their purchases only produced \$54 billion in satisfaction when received. The lesson here...either give to more gracious folks, or buy gift cards.
2. Think outside the box. As in years past, many charitable organizations are making it easy to put your money to good use. Consider gifts like the American Red Cross' Gifts that Save the Day (i.e. first aid kit, \$150, <http://www.redcross.org/>) or Cale Camo's Breast Cancer Awareness Pendant (\$36, <http://www.calecamo.com/>) or other gifts from any number of causes which can be searched at <http://www.changingthepresent.org/>.
3. Leave the credit cards at home. Your family and friends would much rather accept a homemade gift than one that caused you to incur debt. Stick to your budget!

For help with your holiday budget, or any other financial situation, please contact Kate Trombitas at: trombitas.4@osu.edu.

Find us on Facebook

The Student Wellness Center is now on Facebook! Find us on Facebook and become a fan for daily updates on our services, programs, and areas of expertise. Additionally, you will find new and exciting articles, links and statistics related to all areas of wellness. Each day, we will feature a different area; Sexual Wellness, Nutrition, Financial Wellness, Sexual Violence Education and Support, Alcohol and Other Drugs, and It's Abuse.

To stay up to date with everything the Student Wellness Center has to offer, become a fan of "Ohio State Student Wellness Center" today!

SELF DEFENSE COURSE FOR WOMEN

- Learn mental, verbal and physical self-defense skills
- Resistance to a physical attack provides a significantly greater chance of surviving without being raped
- **THIS CLASS IS FREE AND OPEN TO ALL WOMEN** (including non-student community members)

Thursday Class

January 21, 28, February 4, 11, 18

Time: 6:00 pm to 8:00 pm

Location: Room 316, Pomerene Hall,

1760 Neil Avenue

This class meets for five consecutive weeks, two hours each week.

**Sexual Violence
Education and Support**
The Student Wellness Center
B130 RPAC

**To register or for more information:
Call 292-4527 or email sves@osu.edu**