

# Tiger Scoop



HEALTH CENTER NEWS

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## Tigers Stay Healthy

### Eat right - Harvest a Healthy Diet

A healthy diet emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk and milk products; includes lean meats, poultry, fish, beans, eggs, nuts; and is low in saturated fats, trans fats, cholesterol, salt, and added sugars.



### Avoid Unhealthy Eating Habits!

Unhealthy eating habits not only negatively affect your weight, but they can also cause major fluctuations in blood sugar. These fluctuations can lead to potential medical emergencies. Avoid fasting and eating irregular meals to help maintain a more constant blood sugar level. When studying for midterms and finals, remember to eat regular meals and snacks!

### Build a Better Plate

Visit the **Tiger Cookbook** at <http://tigercookbook.wixsite.com/the-tiger-cookbook> to learn about ways to build a healthier plate as well as receive guidance on eating healthy on a budget.

### Keep moving

Stay active and you'll feel better. Start simple: **take a brisk walk at lunch**, **go for a bike ride after school/work**, **work in the yard**, **clean your room**



### Get sleep

Start your day rested and ready to go with these sleep tips: **Have a set bed time**, **do the same "sleep rituals" every night**, **keep your bedroom dark, cool and quiet**, **remove computers and work materials from your bed and the sleep area**



## Are you covered? Uninsured? Concerned about large medical bills?

Find out if you qualify for FREE or reduced price health insurance

Find a plan that fits your budget needs

Free in-person assistance available at the University Center **Wednesdays**

**November 2<sup>nd</sup>, 9<sup>th</sup>, & 16<sup>th</sup> from 11 AM to 5 PM**



**SAVE THE DATE**

**Flu shot:** NOV. 11 & 21 (UC), NOV. 16 (Law School)

**HIV Testing:** Every Friday (UC 338)

**Insurance assistance and enrollment:** Wednesdays NOV 2, 9, & 16 (UC)



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