

Tiger Scoop

Good Luck with Finals!

April Calendar:

- 2 **Midday Moves**, 12:30–12:50,
Walk Around the Quad
- 7 **Midday Moves**, 12:30–12:50, Kan
Jam *Prizes* -Quad
- 7 **SPRING FLING**, 11-1, Picnic on the
Quad
- 7 **IM Mini- Soccer Shoot-Out**, 3 pm,
Sign up at www.imleagues.com
- 8 **Midday Moves**, 12:30 – 12:50,
Corn Toss -Quad
- 8 **SPRING FLING**, 11-2, Trip around
the World, College Union Bistro
- 8 **IM Mini- Soccer Shoot-Out**, 3 pm,
Sign up at www.imleagues.com.
- 9 **SPRING FLING**, 7 pm, Comedy Night
with Nick Guerra, HPAC Theatre
- 10 **SPRING FLING**, 8 pm, Masquerade
Night, Hamilton Room
- 14 **Midday Moves**, 12:30–12:50, DIY
(Do It Yourself) -Quad
- 15 **IM Mini- Soccer Shoot-Out**, 3 pm,
Sign up at www.imleagues.com
- 16 **Midday Moves**, 12:30–12:50,
Croquet on the Quad
- 21 **Midday Moves**, 12:30–12:50, Skate
Around the Quad *any man
powered creation with wheels
- 23 **Midday Moves**, 12:30–12:50, Disc
Golf on the Quad
- 23 **Pregnancy, Birth Control &
Resources**, 10 -1, Student Union
Bistro, Health Center Staff
- 28 **Midday Moves**, 12:30–12:50, Golf
Shot Closest-2-Pin, Quad
- 30 **Midday Moves**, 12:30–12:50, DIY
(Do It Yourself), Quad
- 30 **Study Day**

THE MYTH ABOUT BELLY FAT

For a lot of men and women, there is a concern with losing weight, in particular belly fat. Many advertisements and public figures have claimed there are new "diets" to lose weight specifically in the belly area. It is important to be wary of these claims, because they may be backed by people who are not experts in the field of nutrition.

The truth is there is not one special way to lose weight in a particular region of the body. Losing weight in particular regions will depend on the individual. Losing weight should be a slow process and achieved by adapting a healthy lifestyle. The word "diet" can be associated to a negative process, so by adopting healthy eating habits and an exercise routine, we can link weight management with a positive concept.

By making an appointment with a nutrition expert, you can get on the right track to achieve your goals in an individualized manner. Free nutrition services are provided to students through the Student Health Center from a clinical nutrition graduate student. Contact Allison at armoore3@memphis.edu for an appointment when she is at Lambuth on April 23.

Counseling Available

By appointment 901-678-2068
or walk-ins, if time allows
Tuesdays, 9:30 am-4 pm
Varnell Jones 126-C
Dr. Bob
April 14th & April 28th

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Check out current or past issues at:
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Stay Safe During Finals!

This time of year can be stressful with final exams and end of the semester/summer/graduation plans.
Don't forget to remember your health during this time.

- Avoid powdered pure caffeine and stimulants
- Get quality sleep
- Eat breakfast & balanced meals
- Use good coping techniques for stress
- Talk with a counselor

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READ TIGER SCOOPS ONLINE AT MEMPHIS.EDU/TIGERSCOOP

Brought to you by your Student Health Center.

Questions? Email jdefouw@memphis.edu



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