

Tiger Scoop



Good Luck with Finals!

April Calendar:

- 1 Iron and Folic Acid Deficiency in Americans, UC Lobby 11-1
*Free Nutrition Seminar, 5:30-6:15, Campus Rec Classroom Demystifying Nutrition Myths and Fad Diets
- 3 Free, oral HIV Testing in UC Iris Room 10 am – 1 pm
- 7 Sun Safety Information, UC Lobby, 11-1
- 9 ALCOHOL Screening Day, Activities Plaza or UC, 10 - 2
- 10 Free, oral HIV Testing in UC Iris Room 10 am – 1 pm
- 14 Mental Health Fair, UC Lobby, 10 – 2
- 15 Free Nutrition Seminar, 5:30-6:15, Campus Rec Classroom What's all the Hype About? Organic, Urban Farming and More!
- 16 **The Importance of Sleep**, UC Lobby, 11-1
- 17 Free, oral HIV Testing in UC Iris Room 10 am – 1 pm
- 24 Free, oral HIV Testing in UC Iris Room 10 am – 1 pm
- 29 **LAST DAY of CLASSES!**
Free Nutrition Seminar, 5:30-6:15, Campus Rec Classroom Debunking Dr. Oz
- 30 Study Day

The TIGUrs Earth Day Celebration

On Thursday April 16th
from 10am-2pm in the
Urban Garden

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 can be written 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 counseling is provided to students through the Student Health Center by a clinical nutrition graduate student. Contact Allison Moore at armoore3@memphis for more information.

Memphis Healthy U Nutrition Seminars

The following seminars are being presented for your health by the undergrad students in Dietetics. Each starts at **5:30 pm**.

April 1
Demystifying Nutrition Myths and Fad Diets

April 15
What's the Hype All About?

April 29
Debunking Dr. Oz

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True Grit; Building Resilience

Check out current or past issues at:
readsh101.com/go2memphis.html

Stay Safe During Finals!

This time of year can be stressful with finals and end of the semester/summer/graduation plans.

Don't forget to remember your health during this time.

- Avoid Powdered Pure Caffeine
- Get Quality Sleep
- Eat Breakfast and Balanced Meals
- Use Coping Techniques for Stress

Our Counseling Center is open if you feel overstressed! 678-2068

Help us be Tobacco Free!

memphis.edu/tobacco

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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