Top 5 Relationship Must-Haves
By: Megan McKendry, MPH, Oasis Program Violence Prevention Specialist

Testing the waters with your new crush? Trying to keep the spark alive with your hometown honey? These tips will help your love life go the distance, whether you’ve been into each other for 6 days, 6 months, or 6 years.

Practice Two-way Communication. Expressing your thoughts and feelings is essential, and so is listening. Two-way communication is even more important when you’re angry. It will help you understand each other’s feelings and clear up misinterpretations.

Give each other Space. But remember that respecting each other’s privacy and spending time with friends will keep the relationship going strong.

Cheer each other on. Support each other’s hobbies and interests. Help each other during hard times. Healthy relationships are a great source of mutual support.

Beware of the green-eyed monster. Everyone feels jealous sometimes. But don’t let the green-eyed monster get the best of you. Something is wrong if your crush’s jealousy keeps you from spending time with friends, wearing your favorite outfit, or doing things you enjoy.

When you’re ready, talk about sex. Want to keep it PG and stick to cuddling? Kiss or make-out? Try out a fantasy? Embrace the awkwardness, and talk about it! Verbal consent is the gold standard, because body language gets confusing.

For more info, follow UA Campus Health’s Oasis Program on Facebook.

Intramural Sports: LEADING THE WAY TO A SUCCESSFUL COLLEGE EXPERIENCE
By: Mirum Washington-White, Sr. Asst. Director for Sports, Campus Recreation

Intramural Sports, conventionally known as one of the campus’s most popular programs with more than 10,000 students playing, has a far-reaching impact in many cultures at The University of Arizona beyond recreation. A national study conducted by Downs (2003) highlighted that participation in recreational sports correlated with a student’s overall positive satisfaction and success in the college they attended. This study discovered that college students who are active participants in recreational and competitive sports programs, are reportedly more satisfied with their college experience and are likely to meet more success in their college experience than those students who were nonparticipants.

As the sport offerings continue to grow at a steady pace at Campus Recreation (with the addition of Dodgeball, Battle- ship, Flickerball and Bench Press Competition this year alone), Intramural Sports provides a recreational environment where players from all levels can compete, socialize and get the most out of the college experience. So pick a sport, have an experience and make a memory.

1. Skip out on sleep. Yes, less sleep means more stress. Burn the midnight oil and you will be depriving your body of one of the key ways it keeps stress at bay.

2. Drive your car at rush hour. Is there a more foolproof way to stress more than being stuck in traffic? Try biking, walking, or taking the bus when possible. Or try a breathing exercise (see page 4) if driving at rush hour is unavoidable.

3. Drink up! Sure, piling on the drinks may feel good at the time. But we all know that overindulging can also mean hangovers, drama, and regrets. Stick to 1 or 2 drinks or less per hour if you plan to party, and enjoy the social benefits without the hangovers.

4. Use Facebook to keep score. Who doesn’t love social media? Take advantage of Facebook’s awesome power to connect by all means. Just don’t compare your outtakes to everyone else’s highlight reel. According to one study, the cure for “Faceook Despair” is simply less Facebook and more “direct” social interaction.

5. Hold on to everything. Similar to #6, but with a twist. One thing we know for sure: we can’t change the past. Sometimes letting go of old worries or hurts (your own or someone else’s) or turning them into something positive is the only way to move forward.

6. 7. 8. 9. 10. In addition to strengthening your body, no dumbbells necessary! Strokes you’ll strengthen each workout. Through the four

Reasons You Should Be SWIMMING!

Swimming is a total-body workout. Through the four strokes you’ll strengthen each muscle and workout your entire body, no dumbbells necessary! In addition to strengthening muscles, swimming is a major calorie burner; one hour of moderate swimming can burn up to 500 calories! Even people with injuries can get a safe workout through swimming. Whether you’re recovering from an injury or prone to joint pain, swimming can help you stay fit without hurting yourself. Ever felt the impact of pavement on your knees when swimming? Nope, us neither. On a budget? No problem! Swimming is one of the most cost-effective workout programs you can do. All you need is a membership at Campus Rec, a swimsuit, and some goggles! No fancy equipment is needed to get in a full-body workout with swimming. And with Campus Rec’s stroke analysis program, you can even perfect your tech-

By Delaney Rader, Student Marketing Assistant, Campus Recreation

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Thursday, April 17, 2014
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Student Marketing Assistant, Campus Recreation

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6 Reasons to Get More Sleep

1. Stronger immune system, better health, and fewer illnesses. You can fight off sickness better when you are well-rested because sleep helps maintain your immune system. Ever notice that you get colds more easily when you’re tired?

2. Better mood & emotional health. Sleep helps to regulate your disposition. Getting enough sleep helps ensure that you are at your best. It’s an intricate balance: lack of quality sleep may worsen depression or anxiety, although both can make it harder to sleep.

3. Weight management. Studies have linked sleep deficiency with unwanted weight gain. People who don’t sleep enough have bigger appetites because their levels of leptin (an appetite-regulating hormone) drop. Instead of heading to bed, regular eating appetites because their levels of leptin (an appetite-regulating hormone) drop. Instead of heading to bed, getting enough sleep, skillfully negotiating relationships (or having energy for sexual activity) can be difficult.

4. Safer driving. You are a better driver when you are well-rested and alert. “Drowsy driving” may impair people as much as drinking alcohol. The American Automobile Association estimates that 1 in 6 fatal car crashes is due to drowsy driving.

5. Peak productivity & academics. It’s a “no-brainer” that we all learn, study, and perform better when we have adequate sleep. You should do better in school, and at work, when you have enough sleep.

6. Improved relationships and sex. Relationships and romance take energy, so get your ZZZs! Too tired for romance? If you are not getting enough sleep, skillfully negotiating relationships (or having energy for sexual expression) can be difficult.

By Lee Ann Hamilton, MA, CHES, Assistant Director of Health Promotion and Preventative Services

Promotion and Preventative Services Lee Ann Hamilton

Make sleep a priority and put it on your “To Do” list.

Exercise

For Your Brain

By Delaney Rader, Student Marketing Assistant, Campus Recreation

Did you know that regular exercise makes your heart and brain healthier? A study from the University of Illinois found that physical fitness is correlated with improved brain functionality, showing that the more you regularly exercise the better you’ll do on exams. Researchers looked at test scores between two groups of people: fit and unfit ones. The test-takers outperformed the unfit ones by nearly 20 percent. If you’ve been having trouble memorizing information for your exams, try working out regularly.

Get fit by working out four to five times per week, at least sixty minutes for each workout. Cardio is important but don’t forget lifting weights builds and strengthens muscles to keep you healthy!
1. You meet more people if you leave your dorm room. Introduce yourself to your neighbors, and hang out in the common areas and kitchen. You meet even more people if you leave your dorm. Invite someone you don’t know to share your table at lunch or sit next to you in class. You never know, they may become your new best friend.

2. Join a club! ASUA has over 600 of them!

3. Attend free events, concerts, and museums the UA has to offer.

4. Explore our campus. From the turtle pond to the cactus garden, you’ll be surrounded by beauty everywhere you go.

5. Go on an Outdoor Adventures Trip or take a Fitness Class with CampusRec. There’s no experience like mountain biking from Flagstaff to Sedona, canoeing on the Colorado River, or a Zumba class.

6. Take the things people pass out on the UA Mall (and actually look at them) – you never know what opportunities are out there.

7. Take advantage of student resources: Think Tank, Career Services, Campus Rec, and Campus Health.

8. Cheer on fellow Wildcats at sporting events.

9. Meet with your professor during office hours; they want you to succeed too.

10. Get a job on campus. You’ll meet people and earn some extra cash.

One of the most important aspects of a healthy diet isn’t just what you’re eating, but how much. Even the healthiest of foods have calories, and if you eat more calories than you burn, you won’t maintain or lose weight.

Research nutrition labels of the foods you eat and you may be surprised at how much each serving size is. Try measuring out your foods before you begin your meal! This will prevent overeating that you may not have noticed before.

It isn’t important to eat clean 24/7, have a yummy meal once in a while! Knowing serving sizes will help you control how much you eat, making your cheat meals much less detrimental to a healthy eating diet.

Try using this guide to help determine how much certain serving sizes are: news.health.com/2014/03/28/how-to-tell-what-a-serving-size-really-looks-like/

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The Truth About The Freshman 15

By: Gale Walter Coleman, MS, RD, CSSD, CDE

It looks like the "Freshman 15" is really the Freshman 5-8, with another Sophomore 2-3. That’s according to two studies, the largest and longest to date, with similar findings. And, listen up guys, males add significantly more weight than females. Overall, only 6% in one study (East Coast) and 20% in the other study (Midwest), gained the actual "Freshman 15" or more. While on-going studies will help determine why, possible explanations include alcohol consumption, the "high stress-less sleep-more food" cycle, more socializing with food, high-fat food availability, and less physical activity.

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Don't Worry Be Happy!

By: Melanie Fleck, MPH, CHES

Happiness may look different for everyone, but one thing is true: we all want to be happy. When it’s hard to embrace those positive feelings, try these mood boosting tips.

Reflect on good things.
Think of things that make you happy. It could be a great friend, a caring family, an “A” on a tough test, an upcoming trip, or anything that makes you smile. Keep these things in mind when life gets stressful or overwhelming.

Smile!
It sounds silly, but simply smiling can put you in a better mood. A 2012 study found that participants who were asked to smile during stressful activities felt better afterward than those who didn’t.

Exercise.
Exercising increases endorphins (feel-good hormones) and can lessen symptoms of mild depression and anxiety. Walking is a free and easy option. You can even take your dog if you’re feeling adventurous, try hiking or an intramural sport to get moving.

Prefer to stay home? 
Watch fun and helpful videos and be the first to know about special events, win prizes, and more!

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Use your support networks.
If you’re stressed, reach out to someone who is all ways there for you. It could be friends, family, co-workers, roommates, teammates, or someone in your faith community. The old saying “don’t worry, be happy” can be useful advice when your spirits need a lift!

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LIVING WILD! SPRING 2014
Exercise is good for us, we know. But as college students sometimes we put it on the back burner in order to complete a big school project or go out with friends. No matter how busy you are though, exercise can help you feel better, have more energy throughout the day, and even live longer!

Thirty minutes a day – that’s all you need to take advantage of all the benefits that exercise has to offer:

Learn Better. Physical activity increases the level of growth factors in your brain, making new brain cells so you can learn. Complicated physical activities provide the most growth, so try out a new dance class or an intramural sport to help you do better in school!

Combat Health Conditions and Disease. You only live once, so get your heart rate racing to help you live longer.

Improve Your Mood and Boost Your Energy. Exercise helps deliver oxygen and nutrients to your heart and lungs work more efficiently while also stimulating brain activity that can have you feeling energetic, happier, and more relaxed throughout the day.

Sleep Better. Exercising regularly can help you fall asleep and stay asleep at night. Going on a morning hike or doing a few laps in the pool can also help you sleep better.

Put the Spark Back into Your Sex Life. Regular physical activity can have you feeling energized and looking better, which could have a positive effect on your sex life. Take that into consideration the next time you think about skipping your daily workout.

Working out regularly is a habit that everyone should have for the rest of their life.

Sources:
- “8 Exercise: 7 Benefits of Regular Physical Activity”, February 5, 2014, mayoclinic.org

Sunscreen should be worn everyday, especially here in Arizona. Try this DIY sunscreen recipe for great smelling sun protection!

**Things You’ll Need...**
- Glass mason jar
- 1/2 cup olive oil
- 1/4 cup coconut oil
- 1/4 cup white beeswax pellets
- 3 tablespoons French press zinc oxide powder
- 3 tablespoons Shea butter

**Step 1:** Fill a pan with a couple of inches of water. Warm over medium heat.

**Step 2:** Put the olive and coconut oil, beeswax, and Shea butter into the glass jar. Place into the warm water.

**Step 3:** As the ingredients start to melt, mix them with a wooden spoon.

**Step 4:** Once everything is melted, remove from the heat and stir in the zinc powder. Make sure it’s evenly distributed—the zinc is what protects your skin from UV rays!

This formula might take a little extra rubbing to apply without white residue, and you should definitely reapply after swimming. The coconut oil and Shea butter make it smell amazing and are incredibly moisturizing!

Source: http://www.seventeen.com/fashion/blog/diy-sunscreen-tutorial/
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