

Wellness InSTALLments

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August

Upcoming Events

8/17—First Day of Classes!
WOW Outdoor Carnival
Library Lawn, 11a-3p

8/18—WOW Headphone Disco
Alico Arena, 8p-11p



8/23—3Cs: Happy Hour Mocktails
Osprey 5th Floor, 7p-8p

8/24—Healthy Hump Day:
Rethink Your Drink
In Front of P&W, 12p-3p

8/30—3Cs: Sexual Jeopardy
Biscayne 4th Floor, 7p-8p

8/31—Healthy Hump Day:
STD Roulette
In Front of P&W, 12p-3p

Please see our online calendar for a full, updated schedule

WELLNESS TIP

Lifestyle changes don't have to be all-or-nothing. Start small and make a few eating and exercise changes each week. Small steps will create BIG changes over time!

Question of the Month

True or False?

Muscle weighs more than fat.

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

OH SCALE NO!: Non-Scale Victories

As a college student, it's common to find yourself constantly standing on the scale. Whether you want to lose weight or plan to gain weight, the scale can become an obsessive thought. In today's society we need to embrace non-scale victories in our journey for weight loss/gain. Scales can leave people feeling discouraged, disappointed, and exhausted! It is time to look beyond the numbers and step off the scale. Find your non-scale victories!



What are non-scale victories?

- Increased energy
- Better sleep
- Clothes fit better
- Fewer cravings
- Feeling stronger
- Feeling healthier



OH MY QUAD!: Workout Myths vs. Facts



Weight lifting is bad for your joints.

Weight lifting and strength training increases the health of your joints by strengthening the muscles and ligaments that hold them together.



Lifting weights makes you bulky.

Lifting weights can help you look leaner as you replace body fat with muscle.



If you want to lose weight, you should focus on cardio instead of lifting weights.

Combining cardio with strength training creates greater caloric expenditure and will get you to your weight loss goals faster.



YOU'RE KALEIN IT!: Clean Eating Tips

Eating clean is a good way to refresh your eating habits: it's about eating more of the best and healthiest options in each of the food groups—and eating less of the not-so-healthy ones. That means embracing whole foods like vegetables, fruits and whole grains, and healthy proteins.

Clean Eating Tips For Beginners:

- Plan your meals for the week
- Eat color with every meal to increase your fruits/veggies
- Stick to a grocery list when you go shopping
- Eat whole foods
- Avoid processed foods
- Avoid high calorie drinks like coffees and sodas
- Avoid added sugars, fats, and salts



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