



# W.A.H.L. News

## Wellness Advocates for Healthy Living

March 2017



*Brought to you by the Saint Vincent College Wellness Center*

### Time out for a little pet therapy!



**Where:** Carey Student Lounge  
**When:** March 15, March 16,  
 March 27, March 29, March 30  
**Time:** 11:30am—1:30pm

### Aromatherapy Hand Massages

Start the first day of Spring with a relaxing hand treatment. Hand massages will be given on Mon., March 20th in the Carey Student Lounge from 11:30am—1:30pm.



### HOW TO EAT HEALTHY AT THE SHACK



- \*Grilled Chicken Sandwich or Garden burger
- \*A turkey sandwich on whole wheat bread with lettuce/veggie slices.
- \*Wraps stuffed with grilled chicken, lean turkey slices, or veggies (lettuce, tomatoes, pepper rings, cucumbers)
- \*Yogurt and a fruit cup or protein bar
- \*Garden salad
- \*Baked chips
- \*On the side: a piece of fruit or fruit cup.

**Tips:** opt for meats & poultry that have been broiled, grilled, or baked instead of breaded and deep-fried. Have French fries sparingly; substitute baked chips or fruit.  
 \*Limit cheese and high fat condiments such as mayo & butter

### Spring Cleaning...From the Inside Out

Start by cleaning out your emotional cobwebs. What fears, hurts, anxieties, patterns or limited beliefs are you holding on to that are bringing you down? Time for letting go of what is hindering your growth. What weeds need to be pulled out of your inner garden?

Use this season of renewal to get rid of bad habits and plant seeds of wellness. Do you need to lighten your load by losing a few pounds? Enjoy the fresh air and walk off excess calories. Take a break from electronics and start a new practice...yoga, meditation, tai chi or journaling. Evaluate your diet and eliminate unhealthy food choices.

Declutter your personal space. Wash your linens and freshen up your room. Donate unwanted clothes and belongings. Reuse old items in creative ways. Enhance your surroundings with the aromatherapy of essential oils or fresh cut flowers. Have a happy and healthy Spring!

### Concerned about sexual assault, relationship violence, stalking, or harassment?

For confidential support, advocacy, or to discuss reporting options: Contact the Wellness Center at ext.2115 or 724-805-2115.

**For your immediate safety or to report a crime:**  
 Contact Public Safety at ext.2911 or 724-805-2911  
[www.stvincent.edu/WeWillListen](http://www.stvincent.edu/WeWillListen)

### March is National Nutrition Month

Now is a good time to add some nutrient rich, colorful foods to your meals. Replace your usual bland sides such as french fries, chips, and pretzels with smarter food choices. It will help you resist infections, boost your energy, and manage your weight!

Here are suggestions to **COLORING** your plate:  
**GREEN:** broccoli, spinach, avocado, kiwi, kale, asparagus  
**ORANGE:** carrots, sweet potatoes, butternut squash, oranges, mango, & cantaloupe  
**RED:** tomatoes, red peppers, strawberries  
**PURPLE:** beets, radicchio, grapes, cabbage  
**BLUE:** blueberries, plums, eggplant, raisins  
**YELLOW:** yellow tomatoes, pineapple, corn, peppers, squash

If you want others to be happy...  
*practice compassion.*  
 If you want to be happy...  
*practice compassion.*

(Dalai Lama)

### Social Graces in the Hallway

*Pleasant words are like a honeycomb, sweet to the soul and healing to the bone.*  
**(Proverbs 16:24)**

We are all busy with our own daily agenda, but it is worth the effort to greet fellow SVC students, professors, and employees.

If you make eye contact with someone, follow it up with a simple "hello", a nod, or just a smile (if you are on the shy side.) Not everyone will return your greeting, but don't let THEIR lack of social skills bother you.

It is a polite (and kind) act of courtesy to hold a door open for the next person. And if someone holds a door for YOU, make sure you acknowledge them with a "thank you" or a smile. These simple little reminders can make a big difference!

### Want to Live to Be 100?

The **Blue Zones** are these 5 areas of the world that have the highest number of centenarians: Ikaria, Greece; Okinawa, Japan; the Ogliastra Region of Sardinia; Loma Linda, CA, and the Nicoya Peninsula, Costa Rica.

People that live in a Blue Zone have these things in common that contribute to their longevity:

- They move their bodies a lot
- Have social circles that reinforce healthy behavior
- Take time to de-stress
- Are part of a community; often religious ones
- Are committed to their families
- Have moderate calorie, plant-based diets
- They don't smoke



Spring Ahead!!

