



Volume 1...Issue 1



Bladder Chatter

student health & wellness newsletter

Living Well at UCC...

What is *Bladder Chatter*?

Bladder Chatter is a NEW health & wellness newsletter that has been created for UCC students. We gave it this unusual name because you will find this newsletter in various washroom stalls across campus (i.e. Old Main, Science and A&E buildings). Look for monthly issues that focus on health and wellness information that is relevant for students.

This newsletter is sponsored by the UCC/TRU Wellness Centre and is published by third year nursing students:

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&

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In This Issue...

Learn more about nutrition, fitness and the importance of sleep! Look for healthy eating, exercise and sleeping tips, as well as great resources for you to access.

Kylie, Rachelle, Cassie and Chelsea would like to thank our sponsors and people who were able to make this project happen...

UCC Wellness Centre
UCC Alumni Association
The Cariboo Student Society
UCC Nursing Department
UCC Facilities
UCC Public Relations Department
UCC Division of Student Development



Do you have any questions or comments? Please contact Chelsea at 828-5010 or ccorsi@cariboo.bc.ca for more info.

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Healthy Eating Tips

- Eat breakfast each day and it can improve concentration, reduce feelings of hunger and maintain a healthy weight. Make it easier by choosing foods that are fast, easy and nutritious like a muffin, cereal with milk, fruit and fruit juice.
- Keep energized throughout the day by having regular meals or snacks every 3-4 hours. Keep healthy snacks in your purse, backpack, desk at work or in your car to avoid less nutritious food choices.
- Drink at least 8 glasses of water a day. Try to avoid caffeinated drinks.
- Remember that healthy eating starts at the grocery store. Read labels to guide your food choices. Fill your cart up with healthy foods from all of the four food groups.

What are the four food groups and what do they do for my body??

- Milk and milk products are a key source of calcium and other bone building nutrients. Aim to have 2-4 servings of milk and milk products each day.
- Meat is a key source of protein, B-vitamins, iron and zinc. Alternatives to meat include eggs, beans, peas and lentils and are a great source of protein.
- Grain products provide B-vitamins, iron and carbohydrates. Fibre helps maintain regularity and control cholesterol and blood sugar levels.
- Vegetables are a great source of vitamins and nutrients. Choose dark green and orange vegetables and orange fruit more often.



Resources:

Dial-A-Dietitian Nutrition

Toll Free in BC 1-800-667-3438

www.dialadietitian.org

Speak with a registered dietitian to answer all your nutrition questions. Provides FREE nutrition information

Dietitians of Canada

www.dietitians.ca

Website offers free meal planning, tips of the day, a nutrition profile, a virtual grocery store and fact sheets. Also contact a dietitian at this website.

Public Health Nutritionists (Kamloops)
851-7300



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"To climb steep hills requires slow pace at first."
-Shakespeare, Henry VIII. Act I. Sc. 1

It's a new year and a new start to getting back in shape! Here are some reasons why you should get on the exercise bandwagon again:

- Exercise distracts you from the days events and focuses you on your body
- Exercise – it will raise your heart rate and the increase will get more blood flowing to your brain.
- The more you exercise the more efficient your body becomes.
- You become better at storing glycogen and more efficient at using fat and your heart and lungs become stronger.
- Exercise can reduce depression, anxiety and increase tolerance to depression. Resistance training develops muscle strength and helps improve posture, co-ordination and breathing.



Check out the Canada Games Pool with your U-Pass...you can swim there for free!

Resources:
UCC Wellness Centre 828-5010
UCC Recreation 828-5270



YOGA

Developed in India, yoga is a spiritual practice that has been evolving for the last 5,000 years or so. Yoga means "union" in Sanskrit, the classical language of India. The postures and breathing techniques help attain a sense of union between the mind, body and spirit.

Specifically, research shows that yoga helps manage or control anxiety, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches, heart disease, multiple sclerosis, stress and other conditions and diseases. What's more, yoga:

- Improves muscle tone, flexibility, strength and stamina
- Reduces stress and tension
- Boosts self esteem
- Improves concentration and creativity
- Lowers fat/Improves circulation
- Stimulates the immune system

****UCC now offers Yoga on campus on Mondays in Meeting Room 3 at the Independent Centre. The times are: 9-10am, 11am-12pm, 1-2pm, or 5-6pm. costs \$35 for students for 8 weeks, or a \$5 drop-in fee.***

Swimming is kinder to your body than other sports

Swimming is, generally, kinder to your body than land-based exercise because your natural buoyancy in water helps you avoid the jarring knocks that can cause injuries. In water you weigh about a tenth of your normal weight, and the range of motion for the less fit person is much wider, as the water supports the weight of your limbs. Therefore, it's a good choice for people who want to exercise, but who might have problems with weight-bearing land-based activities. For example, swimming might suit those who have arthritis or back problems, weight problems or are pregnant. An added bonus for those with lung conditions, such as asthma, is that the air round a swimming pool is usually very humid, which makes breathing more comfortable

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GETTING ENOUGH SLEEP?? DREAM ON!

Did you know?

79% of college students are not getting enough sleep!

33 % report that sleepiness interferes with daily activities!

53% report that they "put off" sleep to get more done!

55% report putting off sleep to watch TV or go Online!

Causes of sleep deprivation

- not allowing enough time for sleep
- sleep disorders
- excessive worry
- depression
- repeated awakenings from noise or trips to the bathroom
- lack of exercise
- some medications

Common effects of sleep deprivation

Effects of sleep deprivation on health and well-being have been documented by research. Cognitive skills and physical performance are impaired by sleep deprivation, but mood is affected even more. People who get less than a full night's sleep are prone to feel less happy, more stressed, more physically frail and more mentally and physically exhausted as a result. Sufficient sleep makes us feel better, happier, more vigorous and vital.

Students need at least

8 hours

of sleep to maintain optimum health and learning capabilities. Yet, with the pressure of school, family and social life, few students are sleeping near the required amount. College life only escalates this problem.

What can you do?????

Create a Comfortable Environment

Find music that makes you comfortable.

- Turn off MSN, the TV, and telephone
- Place a sign on your door so that others can respect your sleep.
- Avoid an area that has bright light.
- Avoid watching stimulating TV shows just before bedtime.

Diet

- Avoid eating large meals and high fat foods before bed time.
- If you need to eat right before bedtime, try eating carbohydrates (bread, crackers, cereal).
- Avoid drinking large amounts of fluids before bedtime.
- Empty your bladder right before going to bed.
- Avoid caffeine and alcohol

Exercise

- Exercise early in the day to promote sleep at night.
- Avoid exercise right before bedtime.
- If you cannot sleep, do not exercise. Instead, try engaging in a quiet activity.



References/Resources

<http://nursing.villanova.edu>

<http://www.readersdigest.ca>

http://www.uvm.edu/~avarney_sleep_deprivation.htm
UCC Sleep Clinic 828-5434