



physical



spiritual



mental



social

emotional

# Guide<sup>2</sup>Wellness

College is a time of new stresses and adjustments, from challenging classes to social demands and other responsibilities. Many factors contribute to weight gain in college, including poor eating habits, lack of sleep, too much stress and not enough exercise. There are some simple steps that students can take to avoid gaining weight:

**Practice** time management skills and schedule your workouts (exercise 30 minutes every day for most days of the week).

**Schedule** your classes so that you have to walk across campus several times a day to consistently get more walking in.

**Stay** on top of class projects to avoid all-nighters. Make sure you get enough sleep each night.

**Listen** to Mom and eat your fruits and vegetables. They are full of fiber and water, which fill the stomach and tame the appetite without the calories.

**Pack** a healthy snack in your backpack that includes protein. This will make it easier to resist the junk food cravings.

**Sign up** for intramural (non-competitive) sports for fun and exercise.

**Avoid** “liquid candy” such as sweet tea or soda. Instead try

water, Crystal Light, or diet soda.

**Carefully** watch your portion sizes. Avoid late-night pizza runs!

**Don't** skip breakfast. A high-fiber, low-fat breakfast that includes protein is a powerful way to start your day.

In addition to the steps listed above, University of South Carolina students can take advantage of the variety of resources available on campus to stay fit. **Student Wellness Promotion** offers a wide range of programs and services including free nutritional consultations with the registered dietitian, health screenings for blood pressure, body fat, and cholesterol, grocery store tours and exercise consultations. Additionally, Student Wellness Promotion also offers *EnLighten Up!*, a weight management program that takes a holistic approach to healthy weight loss.

**Campus Recreation** manages the intramural sports program where students can participate in sports such as indoor soccer, flag football and volleyball. Strength and conditioning, as well as group exercise classes, are available and are scheduled throughout the day at both the Strom Thurmond Wellness and Fitness Center and Blatt P.E. Center.

Students can also enjoy sumptuous, healthy meals from the **Patio Café**, located in Patterson Hall. The café features many health-conscious options, with no fried food, and has a grill, deli, stir-fry and pasta stations, hot entrées and a vegetable line.

Stress is another major contributor to college weight gain. **The Counseling and Human Development Center** provides excellent resources for students that are experiencing too much stress. All workshops are free and confidential, and include learning new techniques such as self-hypnosis and other relaxation methods.

Remember, that while there are many causes of college weight gain, there are many ways to combat that weight gain and develop healthy habits for long-term health and wellness.

For more information:

**Campus Recreation**

<http://campusrec.sc.edu>

**Counseling and Human Development Center**

<http://www.sa.sc.edu/shs/chdc>

**Patio Café**

<http://www.sc.edu/dining/locations.html>

**Student Wellness Promotion**

<http://www.sa.sc.edu/shs/cwp/swp.shtm>





**Deborah Zippel, MS, RD**  
Nutrition Educator, Sports Dietitian

Deb Zippel joined the staff in 2006, after previously working as a sports dietitian and a student health dietitian at the University of Iowa. She serves as the registered dietitian for Campus Wellness Promotion and the Athletic Department. One of her favorite quotes is from Ben Franklin, "The first wealth is health."

**Why does one need to see an registered dietitian?**

Registered dietitians (RD) are your most valuable and credible source of timely, science-based food and nutrition information. Everyone has to eat and nearly everyone has room to improve their eating habits. RD's specialize in taking a personalized approach to weight management & healthy eating because one size does not fit all. A dietitian can help students make reasonable and realistic diet and behavior changes to increase health and performance.

**What are the best and worst parts of your job?**

The best part is meeting such a variety of interesting students and helping them reach realistic health and performance goals. The worst is that the demand for nutrition information and individual consults is so great that I haven't been able to implement as many programs as I would like on campus and there is often a long wait for appointments.

**What sports did you participate in college? Are you a big football fan?**

I swam at Iowa State University. I have very fond memories of the hard work we did and how rewarding it was to be a part of the team. I also played tennis for a semester my senior year at Iowa State when my swimming career had ended. I enjoy college football. It's been fun getting to know the Gamecock players and helping them optimize their eating habits for performance. Tailgating is always fun too!

**As a relative newcomer to the University, what is your first impression regarding the health of our students, faculty, and staff?**

I was pleasantly surprised at the large amount of interest on campus for healthy eating. With the support of Campus Wellness Promotion, Campus Recreation, the Athletic Department, Student Health Services and Healthy Carolina, we hope to continue to promote healthy food choices and stimulate positive behavior change. We will be working with dining services to increase the healthy meal offerings on campus.

**What health related changes would you like to see here?**

As on most college campuses, I'd like to see less alcohol abuse, more physical activity and more fruits and vegetables consumed.

**With finals arriving soon, what advice would you give students for remaining healthy during this time of increased stress?**

During stressful times, students tend to either skip meals or turn to the fast and convenience foods which are often less healthy. Occasional fast food won't harm health but fast food usually lacks the nutrients needed for health. The immune system relies on a balanced diet to function. Even during stressful times I encourage students to try to eat from at least three food groups per meal rather than relying on a vending machine candy bar for a meal.

get vaccinated  
against **Meningitis**

Meningococcal disease (commonly called meningitis) is a potentially life-threatening bacterial infection. It is estimated that 100 to 125 cases of meningococcal disease occur annually on college campuses and 5 to 15 students die as a result. The disease can result in permanent brain damage, hearing loss, learning disability, limb amputation, kidney failure or death.

The vaccine is available at the Thomson Student Health Center at a cost of \$100. Students can schedule a vaccination by calling 803-777-9511.

**GARDASIL.**  
[Quadrivalent Human Papillomavirus (Types 6, 11, 16, 18) Recombinant Vaccine]

**Available Now**  
at the Thomson Student Health Center

Did you know that cervical cancer is caused by certain types of human papillomavirus (HPV)?

Gardasil is a vaccine that helps protect against cervical cancer and some cases of genital warts caused by HPV. Gardasil requires three doses and costs \$127 for each dose. The vaccine is approved for women and girls aged 9 - 26.

Students can call (803) 777-7026 to make an appointment at the Thomson Student Health Center.

Visit [www.sa.sc.edu/shs](http://www.sa.sc.edu/shs) for more information.

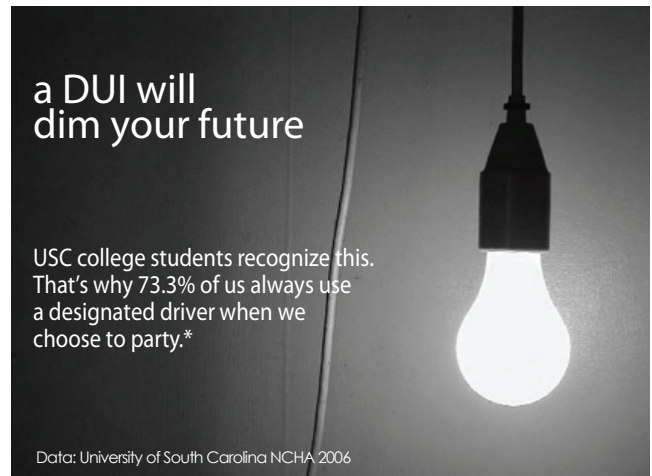
SAY  
**BOO**  
TO THE FLU

You can now get flu shots for **\$10**  
(\$20 for faculty/staff -- cash/check only)  
at Thomson Student Health Center.

Visit our website at:  
[www.sc.edu/healthycarolina](http://www.sc.edu/healthycarolina)

Social norms are the behaviors or attitudes of the majority of people in any community or group. For example, if most people in a community don't smoke, then not smoking is the "normative" behavior, or social norm. Not smoking is normal, acceptable, and maybe even expected in that population.

People's beliefs and perceptions about the norms of their peers play an important role in shaping their own individual behavior. We base our behavior on what "most people" think, do, or say—how fast we think "most people" drive, whether we think "most people" wear seatbelts, how many drinks we think "most people" have before getting behind the wheel. Quite often, people misperceive social norms and believe that risky behaviors occur with greater rates and social acceptance than it actually does. The consequences of misperception of social norms are three-fold: 1) those engaging in the risky behavior wrongly believe that it is accepted social practice; 2) those thinking about engaging in the risky behavior may be more likely to engage in it with the wrong idea of it being typical behavior; and 3) people may be reluctant to intervene and stop these behaviors if they believe they will be socially ridiculed.



Social norm campaigning is an effort to focus on the healthy behavior of the majority by using images and messages that accurately reflect their positive norms, but without denying the impact that the risk-taking minority has upon us all. Highlighting and amplifying the majority's positive attitudes and behaviors will result in an overall increase of these attitudes and behaviors. The Healthy Carolina Task Force has recently started a social norms campaign. Check out [www.sc.edu/healthycarolina](http://www.sc.edu/healthycarolina) for more information.

source: mostofus.org

## FREE Quit Smoking Classes!!

for students, faculty, & staff

- ◆ 80% Success Rate at One Year
- ◆ Confidential
- ◆ Meets 6 times over 3 weeks
- ◆ FREE prescription for Wellbutrin (Zyban) or nicotine patch
- ◆ Classes at Thomson Student Health Center or Palmetto Richland

**\*\*Call 296-CARE today to sign up for classes\*\***

Sponsored by  
Student Wellness Promotion

In the spring of 2007, Healthy Carolina and Faculty/Staff Wellness Promotion, with assistance from public health and nursing faculty developed the faculty/staff health assessment to better identify and address the specific health concerns of University of South Carolina faculty and staff. Data gathered from this assessment will be used for the development of health and wellness programs for faculty and staff.

Research has indicated that there is a link between health status, work productivity and retention in employees. As a campus community, we believe

that healthy faculty and staff will contribute to better student outcomes as well.

### STATS TO SHARE

**91%** think overall health and well-being can contribute to better work performance

**65%** are trying to lose weight

**12%** are regularly exposed to second-hand smoke at home or work

**44%** engage in moderate/vigorous physical activity three or more times per week



**P**ack a variety of baby carrots, cherry tomatoes, broccoli and other crudité's to serve with fat-free ranch dressing or hummus, which is rich in fiber and protein.

**T**ry baked potato chips and low-fat crackers instead of their fuller-fat counterparts. Individual serving-sized bags are also a great way to prevent overeating.

**B**e wary of dishes that are loaded with mayonnaise. A single tablespoon contains about 100 calories. Save half the calories and fat by using low-fat mayonnaise instead.

**S**pice up the grill! Instead of the usual hamburgers and hotdogs try turkey burgers, shrimp skewers, chicken breasts, or go totally meatless with veggie burgers and soy dogs.

**W**atch your drink! Bring diet soda, calorie-free flavored water, and sugar-free iced tea to limit your liquid calories. If you are consuming alcohol make sure you alternate alcoholic drinks with non-alcoholic ones.



GO GAMECOCKS!

## Grilled Portobello Sandwich

- 2 tablespoons olive oil
- 2 cloves garlic, finely chopped
- 2 teaspoons chopped fresh basil
- 6 portobello mushrooms
- ¾ cup low-fat cream cheese or goat cheese
- 6 pieces of focaccia, sliced in half lengthwise
- 1 cup spinach or arugula leaves, washed and dried
- 6 slices of tomato



Try this winning recipe for your next tailgate party!

Preheat the grill. Mix the olive oil, garlic, and 1 teaspoon of basil together. Remove the stems from the mushrooms and brush both sides of the caps with the olive oil mixture. Grill the mushrooms until they are soft in the center, about 3 to 4 minutes on each side. Mix the cheese, remaining teaspoon of basil and spread the mixture on to the halves of the bread. Then top with the spinach, a slice of tomato and the portobello mushrooms. Place the other half of the bread on top.

Nutrition Information: (serving is 1 sandwich)

- Calories 256
- Total Fat 10g
- Saturated Fat 3g
- Protein 11g
- Fiber 7g

source: [www.foodfit.com](http://www.foodfit.com)