Winter is Coming! Are YOU Ready?
Don’t let the cold weather get you down! Be prepared to take on this winter while keeping your health in tip-top shape!
* Wash your hands: This is the #1 way to stop germs from spreading!
* Get vaccinated: Be sure to get your flu shot and other vaccinations from your doctor or at the campus Health Center!
* Eat healthy: Keep eating those fruits & vegetables while staying away from the easy to grab fast food!
* Take those vitamins: Iron, Zinc, and Vitamin C are great vitamins to take in order to keep a healthy immune system (You can get these through a variety of fruits and vegetables!)

Beat the Winter Weight Gain!
* Maintain & Train - Maintain all of your training workouts that you have been doing and plan to do!
* Still Get Some Sun - Don’t let the gloomy winter days get you down! Be sure to still get outside when the sun is out to get your daily dose of Vitamin D and to help decrease your chances of depression!
* You CAN Do It - Don’t let all of these upcoming holiday feasts get the best of you! Remember to eat everything in moderation!

Upcoming Events
No Classes
11/26-11/28
Cinema USI
Forum One
Guardians of the Galaxy
12/4 @ 9 p.m.
12/6 @ 6 & 9 p.m.
Final Exams
12/11- 12/17

“Very little is needed to make a happy life; it is all within yourself, in your way of thinking.”
- Marcus Aurelius

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Questions or comments?
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