



# SERVING



January/February  
2012

## A Student Services Newsletter

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## OFFICE OF CAREER SERVICES

### *Upcoming Job Fairs and Workshops*

#### **Nursing/Allied Health Job Fair**

Tuesday, February 7, 2012  
9:30 AM – 11:30 AM  
Student Union Ballroom

#### **Résumé Workshop**

Wednesday, March 7, 2012  
1:30 PM  
Powell 110

#### **Résumé Workshop**

Tuesday, March 13, 2012  
2:00 PM  
Powell 110

#### **Starting your Job Search**

Wednesday, March 21, 2012  
1:30 PM  
Powell 110

#### **Interview Workshop**

Tuesday, March 27, 2012  
2:00 PM  
Powell 110

### **Don't forget!**

It may be a new year, but the same policy is still in effect.

### **We are 100% TOBACCO FREE!**

Interested in QUITTING ?

Contact University Health Services at 493-2600 for Cessation Opportunities.

For more information on the Tobacco Free Campus Policy, check out these websites...

- <http://www.nicholls.edu/sja/>
- [http://www.nicholls.edu/human\\_resources/handbooks-and-policies/](http://www.nicholls.edu/human_resources/handbooks-and-policies/)

## **Tobacco-free Campus**

For better health, smoking and use of tobacco products are prohibited everywhere on our property.



# How Exercise May Help You Avoid Catching the Flu

A healthy diet, restful sleep, and a regular regime of exercise may be the best ways to avoid getting sick during any flu season. Here is some information regarding how you can develop your own healthy exercise regime.

## Aerobic activity – what counts?

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store – all types of activities count. As long as you're doing them at a moderate or vigorous intensity for at least 10 minutes at a time.

Intensity is how hard your body is working during aerobic activity. How do you know if you're doing light, moderate, or vigorous intensity aerobic activities? For most people, light daily activities such as shopping, cooking, or doing the laundry doesn't count toward the guidelines. Why? Your body isn't working hard enough to get your heart rate up.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

## Build up over time.

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like brisk walking, with more vigorous activities like jogging.

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. A rule of thumb is that 1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity.

Some people like to do vigorous types of activity because it gives them about the same health benefits in half the time. If you haven't been very active lately, increase your activity level slowly. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones. The guidelines are about doing physical activity that is right for you.

## Muscle-strengthening activities – what counts?

Besides aerobic activity, you need to do things to strengthen your muscles at least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8–12 repetitions per activity that count as 1 set. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.

Strengthen your muscles on the same or different days that you do aerobic activity, whatever works best. Just keep in mind that muscle-strengthening activities don't count toward your aerobic activity total.

There are many ways you can strengthen your muscles, whether it's at home or the gym. You may want to try the following:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (i.e., push ups, sit ups)
- Heavy gardening (i.e., digging, shoveling)
- Yoga

## What if you have a disability?

If you are an adult with a disability, regular physical activity can provide you with important health benefits, like a stronger heart, lungs, and muscles, improved mental health, and a better ability to do everyday tasks. It's best to talk with your health care provider before you begin a physical activity routine. Try to get advice from a professional with experience in physical activity and disability. They can tell you more about the amounts and types of physical activity that are appropriate for you and your abilities. If you are looking for additional information, visit [The National Center on Physical Activity and Disability](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html).

For more information please visit or call University Health Services in Ayo Hall at 985-493-2600 or visit the Centers for Disease Control Website at: <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

**Stay Healthy!!**  
**University Health Services**

# NATIONAL STALKING AWARENESS MONTH JANUARY 2012

[StalkingAwarenessMonth.org](http://StalkingAwarenessMonth.org)

As per the Nicholls State University Student Code of Conduct, the University is committed to providing an environment, in which visitors to and members of the campus community are provided with an atmosphere that enhances academic learning and considers the welfare of the community with the highest regard. Stalking behavior will not be tolerated at Nicholls State University. Such conduct has the purpose or effect of unreasonably interfering with an individual's academic or work performance or creating an intimidating, hostile, or offensive learning and work environment. Incidents occurring on and/or off campus are subject to the University discipline process when such actions affect the learning environment or operations of the University.

Please visit the following website for the full Nicholls State University Anti-Stalking Policy and Procedure or call the Women's Resource and Services Office at 448-4080 or University Police at 448-4746 for more information.

[http://www.nicholls.edu/documents/student\\_life/code\\_of\\_conduct.pdf](http://www.nicholls.edu/documents/student_life/code_of_conduct.pdf)

*Submitted by the Women's Resource and Services Office.*

## TEEN Dating Violence Awareness MONTH

Teen Dating Violence (DV) Prevention and Awareness Month is a national effort to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it during the month of February.

The repercussions of teen dating violence are impossible to ignore – they hurt not just the young people victimized but also their families, friends, schools and communities. Throughout February, organizations and individuals nationwide are coming together to highlight the need to educate young people about relationships, teach healthy relationship skills and prevent the devastating cycle of abuse.

For more information regarding dating violence awareness and prevention please contact the Women's Resource and Services Office here on campus at 448-4080 and/or visit <http://www.teendvmonth.org>.



In recognition of National Eating Disorder Awareness Week (February 26-March 3, 2012), the University Counseling Center would like to provide you with a list of ways to show appreciation, love, and respect to your body.

### 10 Ways to LOVE your body

1. Start each morning by looking in the mirror and saying something nice about yourself out loud.
2. Donate jeans and other clothes that no longer fit your body comfortably to charity--- someone else will appreciate them and you won't have to worry about the way they fit anymore.
3. Wear comfortable clothes that you like and feel good on your body.
4. Every evening when you go to bed, tell your body how much you appreciate what it has allowed you to do throughout the day.
5. Keep a list of 10 positive things about yourself. Add to it!!
6. Eat when you are hungry. Rest when you are tired. Surround yourself with people that remind you of your inner strength and beauty.
7. Find a method of exercise that you enjoy and do it regularly. Don't exercise to fight your body. Do it to make your body healthy and strong because it makes you feel good.
8. Be your body's friend and supporter, not its enemy.
9. Don't let your shape keep you from activities that you enjoy.
10. Consciously choose to avoid making comments about other people or yourself on the basis of body shape or size.

The University Counseling Center will be holding an Eating Disorders Awareness table in the Union on February 29, 2012 from 11:00-1:00p. For more information on NEDA awareness, visit their website at <http://www.nationaleatingdisorders.org/index.php>

*Submitted by the University Counseling Center.*



Mardi Gras is almost here and many of us will be attending parades. As everyone in our area is well aware, we'll be dashing around the region, eating on the run and will frequently find ourselves in the middle of large crowds.

Folks on an exercise routine will find themselves disoriented by the change in their schedule and eating patterns.

Not only are our normal routines completely disrupted, but we are constantly tempted by foods and libations which are not good for us.

There are important steps you can take, however, to both enjoy Mardi

Gras and stay healthy. The top five tips to have a healthy Mardi Gras include:

**Pack healthy foods and snacks** — Whether you are eating at the parade site or at a party, bring foods with you that will be filling and nutritious. Remember to still eat smaller portions more frequently.

**Drink plenty of water** — Staying hydrated is extremely important, especially on the days where you will be outside for long periods of time.

**Avoid excessive alcohol** — Always drink in moderation and be mindful to include water or sports drinks. Also, excessive alcohol causes many injuries and falls during Mardi Gras which will hinder your exercise regimen.

**Keep your fitness routine** — Even though you are on the go, don't take a break from exercise. It will help to keep you energetic for bead catching. Plan your outings well in advance so you may, in turn, plan your exercise times.

**Take time to rest** — Make sure you still get plenty of sleep. Sleep deprivation can negatively impact your energy flow and lead to fatigue.

*Submitted by Campus Recreation.*

## February is American Heart Month

**Coronary heart disease is America's No. 1 killer.**

### Signs of a heart attack:

- Chest discomfort
- Shortness of breath
- Breaking out into a cold sweat
- Nausea
- Lightheadedness

### Things you can do to help your heart:

- Reduce blood cholesterol by limiting your intake on fat, exercise, or medication.
- Reduce high blood pressure through diet, exercise, and medication.
- Be physically active every day.
- Aim for a healthy weight.
- Manage diabetes.



*Submitted by the Office of Disability Services.*

**The Office of Disability Services (ODS)** will work with students, faculty and various offices on campus to assist students with disabilities and adjustment to university life. Services are available to assist them in reaching their full potential. Students that have a documented disability or suspect they may have a disability are encouraged to contact ODS at 448-4430 or visit our office in 158-A Shaver Gym.

# SERVING

[www.nicholls.edu/services](http://www.nicholls.edu/services)



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8 a.m. to 4:30 p.m. Mon - Fri