

What does HEALTHY really mean?



STRESS REDUCTION

- Campus Health offers stress reduction, mind/body workshops, and many other resources for Penn students.
- Guided meditation and guided imagery podcasts are available through Campus Health's website.
- CAPS is another great resource that offers a wide range of services including: individual and group counseling and therapy, crisis intervention, structured workshops, psychological testing, medication reviews, and consultation.
- Good sleep not only helps to reduce stress levels but also helps your immune system function (ie. fight off infections).



SAFE BIKING TIPS

- Ride toward the right side of the road, leaving ample room on right to maneuver in an emergency. And always ride in the same direction as the traffic.
- It's illegal to ride your bike on the sidewalk.
- Ride single file unless you know it is safe to ride double-file. Never ride more than double-file.
- Drivers signal their intentions to other drivers; so should cyclists:
 - Warn other cyclists of hazards.
 - When passing, say "on your left."
 - Use turn signals.
 - When slowing or stopping, say "slowing" or "stopping."
- No headphones; you need to hear cars approaching and warnings from other cyclists.
- If you don't wear a helmet, you are 14 times more likely to be involved in a fatal accident than those wearing helmets.
- Make sure your helmet fits evenly between your ears and sits low on your forehead.



DISEASE PREVENTION

- Get a flu vaccine every year
 - There are 2 clinics coming up on October 16th and the 23rd!
- Practice safe and healthy sex habits
 - Make sure you and your partner(s) get tested
 - SHS offers free, walk-in, rapid HIV testing and low cost STI testing to eligible students
 - SHS distributes FREE condoms, no appointment necessary!
- Cover your mouth and nose when you cough or sneeze
- Wash your hands frequently
- Keep away from others' germs



HEALTHY EATING

- Penn students are low in their fruit and vegetable consumption – for every meal, fill half of your plate with a mix of fruits and vegetables.
- Use healthy oils (like olive and canola) for cooking, on salad, and at the table. Limit butter. Avoid trans-fat.
- Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit white rice and bread.
- Choose fish, poultry, beans, and nuts for healthy sources of protein. Limit red meat. Avoid bacon, cold cuts, and other processed meats.
- Drink more water!
- Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
- Penn partners with the Healthy Food Truck Initiative to encourage trucks to provide nutritional info and healthier meals





STAY ACTIVE

Whether you belong to one of Penn's Fitness Centers or not, there are still many opportunities to get active!
Even if you think you don't have time.

- Turn your walk to campus into a power walk or jog!
- You can break up the daily recommended 30 minutes of physical activity into sessions throughout the day that total 30 minutes (no more than 3 sessions).
- Join one of Penn's Sport Clubs, intramural teams, or beginner's clinics for females.
- Start a new outdoor hobby, such as hiking, skiing, and rock climbing – all of which are offered through Penn's Outdoor Adventure Program
- Go for a run/walk on the Kelly Drive and Schuylkill River Trail
 - Martin Luther King Drive is closed to all vehicular traffic Saturdays and Sundays from 6 AM – 5 PM from April to October.
- Turn your walk to campus into a power walk or jog!
- You can break up the daily recommended 30 minutes of physical activity into sessions throughout the day that total 30 minutes (no more than 3 sessions).
- Grab a fitness buddy! You are more likely to exercise and stick to your fitness goals when you have a friend participating and supporting you along the way!
- Nix the elevator and take the stairs.
- Use a pedometer! It will encourage you to walk more throughout the day. Set a goal for how many steps you want to take every day.
- Put it in writing. By treating the gym or exercise as an appointment in your planner, you are more likely to fulfill your commitment.
- Park at the far end of the parking lot
- Get off the subway/shuttle/bus a stop or two earlier and try to walk or jog the rest of the way to your destination
- Turn off your electronics. You'll be surprised to notice how much time you have when you're not surfing the web. Use this new found time for a jog, bike ride or trip to the gym
- Put it in writing. By treating the gym or exercise as an appointment in your planner, you are more likely to fulfill your commitment.



AVOID SMOKING AND TOBACCO

- Although many of us consider the issue of smoking and tobacco use an old topic for discussion, tobacco use remains the leading cause of premature and preventable death, responsible for more than 440,000 deaths a year in the United States.
- People are most likely to initiate smoking between the ages of 18-26–a prime undergraduate and graduate student population.
- Student Health Service at Penn Offers Smoking Cessation Sessions with Health and Wellness Educator, Sandi Herman to discuss a holistic approach to becoming a non-smoker, through "WholeBreath Smoking Cessation."
 - Sandi will assist you in becoming more aware of the patterns of your smoking habit, and provide you with strategies and techniques, including meditation, journaling, and guided imagery, to make quitting possible.

BUILD YOUR COMMUNITY

While all of these topics are important in maintaining your overall health, it is also essential to create and participate in the graduate community at Penn. Value the relationships with family and friends and if you are new to the area, get involved! This sense of community through social support and well-being is significant to one's overall health.

The Graduate Student Center and Family Center at Penn offer a wide array of opportunities to meet fellow graduate and professional students while participating in planned events and forums, on and off campus!

Check out the GAPSA event calendar to see what events are of interest to you!



CAMPUS RESOURCE LIST

- **Campus Health Initiatives**
 - <http://www.vpul.upenn.edu/shs/campushealth/index.php>
 - **BE WELL (stress reduction)**
 - <http://www.vpul.upenn.edu/shs/campushealth/bewell.php>
 - **MOVE WELL (exercise and fitness)**
 - <http://www.vpul.upenn.edu/shs/campushealth/movewell.php>
 - **BREATHE WELL (smoking cessation)**
 - <http://www.vpul.upenn.edu/shs/campushealth/breathewell.php>
 - **BIKE WELL (bicycle safety)**
 - <http://www.vpul.upenn.edu/shs/campushealth/bikewell.php>
 - **PennCycle**
 - <http://www.penncycle.org/>
 - **Bicycle Coalition of Greater Philadelphia**
 - <http://www.bicyclecoalition.org/>
 - **EAT WELL (nutrition)**
 - <http://www.vpul.upenn.edu/shs/campushealth/eatwell.php>
 - **Healthy Food Truck Initiative**
 - <http://phillyhealthyfoodtrucks.wordpress.com/>
 - **SEX WELL (sexual wellness)**
 - <http://www.vpul.upenn.edu/shs/campushealth/sexwell.php>
- **Student Health Service**
 - <http://www.vpul.upenn.edu/shs/>
- **Counseling and Psychological Services**
 - <http://www.vpul.upenn.edu/caps/>
- **GAPSA**
 - <http://gapsa.upenn.edu/>
- **Graduate Student Center**
 - <http://www.gsc.upenn.edu/>
- **Family Center at Penn**
 - <http://www.familycenter.upenn.edu/>
- **Penn Rec**
 - <http://www.upenn.edu/recreation/>



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