



- ▶ Spring into Health Tips and Strategies for Your Physical Health
- ▶ Health and Wellness Education focusing on the dimensions of wellness
- ▶ Stress and Your Health Counseling and Personal Development Center
- ▶ Cheers to our BP's *Tips and Resources

Healthy focus

STUDENT HEALTH SERVICES WORKS TO ASSIST STUDENTS IN DEVELOPING A SOLID FOUNDATION FOR HEALTHY LIFESTYLES PRACTICES

Student Health Services strives to promote and maintain conditions that are conducive for healthy living, guide and encourage students to accept health as a positive value of life and stimulate an interest in students to make healthy choices.

Broncos SPRING into Health!

Time to Get Physical

Having six pack abs doesn't come from drinking a six pack, and you don't need to have six pack abs to be fit. Get fit by making exercise and healthy eating a regular part of your life.

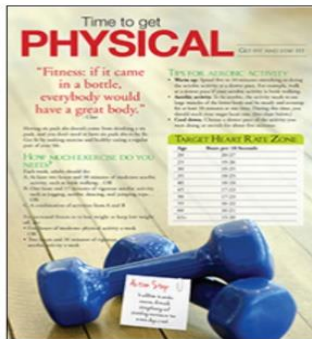
How Much Exercise do you Need?

Each week, adults should do
(A) At least two hours and 30 minutes of moderate aerobic activity, such as brisk walking OR (B) One hour and 15 minutes of vigorous aerobic activity, such as jogging, aerobic dancing and jumping rope OR (C) A combination of activities from A and C.

Tips. For Aerobic Activity

Warm up
Spend 5 to 10 minutes stretching or doing the aerobic activity at a slower pace. To be aerobic, the activity needs to use large muscles of the lower body and be steady and nonstop for at least 10 minutes at one time. During this time, you should reach your target heart rate. Cool down. Choose a slower pace of the activity you were doing or stretch for about five minutes.

Note: Before starting any exercise program, please consult your PCM/ medical provider/SHS



Benefits of Exercise

- *Helps to reduce stress
- *Helps promote sleep*
- *Helps maintain weight
- *Improve Mood
- *Boost Energy

Find Ways to Exercise

- *Walking
 - *Use the Stairs
 - *Dance!
 - *Park farther away
 - *Swim
 - *PLAY! Basketball, tennis, soccer.
- Exercise helps your mind and body !
Take exercise breaks when you are feeling stressed.



Additional Resources

HealthyLearn Student - Comprehensive on demand library with downloadable materials.

<https://healthylearn.com/students/broncowellness/index.html>

HealthyLife Learn - Videos and Quizzes and the ability to track who completed each video and quiz.

<https://healthylifelearn.com/broncowellness/>

[Physical Activity | CDC](#)



Student Health Services Bronco Wellness

Student Health Services Bronco Wellness utilizes a holistic health approach to creating quality and innovative health promotion and health education services for the FSU campus community. We are committed to providing exceptional service as we support you in adopting healthier lifestyle practices and achieve your health and wellness goals.



Cheers to our Bronco Parents and Families

As this semester comes to an end, we in SHS would love to commend our Bronco Parents for their support and for entrusting us, not only with our students education, but also their health! We know education and a healthy lifestyle goes hand in hand. We want to assure you that Student Health Services is committed to our students health by providing current and relevant clinical and educational resources to sustain them throughout their college career.

Bronco Parents, we could not have done it without you!

Whether on campus for summer 2022, relaxing at home or on vacation, please see our tips below that will make for a restful and healthy summer.

- *Be flexible
- *Encourage your student to share their college experiences
- *Communicate/Navigate conflicts early on
- *Enjoy your time together

ADDITIONAL RESOURCES

https://www.myfuturehealth.com/free_acc_ess

[When College Students Come Home | Lifespan](#)

[They're Baaack! Rules for College Student Living at Home This Summer \(yourteenmag.com\)](#)

We look forward to welcoming our Broncos for another successful semester, Fall 2022. Have a safe summer.

Staying Well in Stressful Times

Life's challenges are stressful. Stress can interfere with sleep, cause mood swings, and even reduce your body's ability to fight off common things like colds and flu.

There isn't a good way to completely eliminate stress, but here are some things you can do to make daily stressors a little easier to deal with.

Set aside "me" time.

You can't take care of others until you take care of yourself. Don't feel guilty about carving out a little time each day to do something restful and relaxing.

Try not to overschedule.

When things get insanely busy, take a moment to sit down and look at your schedule. Do the things that must be done now. Less critical things can wait. Get enough sleep so you can function at your best.

Regular exercise is a mood elevator and stress reliever.

Of course it's hard to find the time to exercise, but you won't regret putting physical activity into your daily routine. It will make you feel better.

Talk to someone when things get bad.

Share the rough times. Ask for help and advice. You might be surprised by the support you'll get from friends and family. Don't ignore problems and hope they'll go away. Talking about them will help you feel better, and who knows, you might find a way to solve them.

STUDENT AFFAIRS SPOTLIGHT

The Counseling and Personal Development Center (CPDC)

Counseling services, provided by licensed clinical mental health counselors, can assist students making satisfying decisions and resolving problems concerning personal feelings, relationships, choices and success in school. A confidential welcoming atmosphere is created where personal, social, and academic concerns may be discussed.

Student Disability Services, provided by CPDC staff, assist student with disabilities by removing barriers to increase access in an educational setting.

Feature Bronco Whole Mind Spa - Relaxation Room

The CPDC's relaxation room was created to provide students with opportunities to decompress while utilizing self-soothing strategies for relaxing. The relaxation room shifts ones focus back to the here and now while engaging the senses.

Contact: (910) 672-1222

counselingservices@uncfsu.edu
disabilityservices@uncfsu.edu

Location: Spaulding Building room 155
Monday - Friday; 8 am - 5 pm

UPCOMING EVENTS:

April 6, 2022
Blood Drive
Alcohol Awareness

Covid 19 Testing and Vaccine Information

Vaccine and Booster Schedule

When: Monday - Friday
Time: 11:00am - 5:00pm
Location: Seabrook Auditorium

Rapid and PCR Testing Available

When: Mon/Wed/Fri
Time: 9:00am - 5:00pm
&
Tuesday - Thursday
Time: 10:00am - 7:00pm
Location: Seabrook Auditorium

For Additional Information:

[Centers for Disease Control and Prevention \(cdc.gov\)](https://www.cdc.gov)

Patient Satisfactory Survey

Student Health Services Survey
We appreciate your feedback!

<https://baseline.campuslabs.com/fsu/shspring2022>