

Wellness Comes in Seven

Most of Us


Upcoming Events

Oct 27– WRC MOOOOve

New location: 200 Bingham Hall between Hatch and Schurz

Nov 10-14 – Great Mizzou Smoke Out:
Nov 12– Little Hands of Tobacco:

Discussion of Global Impact of Tobacco, 6-8pm, Strickland 204

Wellness in Columbia

- Got hazardous waste? Drop off paint, solvents, pesticides, oil, antifreeze, batteries, cleaners and more Sat. Nov. 15, 9am-1pm, Household Hazardous Waste Collection Facility, 1313 Lakeview Ave.
- Be active in your community. Check out the agenda for the bi-weekly city council meeting at <http://www.gocolumbiamo.com/cfforms/agenda/agendamain.cfm>
- Guitar Lessons??? Saturdays Nov 8-Dec 20 11:30-12:30. Sign-up at Columbia Parks and Rec, Gentry Building, #1 S. 7th St.

Question of the Month

“Where is the Wellness Resource Center moving?”

*Email Julie at tobiasja@missouri.edu with the correct answer to enter into a drawing for:

\$10 of Wellness Bucks!

September Winner: Megan Stroup

Have you HERD??? THE WRC IS MOOOOving!

During the month of November the Wellness Resource Center will be moooving to 200 Bingham Hall between Hatch and Schurz. This will be our pasture for 2 years while construction on Brady Commons continues. You are more than welcome to visit us in our new pasture but please excuse our mess. During this time you can access wellness information and events through our website at www.wellness.missouri.edu and our Facebook Page. We hope to be udderly spotless in our new location by January!

Wii, This is Fun!

Winter is not quite here yet, but it is still too cold and gets dark too early to get outside for some physical activity. So, why not bring the activity indoors with the Wii. Wii is a game system, such as Nintendo or Playstation, that is interactive and for the whole family. There are endless amounts of games to get you off of your bum and moving. From Wii Fit to cooking to Zelda, Wii has something for you! For more information visit <http://www.nintendo.com/wii>.



Wellness Tip

We are upon flu and cold season once again! To avoid getting sick this year:

1. Get vaccinated
2. Wash hands often
3. Eat a well-balanced diet
4. Drink plenty of fluids
5. Get plenty of rest
6. Do not share eating utensils

Know Your Serving Sizes

How much is needed per day:

- Grains:**
5 - 8 ounces
- Vegetables:**
2 - 3 cups
- Fruits:**
1 1/2 - 2 cups
- Dairy:**
3 cups
- Meat/Beans:**
5 - 6 1/2 ounces.
- Oils:**
5 - 7 teaspoons

* All servings vary with sex and age. Visit www.mypyramid.gov to learn more.

It is nearly impossible to not indulge on Thanksgiving Day, but by serving yourself proper portions and listening to your body, overconsumption can be defeated. Here are a few examples of portion sizes to give you an idea of how much you should be eating:

- 1 piece of cornbread (2.5 X 2.5in) is 2 servings of grains
- 1 large sweet potato is 1 cup of vegetables
- 1 small apple counts as 1 fruit serving
- 1/2 cup of pudding is 1/2 cup of milk
- 1 small breast of turkey (about the size of a deck of cards) is 3 ounces of meat
- 1 tablespoon of margarine is 2 1/2 teaspoons of oil



Remember to eat slow, stop eating when you are no longer hungry, and it may help you not over stuff yourself by remembering you can have leftovers later on that day, or the next day, or both! And lastly, one day of indulgence is not bad for you, it is how you eat consistently that counts. Visit www.mypyramid.gov for more nutritional information.

To add or remove your name to our monthly mailing list or other questions or comments please email either Julie at tobiasja@missouri.edu or Alison at amhhvc@mizzou.edu or call 573-882-4634.

Sources: <http://www.washingtonpost.com/wp-dyn/content/article/2007/10/12/AR2007101200959.html>, www.wii.nintendo.com, neonutz.com/code_wallpaper.htm

* By responding to the Question of the Month you will automatically be added to the monthly mailing

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Wellness Resource Center

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For More Information November's Issue:

- Become a fan on Facebook!

<http://www.new.facebook.com/pages/Columbia-MO/Wellness-Resource-Center/73112470116?ref=ts>