Make Time for Physical Activity--You Can Do It!

College students have busy lives. Classes are demanding enough—especially when you add work and personal relationships into the mix. With everything else going on, making time for physical activity might seem trivial. However, physical activity is just as important. Keep reading for tips on how you can make time for physical activity.

One way you could make time for physical activity is by inviting your friends to one of the SDFC's many fitness and wellness activities. That way, you won’t have to sacrifice your social life for your health. Another possibility is breaking your work into smaller goals and going out for a short walk after meeting your goal. Not only is this good for your body, but it also gives your mind some much-needed rest.

If you’re having a hard time studying for an exam or getting some work done, exercise could help you make some progress. As it turns out, exercise improves blood flow to the brain. Therefore, rather than struggle through a study session, you should take a break when you start to burn out. Then, after going for a walk or some other type of exercise, go back to studying. You’re sure to see better results this way.

Of course, it might be harder to go for a walk if you’re not working from home. However, if you can go for a short walk before you arrive, you will likely have a more productive workday. If that isn’t an option, be sure to use your lunch break to get up and stretch your legs.

Please keep an open mind when it comes to physical activity. Sure, you might have a lot going on right now, but you’re doing yourself more harm than good by not taking the time to get out and be physical. To live your best life, you need to make sure it is well-rounded, and don’t underestimate how crucial physical activity is in your overall wellbeing.
5 Common Misconceptions About Alcohol Debunked

There is a lot of information out there about alcohol. However, research shows that a lot of this information is inaccurate. Keep reading to debunk five popular misconceptions about drinking alcohol.

1. All Your Friends Drink Alcohol
   Although it might seem like all your friends are drinking, that couldn’t be further from the truth. As a matter of fact, 47 percent of ASU students report that they don’t drink alcohol, according to the American College Health Association. Additionally, over 79 percent of ASU students either abstained from drinking or had between one and four drinks the last time they went to a party or social gathering, according to the American College Health Association.

2. One Glass Equals One Drink
   You shouldn’t count your drinks by the can or the glass. One standard drink is 14 grams of alcohol. If you’re drinking liquor, one drink is 1.5 fl. oz. For wine, one drink is 5 fl. oz, and 12 fl. oz for beer. Therefore, it is essential to read the labels before consuming to ensure you can make the best choice for yourself. Remember - one glass could have more than one standard drink. For example, a mixed drink may contain two to three standard drinks and would count as such.

3. Heavy Drinking Isn’t A Big Deal
   Heavy drinking is very serious. High risk drinking is defined as 4 or more drinks in one sitting or 8 or more drinks per week for women and 5 or more drinks in one sitting or 15 or more drinks per week for men. Drinking high quantities of alcohol could result in alcohol poisoning, which is a potentially fatal condition that occurs when a person drinks at a rate faster than the body can metabolize the alcohol. Some additional side effects of alcohol poisoning include seizures, throwing up, erratic or slow breathing, pale or cold skin and loss of consciousness. If you notice these signs, don’t hesitate to get help and call 911.
You’ll Be Fine in the Morning
Sure, hangover aside, it might seem like you’ll be fine after a night of drinking. However, research shows it takes the human brain 14 days to recover from getting drunk once. It takes your body two weeks to reach optimal oxygenation, hydration and to regain clear thinking after a night of excessive drinking. To reduce negative consequences, try sticking to low-risk drinking limits – for women, 3 or fewer drinks per day and 7 or fewer drinks per week, and for men, 4 or fewer drinks per day and 14 or fewer drinks per week. Remember that for some, no amount of alcohol is safe.

You’re Alone
Often, college students feel as though there’s nowhere they can go for help. If you are worried about your alcohol use or worried about a friend’s use, there are plenty of resources at ASU to help. ASU offers Recovery Rising, which is a resource for students struggling with addiction and substance abuse. There is also ScreenU, where you can take anonymous surveys that give you feedback and resources on your alcohol or drug use. Don’t be afraid to ask for help when you need it – ASU Health Services and Counseling Services are also here for you – you are NOT alone.

Did you know that March is National Frozen Foods Month?
In honor of this, check out this deliciously healthy fruit popsicle recipe. It’s green too, which makes it the perfect Saint Patrick’s Day treat as well!

Green Apple Popsicle

Steps
Add all ingredients into a blender
Blend for 60 seconds or until mixture is completely smooth
Evenly distribute the mixture into popsicle molds one-at-a-time
Place molds in freezer and let sit 7 hours overnight
Remove the molds and enjoy!

What You’ll need
1 cup apple juice
½ cups spinach
2 cups green apples, chopped and peeled
4 tbsp honey
¼ tsp pure vanilla extract
½ tsp lemon juice