

# SPECIAL POPULATIONS

## MCKINLEY HEALTH CENTER'S SPECIAL POPULATIONS STUDENT HEALTH CONCERNS COMMITTEE

### HEALTH FAIR 2013: GO FOR THE GOLD WITH GOOD HEALTH!

The McKinley Health Center Special Populations' Student Health Concerns Committee will be hosting its 20th Annual Health Fair, titled "Go For The Gold With Good Health" on **Wednesday, April 17<sup>th</sup> in the Illini Union rooms A, B, and C from 10am-3pm.**

This is **FREE** for **EVERYONE**, so come out and enjoy lively entertainment, raffle drawings, free screenings, and health displays from over 70 vendors including chiropractors, dentists, eye specialists, physical therapists, and other health professionals.

The Health Fair offers fun and excitement for everyone who comes! Not only will there be invaluable health information, but a number of health services will be provided **FOR FREE!** Provena Covenant Clinic will offer cholesterol and glucose level screenings. Leone Chiropractic Clinic will be offering massages; Urbana Acupuncture will

be offering demonstrations; and make sure to stop by the Concept College of Cosmetology's booth for a free manicure!

If the free screenings and services weren't enough to draw your attention, the Health Fair has much more to offer. Look for the Health Education Peers to provide great fitness and nutrition tips to help you live a healthier life. Considering a career in medicine? Representatives from future employers and graduate schools will be attending to answer any questions you have about working in the health field in the years to come.

To make things even more exciting, a number of entertainment groups will be performing throughout the event, with many exciting acts, like cultural dances and breakdancing! And to top all of that off, there will be a raffle throughout the entire Health Fair. Enter for a chance to win prizes from over a dozen different vendors from throughout the Champaign-Urbana area!

Again, the SPSHCC's Health Fair will be on Wednesday, April 17<sup>th</sup> from 10 a.m. to 3 p.m. in the Illini

Union rooms A, B, and C. This is an annual event organized in conjunction with the University academic/non-academic units and local health agencies. Stop by and learn how you too can Go for the Gold with Good Health!

#### WHEN?

Wednesday, April 17<sup>th</sup>, 2013  
10:00 A.M. - 3:00 P.M.

#### WHERE?

Illini Union Rooms A, B,  
and C

#### WHY?

Free health screenings, free massages and manicures, live entertainment, health career info, healthy living advice, and **TONS OF FUN!**

# Shedding the “Winter Coat”: A Guide to Spring Weight Loss

## Best Spring Weight Loss Food:

Chilled Soups

Watermelon

Grilled Veggies

Salads

Low- and No-Calorie Beverages

Fruit-Based Desserts



## Running 101

**Set a goal of running 8-15 miles a week:** this will dramatically increase your heart health.

**Invest in good running shoes:** this can decrease your chances of getting injuries such as sprains, muscle pulls and shin splints.

**Fuel your body:** feed your body plenty of fresh healthy food, and not just fortified products.

**Drink:** drink plenty of water before, during and after your workout.

**Stretch, but after you warm up:** make sure your muscles are warm before

you stretch in order to successfully avoid injury and increase flexibility.

**Listen to your body:** if your body is telling you to take a break- take it!

**Have fun and set goals:** you'll enjoy training more if it's not a chore.



## Everyday Weight Loss

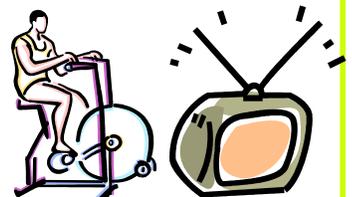
**Walk To Class :** Busy lifestyles often prevent a full exercise session after your workday ends, but you'll burn a good number of calories by walking to your classes each morning.

**Downsize Your Portions:** You'll consume fewer calories and have a better chance to lose weight by scaling back how much you eat during each meal.

**Speed Clean:** Adding speed to your chores helps burn more calories and thus decrease your waistline.

**Use the Stairs:** An elevator offers little opportunity for movement, whereas walking up stairs typically burns twice as many calories as walking on a flat surface, according to Harvard Medical School.

**Exercise During Your Favorite T.V. Show:** Enjoy your favorite shows --- and trim away fat --- by performing situps, squats or even stretching an elastic tube while you watch.



## Spring Break 2013: Recipes Gone Wild!

### Honey Soy Grilled Salmon

**345 calories!**



#### Ingredients:

- 1/4 cup cilantro leaves
- 2 scallions
- 2 tsp vegetable oil
- 1 teaspoon grated ginger
- Kosher salt and freshly ground pepper
- 4 center cut skin-on wild salmon fillets
- 2 teaspoons fresh lime juice
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons honey
- 1/4 teaspoon black sesame seeds
- 1 1/3 cups cooked edamame

**\*Recipe taken from "The Food Network"**

- 1) Chop cilantro and scallion, mix in the oil and ginger. Season with salt & pepper
- 2) Cut two 3-inch long slits through the skin lengthwise on the bottom of the salmon fillets, going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season the fish with salt and pepper.
- 3) Stir together the lime juice, soy and honey until smooth. Place the salmon, skin side up, on the grill and cook until well marked, 3 to 4 minutes.
- 4) Turn the salmon and continue to cook, brushing the tops with the sauce, until the fish is cooked through, about another 3 to 4 minutes.
- 5) Transfer to a serving plate and sprinkle the tops with the sesame seeds. Serve with edamame and lime wedges.

### Sunrise Smoothie

#### Ingredients:

- 1 cup chopped strawberries
- 1 cup chopped watermelon
- 1 cup chopped fresh peach
- 1 cup raspberry sorbet
- 1/4 cup orange juice



- 1) Place the strawberries, watermelon, peach, sorbet, and orange juice in a blender and puree until smooth and creamy.
- 2) Add more orange juice if you'd like it a little less thick. Serve immediately in tall glasses with straws.

## Springtime Allergies

Feeling sneezy? With spring time comes those pesky seasonal allergies. The pollen from common trees like ash, willow, and oak and different grasses is probably causing you to feel tired and congested. According to Medline Plus, over the counter allergy medications can help alleviate your symptom. Also look for other options like nasal sprays and neti pots to alleviate sinus issues.

If your allergies are causing more serious discomfort, or if you would really like to pinpoint what is causing your seasonal allergies, you should make an appointment with your McKinley provider. They can work with you to determine what is causing your allergy symptoms and help you decide treatment. McKinley also offers allergy shots.



### Violence

- 1) Drink in moderation.
- 2) Don't walk alone. Use the buddy system.
- 3) Never leave with someone you just met. Attend parties with friends and plan to leave with the same friends.
- 4) Watch your drink. Don't leave your drink unattended.
- 5) Don't accept open drinks from strangers.



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Special Populations Student Health Concerns Committee

## HRC Summer Schedule

**The Health Resource Center at the Illini Union will be open from 9a.m.-4p.m. Monday-Friday.**

**Stop by to receive wound care supplies, sexual health items, and cold care supplies. All you need is your I-Card!**

*The HRC may move to a temporary location during summer.*

## Vacation Safety



### Hotel/Motel

- 1) Lock your door.
- 2) Don't open the door for a stranger. If someone claims to be staff, call the front desk for verification.
- 3) Don't leave valuables in your hotel or motel room.
- 4) Use the buddy system when leaving the room for any reason.
- 5) Do not climb on balconies or sit on balcony rails.

### Drinking

- 1) Drink in moderation.
- 2) Decide in advance what and how much you will drink.
- 3) Know your limit and stick to it.
- 4) Know what will happen if you violate state or local laws.
- 5) Use a designated driver or choose public transportation.