FRESH START
NEW YEAR 2016
Eat Well

Use this tool to help balance meals

Schedule a nutrition assessment through HealthConnect to learn where you are now and plan where you want to go

Use the online Nutrition Calculator to identify heart smart, whole grain and other healthful options

cmu.mynutritioncalculator.net

Schedule a PHA nutrition program for your residence hall or group
Managing Stress

- Get more sleep
- Take time to relax, socialize or meditate
- Schedule a PHA stress program for your residence hall or group
- Make an individual stress appointment at UHS
- Use a planner to keep track of events and assignments
Make sure to eat food before drinking

Count your drinks

Schedule a PHA alcohol program for your residence hall or group

Try to stick to low-risk guidelines

<table>
<thead>
<tr>
<th>Low-risk drinking limits</th>
<th>MEN</th>
<th>WOMEN</th>
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</thead>
<tbody>
<tr>
<td>On any single DAY</td>
<td>No more than 4 drinks on any day</td>
<td>No more than 3 drinks on any day</td>
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<td><strong>AND</strong></td>
<td><strong>AND</strong></td>
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<tr>
<td>Per WEEK</td>
<td>No more than 14 drinks per week</td>
<td>No more than 7 drinks per week</td>
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To stay low risk, keep within BOTH the single-day AND weekly limits.

Safer Drinking
Quit Smoking

The more attempts you make the more likely it will stick

Try nicotine replacement therapy at UHS

Avoid social smoking or situations where you might be tempted

Make a quit smoking appointment at UHS
Stay Healthy

Try out a spirituality program on campus

Make time for socialization

Make a CaPs appointment or talk with a loved one

Schedule a yearly physical

Take walks or make use of the UC fitness facilities