



Volume 5... Issue 4



# Bladder Chatter

TRU Student Health & Wellness Newsletter

February is  
Heart Health  
Month



TRU WELLNESS CENTRE  
LIVE TRULY WELL

## TRU Wellness Centre Mission Statement

The TRU Wellness Centre promotes the physical, emotional, social, intellectual, occupational and spiritual well-being of students and employees by providing a comprehensive package of health education and promotion activities, services and programs.

In this issue - Celebrating Heart Health Month:

- ◆ The “How to Guide” for keeping our hearts healthy—you may not think heart disease is a worry but the things you do now and the habits you are forming will effect your heart health
- ◆ Getting moving doesn’t always mean going to the gym—add a few steps to your day each day and they will add up
- ◆ There’s more to hearts than pumping our blood....healthy relationships and sexually responsible behaviours—add to your health

Each year a Provincial Eating Disorders Awareness week is held on the first week of February.

It’s a reminder that many people continue to struggle with achieving healthy a body image and a healthy weight.

If you would like more information Kamloops Eating Disorder Clinic offers a free and confidential service and can be contacted at 250-851-7450

This year’s theme reminds us to:

**Celebrate everyBODY at every size.**

This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Tanya at 828-5010 or [tsanders@tru.ca](mailto:tsanders@tru.ca)

Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness)  
For more Wellness Info

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Heart Health Month? You may not think that this information is for you...but it is.

Unfortunately Cardiovascular disease or heart disease is the number one killer in Canada. It is also the most costly disease in Canada, putting the greatest burden on our national health care system.

Yes, your risks increase with age but what we know is that the choices and habits you made now can influence whether your heart remains healthy or not.

There are some things we can't control like our family history, thanks to genetics, gender and ethnicity, but the good news is there are a number of things we can do to reduce our chances of getting heart disease, having a heart attack or stroke.

Source: Health Canada - It's Your Health [factshhttp://www.hc-sc.gc.ca/dc-ma/heart-coeur/index-eng.php](http://www.hc-sc.gc.ca/dc-ma/heart-coeur/index-eng.php) eet on stroke

## Keeping our Hearts Health— The Experts' Top Tips for you

Things you can do something about to lower your risk.....

1. If you smoke, become smoke-free.
2. Be active—get moving at least 30 minutes most days of the week—park a bit further away and walk in to class, quicken up your steps as you walk to class.
3. Achieve and maintain a healthy weight.
4. Eat well—eat more veggies & fruits, choose lower fat meats and milks. Choose whole wheat and whole grain when you can. Reduce the amount of pre-packaged foods that are high in salt.
5. Reduce your stress—develop and maintain personal relationships to help reduce stress - laugh, have fun!
6. Limit alcohol use—binge drinking has shown to increase your chances of having a stroke.
7. Manage your diabetes and high blood pressure if you have them.
8. Be aware of your cholesterol, blood pressure and blood sugar levels and work at keeping them normal.

It might sound like a long list but look on the next pages for tips on making this easier for you to do.

Source: Heart and Stroke Foundation of BC

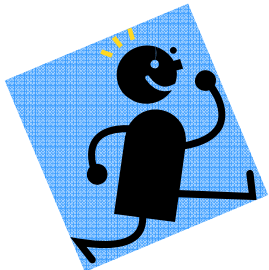


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HEALTHY  
HEALTHY  
HEALTHY



## Activities Available on Campus.....

We are fortunate to have a number of sports, clubs, classes, facilities and activities available to us here at TRU.

For more information on what's available check with:

TRU Wellness—Yoga & Piloga Classes and Special Events

TRU Recreation—Sports, intramurals, classes, squash court and gym facilities

ISAP—International Student Activity Program—try a new sport out for fun!

TCC—The Tournament Capital Building is right next door with a pool, indoor track, gym and training facilities

Trails and walking paths through out—time to go exploring

Getting moving doesn't always mean going to the gym.

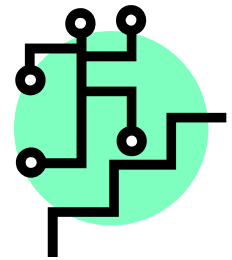
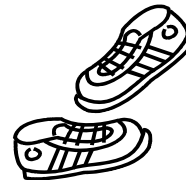
Experts agree that doing 30 mins of moderate activity on most days of the week is enough to give you health benefits.

Getting into the habit:

Fit activity into your day –take a brisk walk during your lunch break, use the stairs, park a few spaces further away—the far lot isn't that bad

Make it fun! Find someone to be active with you, dance if you like it, play outdoor games, listen to music.

Add more—after you are active for 15 mins or more each day add a few more minutes, chose some new activities to try ...keep it up!



Getting moving gives you more than health benefits, you can also:

- ♥ Have more energy
- ♥ Reduce stress
- ♥ Maintain or lose weight
- ♥ Look and feel better

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## Healthy Relationships

It is February after all and Valentines Day is here once again celebrating all things lovey dovey and cupid and all.

Relationships whether romantic or friendships add value to our lives. They help us live full lives, can improve our mental and emotional health and self-esteem.

“Healthy relationships” are based on respect and communication. Respect in action, what does it mean? Compromise, admitting to being wrong, resolving conflict and talking honestly, feeling safe, accepting you saying no to things, you can change your mind, you feel comfortable being yourself.

“Unhealthy relationships” may lead to control, abuse and situations that make you feel un-

comfortable. In unhealthy relationships you may feel criticised, put-down or ignored, pressured, scared of disagreeing, you may do things to please them rather than yourself, they may become controlling, threatening and manipulative.

Staying in a healthy relationship can be a great part of your life. Unhealthy relationships can drain you, leave you feeling physically and emotionally tired or threatened. If you are in an unhealthy relationship, it’s not as easy as “get out” ....if you need help talk to friends, a peer support person, counsellor or someone you trust to help you gain strength and make plans for the future.

Source: Advocates for Youth [www.advocatesforyouth.org](http://www.advocatesforyouth.org) and The Domestic Violence Resource Centre [www.dvirc.org.au](http://www.dvirc.org.au)



### 8 Sexually Responsible Behaviours

1. Stay Informed—know about prevention of infections & pregnancies
2. Think—make informed decisions about what you want to do
3. Communicate with your partner—talk about sex, talk about infections and pregnancy
4. Get friendly with condoms—get some and know how to use them
5. Learn the difference between “yes” and “no”
6. Take it easy on the mind-alerting substances-alcohol and drugs effect your decisions and ability to say no or put on a condom
7. Be creative—there are lots of ways to feel good without having sex
8. Stay healthy and happy—when you are fit, happy and not too tired it’s easier to make responsible decisions and follow-through

Source: Sexually Responsible Behaviours, ETR Associates, 2004



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