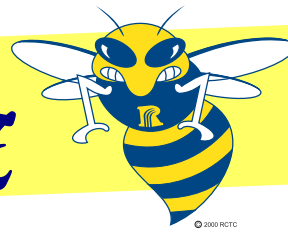


# The BUZZ



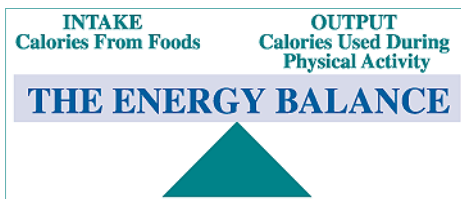
March 2009



## Healthy Weight Tip-of-the-Month

Since 1990, the percentage of people in the U. S. who are obese has increased from 10.2% to 26%. There are many social and cultural factors associated with this obesity epidemic, but the bottom line is still balance.

Weight management is about balancing the number of calories taken in with the number of calories used. A calorie is a unit of energy supplied by food. Regardless of the food source, a calorie is a calorie.



To prevent weight gain, each calorie taken in must be off-set by a calorie used in normal body functions, daily activities, and exercise. These are examples of real-life calorie balances:

- \* One small chocolate chip cookie is about 50 calories. You'll need a brisk 10 minute walk to use these calories.
- \* Want to make that cookie a large one? Rake for 40 minutes and you should use up those 200 calories.
- \* Be sure to enjoy that quick double patty cheeseburger, extra-large fries, and 24 oz. soft drink lunch. You'll have plenty of time to think about them on your 2.5 hour run to balance all 1500 of those calories.



## How Hot Are You?

(We're talking body temperature, folks!)

Students often stop in the RCTC Health Service office and ask to have their temperature checked when they're not feeling well. An oral body temperature of 98.6<sup>o</sup> F is usually considered a "normal" temperature, but this can vary slightly for each individual, even by a degree or more. Body temperatures will even change throughout the day. So when is it a fever and what should you do about it?

A fever is an elevated body temperature that is usually a sign your body is fighting a viral or bacterial infection. It is a symptom, not a disease. If you have a fever, you may also have other symptoms such as a headache, sweating, and muscle aches.

A fever can be reduced with over-the-counter medications such as acetaminophen (Tylenol) and ibuprofen (Advil), but it is not always a good idea. The fever is part of the body's way of fighting infection, so treating it may actually prolong the illness. For most adults, a fever that lasts less than two days or is less than 102<sup>o</sup> F does not require medical attention. **If other symptoms such as severe pain, skin rash, stiff neck, confusion, vomiting, listlessness, or irritability accompany the fever, seek medical care immediately.**



Since your body loses heat with a fever, it is important to prevent dehydration. Symptoms of dehydration include: increased thirst, dry mouth, weakness, dizziness, heart palpitations, confusion, and decreased urination. If you have a fever, be sure to drink plenty of fluids. Water is best.

## This Spring, Take a Break

Whether your spring break plans lead you to somewhere warm and wonderful, somewhere filled with adventure, or to your couch for some extra quality time with your pillow, enjoy the time off! Spring break is an opportunity to rest up and re-energize yourself for the rest of the semester. Take it!



**"And forget not that the earth delights to feel your bare feet and the winds long to play with your hair." ~ Kahlil Gibran**