

# HAPPY BODY

## STALL SEAT JOURNAL

OFFICE OF HEALTH PROMOTION  
DEPARTMENT OF STUDENT HEALTH  
UNIVERSITY OF VIRGINIA

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Taking care of yourself in ways that work for you can help you feel good about who you are and what you are able to do.

"I like to take a break from schoolwork for meals with my friends."

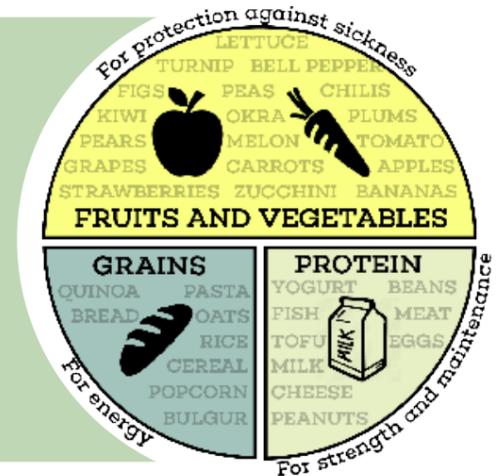
P.S., CLAS 2019

## EAT

Eat food that makes you feel good. Choose a variety of nutritious foods that leave you feeling satisfied and ready to accomplish your goals. Aim for a balanced plate.

Intuitive eating is about listening to your body. By paying attention to your body's signals, you can eat when hungry and stop when comfortably full.

Take time to sit down for meals by planning ahead when scheduling classes and activities. Taking a break while eating allows you to enjoy it. Don't forget breakfast, and bring along snacks for busy days.



# HOO

# KNEW ?

87.3% of UVA students choose to eat satisfying meals.\*

If emailed, take the **Spring Health Survey** to help the *SSJ* and win prizes!

Peer education groups are now recruiting!

- \* Alcohol and Drug Abuse Prevention Team (ADAPT)
- \* Peer Health Educators (PHEs)

See the *Peer Education* page of the Student Health website.

Stall Seat Journal positions are available on Handshake.

## PLAY

Move your body several days each week in ways that you enjoy. Regular physical activity boosts your brain, your emotional health, and even your immune system. Try something fun:

- Walk or bike to class.
- Participate in intramural sports with hallmates.
- Hike the trails behind O'Hill.
- Get a group of friends and play your favorite sport at Slaughter Rec Center.
- Find online videos for dancing, Pilates, or other activities you can do at home.

# HOO

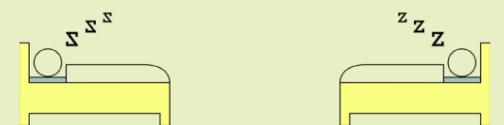
# KNEW ?

95.3% of UVA students who drink choose to eat before and/or while drinking.\*

If drinking, fuel up with food, especially protein.

## REST

Getting enough sleep on a regular basis helps your body take on the day. Aim for 7-9 hours most nights.



## RESOURCES

For nutrition counseling with a dietitian or education with a trained Peer Health Educator (PHE), call the Office of Health Promotion at (434) 924-1509.

For body positive education, advocacy, and support services, as well as eating disorder screenings, call the Maxine Platzer Lynn Women's Center at (434) 982-2252.

For nutrition consultation related to meal plans, food allergies and accommodations, and eating at on-Grounds dining locations, call UVA Dining at (434) 982-5117.

For assessment, consultation, and counseling related to eating or exercise concerns, call Counseling and Psychological Services (CAPS) at (434) 243-5150 or General Medicine at (434) 982-3915.

Want this poster for your room? Feel free to take me home March 18-22.

Talk to us at [StallSeatJournal@virginia.edu](mailto:StallSeatJournal@virginia.edu)

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Celebrate Every Body Week February 25 - March 1  
Body positive events, a chance to donate your old jeans, and tips to change the conversation around body talk.

## Enjoy a Safe Spring Break

Remember to be aware of different surroundings and to use protective behaviors to help reduce risk. Stay with friends. If choosing to drink:

- Drink less alcohol, and drink more slowly.
- Avoid drinking while playing in the water to limit risk of dehydration, injury, or drowning.

Heading to another country? Be aware of local laws and other safety considerations. Make an appointment with the Student Health Travel Clinic for immunizations, prescriptions, and travel advice, even if traveling with an organized group.

# HOO

# KNEW ?

Most UVA students call 911 (or ensure someone else calls) if a friend is showing signs of alcohol overdose.\*

\*From the February 2017 Health Survey with responses from 1,010 students