

# 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.**

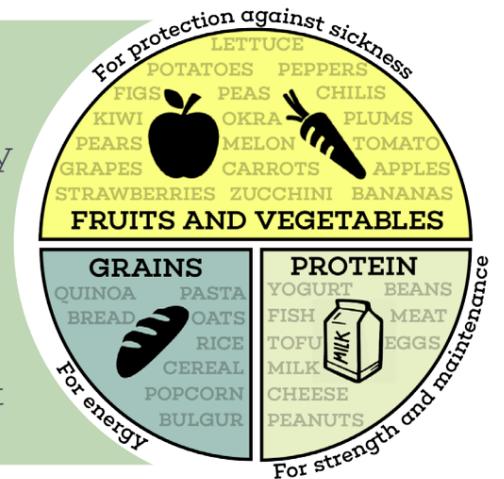
**“Take advantage of the dining halls. It’s easier to try different foods when they are all prepared for you!”**  
I.M.W., CLAS 2018

## 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 **NCHA 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.

## 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.

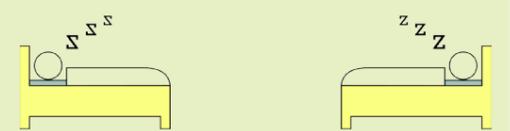
# HOO KNEW?

**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 19-23.

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

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**Celebrate Every Body Week** February 19-23

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.\***