March is National Nutrition Month!

Health Tips for 2014

Eat Breakfast
Start your morning with a healthy breakfast! Include lean protein, whole grains, fruits and vegetables.

Make Half Your Plate Fruits and Vegetables
When you make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal, you will be adding vitamins, minerals and fiber to your diet.

Watch Portion Sizes
When you use smaller plates, bowls and glasses, it will help you keep portions under control. Visit www.choosemyplate.gov for more information.

Be Active
We are all aware that regular physical activity lowers blood pressure and helps your body control stress and weight.

Consult an RD
Registered dietitians can help you with an easy-to-follow personalized nutrition advice and help you with your nutrition, weight loss and fitness goals.

Drink More Water
The recommended total daily beverage intake is 13 cups for men and 9 cups for women. Our bodies depend on water to regulate temperature, transport nutrients and oxygen to cells, carry away waste products and more.

WorldSERVE 2014

Students who will be serving on mission trips this year, please check your immunization record and get needed prescription medications and vaccines from your doctor (ideally, 4-6 weeks) before your trip.

Make sure you are up-to-date on routine vaccines before your trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Go to www.cdctravelhealth.gov for travel health information.

According to The National Safety Council
There are 1,600,00 accidents per year from Texting while driving. Eleven teen deaths occur every day according to the Institute for Highway Safety Fatality Fact.

DWI:
"Driving While Intexticated"

Nurse Connie’s Hours:
When school is in session
MONDAY
8:00-5:00
TUESDAY-THURSDAY
8:00-2:00
FRIDAY
8:00-12:00
530.226.4178
cechols@simpsonu.edu

If immediate assistance is needed please go to either of the clinics listed below or to the closest Emergency room.

Hilltop Medical Clinic
1093 Hilltop Drive
Redding, CA 96003
530.221-1565

Or
Pulse Urgent Care
691 Maraglia St., Suite A
Redding, CA 96002

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