Important Reminders

4/22 Health Fair
5/11-14 Final exams
5/16 Spring Commencement
5/21 Spring semester grades due

Important Contact Information

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Upcoming Events

April

Springtime Allergies
Springtime, for many, brings with it environmental allergies, hay fever or allergic rhinitis. No matter what you call them, springtime allergies make you miserable! Allergy symptoms include runny nose, itchy eyes, congestion, sneezing, and sinus pressure.

First, take steps to lessen your exposure to allergens that cause your symptoms. An article at MayoClinic.org recommends these steps for those sensitive to pollen or molds:

- Close doors and windows during pollen season.
- Use air conditioning in your house and car.
- Avoid outdoor activity in the early morning when pollen counts are highest.
- Use a dehumidifier to reduce indoor humidity.
- Use a high-efficiency particulate air (HEPA) filter in your bedroom.
- Avoid mowing the lawn or raking leaves, which stirs up pollen and molds.
- Wear a dust mask when doing outdoor activities such as gardening.

Vibrant Health Clinic, River Falls, does allergy testing. Testing helps identify your specific allergens. Once your allergies are identified, your health care provider can recommend over-the-counter or prescription allergy medications. Examples include nasal sprays, pills, eye drops, sinus washing, inhalers and immunotherapy (shots).

Medications can help you feel better when allergens are simply unavoidable.

For the complete MayoClinic.org article, go here.

*Vibrant Health allergy testing is NOT a covered service through Student Health Services. However, Student Health Services will pay the injection fee for allergy immunotherapy (shots) received at Vibrant Health Clinic, River Falls.
Is Sleep the Secret to Better Grades?

With the end of the semester approaching, you will soon face another round of final exams. Some students will load up on caffeine to study during “all-nighters.” Although there is no substitute for spending time preparing for an exam, you may perform better if you close your books early and get more sleep before and during exam week.

Studies show that sleep-deprived students do not perform as well and can experience these negative effects:

- difficulty staying awake
- easily distracted; difficulty concentrating
- slow thinking and information recall
- more likely to make mistakes, and less like to detect errors
- irritable and easily frustrated.

In contrast, a good night’s sleep helps you feel more energetic, alert, focused and upbeat. Many researchers conclude that sleep can help improve your memory. Getting a full night of sleep after studying may help your brain “consolidate” new information. This may help you recall the information as you take your exams.

Research also shows that a brief nap late in the morning or early in the afternoon can help prevent “burnout.” Taking a quick nap between exams may help you maintain peak performance for the rest of the day.

As you study for finals, plan your schedule to include plenty of sleep and quick naps.

Here’s to a good night’s sleep and excellent grades on your final exams!

Source: http://www.sleepeducation.com/news/2007/05/09/final-exams-is-sleep-the-secret-to-better-grades-
Morning Exercise is Best
10 Reasons Why

1. **You will eat better.**
   For many, morning exercise "regulates" their appetite for the day. You may find that once you exercise, your body craves only healthy food.

2. **You burn more calories.**
   Morning exercise "jump starts" your metabolism and keeps it elevated for hours. This means you burn more calories all day long!

3. **Stops you from procrastinating.**
   Morning exercise takes the hassle out of finding the time or energy to exercise. When it is the first thing you do each day, you will always have the time.

4. **You'll be happier all day.**
   Exercise is a mood booster. It starts your day on a positive note. Even if you don't enjoy exercise, you will feel better physically and mentally when the workout is complete.

5. **Sleep better.**
   Morning exercisers sleep better and longer than those who exercise in the afternoon or evening.

6. **You'll stick with it.**
   Studies show that morning exercisers are more likely to be exercising one year later, when compared to those who exercise at other times of the day.

7. **Get more energy.**
   Even if you drag yourself out of bed in the morning, exercising gives you an energy boost that can sustain you all day. Exercise for more energy at work, class or other activities.

8. **Get more brainpower.**
   Studies show exercise significantly increases mental acuity—a benefit that lasts four to ten hours after your workout ends.

9. **Get your "me" time.**
   Consistent morning exercisers look forward to their "morning me time." During this time they plan their day, pray, or just think more clearly—things that mean they have time to take care of themselves.

10. **Burn more fat.**
    Morning exercise, especially before breakfast, can benefit a weight-loss plan. It allows your body to burn your stored fat for energy. Follow with a healthy breakfast to fuel your metabolism.
Equipment Rental

Get out and enjoy the warm weather and bright skies. Falcon Outdoor Adventure’s rental center in Knowles has all the outdoor gear you need to make the most of this weather.

Popular rental items include:

- **Camping gear**
  - Tents, stoves, packs, sleeping bags, etc.
- **Bikes**
- **Rollerblades**
- **And much more!**

For the full list of available items, click [here](#).

Looking for something fun to do this summer? Check out the Namekagon River canoe and camping trip!

**Registration Deadline:** Monday, May 4 at 11 pm

**Trip Date:** Saturday, May 9 - Sunday, May 10

**Location:** Namekagon River

**Fee:** $80 for UWRF student, $90 for fac/staff/guests
(Trip fee includes: Transportation, canoe rental, gear, three meals, and trip leaders)

**Mandatory pre-trip meeting:** Tuesday, May 5 at 6pm,
UC Chippewa River Room

**Description:** Come spend a weekend with FOA on the beautiful Namekagon, take a paddle down the river, camp for the night and paddle a bit the next day; enjoy the scenic campsite and great sunrise.

Pre-registration required. In case of severe weather, participants will be contacted in advance and trip will be re-scheduled or refunded.