

# Don't be an April Fool

Don't be an April Fool when it comes to your health and well-being. Below are common myths that will no longer fool you because we will share the FACTS.

## Eating Carrots Will Improve Your Vision.

There is a connection between eating carrots and good eye sight, but eating carrots alone will not guarantee 20/20 vision. If you want to protect and maintain good vision, you should eat a balanced diet (especially foods high in vitamin A, a nutrient essential for good vision), wear protective eyewear, and visit your eye doctor at least once every two years. -WEBMD.com



## Drop Your Food? Call the "5-Second Rule."

Incase you've lived under a rock your entire life, the 5-Second Rule is a saying about how it is safe to eat food off of the floor, as long as you pick it up within five seconds.

Researchers have found that this is a myth. Bacteria can instantly attach to food and you can get sick. To play it safe, learn this rule: "When in Doubt, Toss it Out." - Kidshealth.org



## THAT'S THE



SEALIEST THING I'VE EVER HEARD

## Wait 30 Minutes after Eating Before Swimming

Some people believe that eating right before you go swimming can make it difficult for your arms and legs to pump while swimming. Researchers have found this to be a myth. The real concern is that you may experience minor cramping. Swimming is a great way to get exercise. When it comes to food and exercise you should eat for energy, hydrate, and make healthy food choices. -Dukehealth.org

Visit [www.iup.edu/chwb](http://www.iup.edu/chwb) for Health and Well-Being services.  
Created by IUP Health AWAREness

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Maintain your health and well-being by utilizing Center for Health and Well-Being services.

The Center for Health and Well-Being offers a range of services that address the components of total well-being—physical, mental, and emotional—in one convenient location, Suites on Maple-East.



### CHWB Services Include:

- Alcohol, Tobacco, and Other Drugs (ATOD)
- Counseling Center
- Haven Project
- Health AWAREness
- Health Service
- Mindfulness Living and Learning Community
- Nutrition Connection
- Recreation
- Health Hut

Most services are funded by the Students' Wellness Fee. To learn more about services Visit [www.iup.edu/chwb](http://www.iup.edu/chwb).

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**Q. Why did the banana go to the doctor?**  
**A. Because it wasn't peeling well.**

Did you know laughter can improve immune function, increase pain tolerance, and decrease stress responses. A good giggle can go a long way. -NCIF Scientific Library



ROFL DOG

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## Tanning Indoors is Safer than Tanning in the Sun.



Actually, tanning is dangerous regardless of where you're doing it. You can still get burnt from tanning beds because you're exposed to UV-A and UV-B rays, which damage skin and can lead to cancer. According to the CDC, tanning beds cause about 1,800 injuries requiring visits to the ER every year. Looking for a safer alternative? Try sunless tanning products, such as self-tanner lotion or spray tans. -CDC.gov, MayoClinic.org

## Gum Takes 7 Years to Digest.

This myth is plain bologna. Gum goes out the same way as any other food you eat. Gum wont damage your digestive system but, sugar-free gum can cause nausea, diarrhea, and headaches if you eat a lot of it. -DukeHealth.org



Hahahahahahahahaha!!!!  
aaa, dat wuz funny.

## This not an April Fool's Joke

If you're interested in health, wellness, and violence prevention, you should consider applying to be an AWARE Peer Educator during the Fall 2014 semester. Visit [www.iup.edu/healthawareness](http://www.iup.edu/healthawareness) to apply.

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