Wellness Peers are students trained in presenting wellness topics which assist students in making healthy decisions that support academic success and a path to lifelong wellness. We chose from the top 5 health topics that Marquette students said, “I want to hear more about…” according to the spring 2012 National College Health Assessment survey.

“Wellness Peers Present…” Choose from the 4 topics below:

**Nutrition:**
Every day you make dozens of decisions about what to eat. Will you eat at the dining hall, cook at home or eat out? Perhaps you will snack from a vending machine or maybe you’ll choose to carry a healthy snack with you? Making good decisions about what to eat is essential to a healthy lifestyle. Let the Wellness Peers show you how to make simple changes that will make a big impact in achieving healthy nutrition. You’ll learn how to eat for energy and heart health, how to control your portions, and how to make healthy choices in the dining halls.

**Stress:**
Feeling stressed?! You are not alone. According to a recent survey, 47% of Marquette students report that stress and anxiety have been so severe in the last year that it has affected their individual academic performance (American College Health Association-National College Health Assessment II Spring 2012). Let the Wellness Peers guide you through the best ways to help reduce stress.

**Sleep:**
Sleep is optional in college, right?

According to the National Center for Chronic Disease Prevention, “…Sufficient sleep is not a luxury—it is a necessity—and should be thought of as a vital sign of good health.”

“Research has shown that students getting adequate amounts of sleep perform better on memory and motor tasks…” Dr. Epstein, Medical Director of Sleep Health Center Brighton, Massachusetts.

The Wellness Peers will guide you through the best ways to improve sleep and help you on your way to better academic performance.

**Strength Training for Women: Getting Started**
Did you know that everyone should participate in strength training at least 2 times per week? Yet less than 40% of Marquette female students lift weights. There are numerous benefits including reduced body fat, increased bone density (prevents osteoporosis), and improved balance and coordination, to name a few. The Wellness Peers can demonstrate easy methods to help you get started on your own program!

Presentations last 30-40 minutes. Let us know if there are specific questions that your group would like addressed relating to the above topics, and we can add it to your presentation.

Provided for you by Marquette University Medical Clinic: [http://www.marquette.edu/medical-clinic/](http://www.marquette.edu/medical-clinic/)

Contact us to request your presentation. Send your email to: healthyeagle@marquette.edu