Don't let your brain turn to mush!
I know...finals haven't yet begun and I'm still *suggesting* that you work on your intellectual wellness over the summer! Here are some tips how:
- Read the newspaper or 3-5 current event articles online a day. Topics include: US, World, sports, entertainment, justice, tech, health, living, travel, etc.
- Do brain teasers in the comics section like Sudoku, Cross words, cryptograms, and word jumbles.
- Read 5 books for fun. You can choose.
- Write something like a blog or in a journal.
- Work on math skills. Calculate tips without a calculator, figure out about compound interest, count your summer job hours by hand and multiply your wages. Balance your bank account. Just exercise those skills!
  Source: cnn.com

Summer Olympics! Cheer for your home or favorite country this summer during the 2012 Summer Olympics! Some of the events include: swimming (Michael Phelps!!!), gymnastics, track and field, archery, rowing, volleyball, wrestling, golf, weightlifting, tennis, fencing, cycling, basketball, taekwondo, and much more! Opening Ceremonies, this year called “Isles of Wonder” are on July 27.

Water is your body's principal chemical component, making up, on average, 60% of your body weight. Every system in your body depends on water. Lack of water and/or alcohol consumption can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired. A new recommendation for water drinking is half of your body weight in ounces—so if you weight 160 pounds, you should drink 80 ounces of water, which is about 10 8oz. glasses a day or 3-4 venti cups a day. Eating water based fruits like grapes and apples also helps hold hydration. So enjoy!
  Source: http://www.mayoclinic.com/health/water/NU00283

Summer WIU Student Goals: Let’s learn how to...
- Do laundry
- Make a week of meals
- Change a tire
- Follow a simple budget
- Find a healthy stress reliever/hobby

Summer is a great time to get into an exercise routine. Try some outdoor activities: play Frisbee, walk your dog, go for a swim, rollerblade, sign up for a community run, pretty much whatever you want! Have fun!

Protect the skin you're in!
Here are some simple things you can do to keep your skin healthy, happy, and out of harm’s way!
- Always wear sunscreen with an SPF of at least 15—even on cloudy days. Even though you can't see them, harmful UVA & UVB rays are always there!
- Use a sunscreen which contains one or more of the following: avobenzone, zinc oxide, titanium dioxide.
- Make sure your face moisturizer has SPF included.
- Apply sunscreen 20-30 minutes before exposure.
- Wear sunglasses and a hat.
  Source: Beu Health Center

Hydration 101
Good luck on finals!
Spring and Summer Graduates, we'll miss you!!

The time has come, summer is here. So hand in those finals, and say farewell to a peer. Remember to thank all those who have helped you, become this wonderful version of yourself through and through. -MMcK