

The York University Staff Association Health and Wellness News and Views

Healthy people unhealthy habits.

You have a healthy diet, work out (when you can), and watch your weight. That means you are healthy right?

Not so fast, many people that are healthy have some unhealthy habits...

Don't skimp on sleep.

"I can sleep when I am dead" Yes you live a full and happy life, making the most of every waking hour ☺ "YOLO". Working hard and playing hard. But skimping on sleep in order to live this lifestyle is not always a good idea. Potential health consequences of getting too little or poor sleep can involve the cardiovascular, endocrine, immune, and nervous systems. So don't let life get in the way of a good night's sleep.

Don't drink diet pop

The average can of pop has around 150 calories, almost all of them from sugar. So it would seem the more intelligent choice would be to crack open a can of diet pop every time you have the urge. Anyone watching their weight feels great about making this choice, it protects waistline, and therefore must be beneficial to our overall health. After all, who needs more empty calories in their day? Diet beverages all contain artificial sweeteners that may actually force you to crave more sugar. When that occurs, you're likely to drink more and, as a result, take in more calories than you would have initially. Think about this the next time you reach for a diet beverage and try to think about healthy alternatives. Cheers!



There's a fine line between being concerned about germs and being a "Germaphobe". Having clean habits can help you maintain a healthy life, but crossing the line can be detrimental. Evidence suggests that some germ exposure can actually strengthen your immune system, while an over sterile environment can be doing your immune system a disservice. Do you believe in the 5 second rule? There's good and bad bacteria everywhere, so assume there's good and bad germs. The bad ones are the ones that make us sick (pathogens) and the good ones are the ones that naturally occur on, in, and around us. The "good" germs actually help us. Do yourself a favor and limit your use of antibacterial soaps and hand sanitizers. These products actually kill both good and bad bacteria.

Don't get a base tan

Despite all the negative publicity, tanning salons remain popular, especially with those getting ready for spring break. Some people tan for a few sessions at an indoor tanning bed prior to leaving for a sun-filled vacation, believing that a base tan will enable them to avoid sunburn and to tan deeply with less damage to their skin. Not so. Any degree of tanning damages the skin, thus causing premature aging and raising the risk for skin cancer. So forget about tanning salons. When venturing outdoors in sunny weather avoid the sun between 10 a.m. and 4 p.m., wear sun-protective clothing, including a wide-brimmed hat, and make liberal use of sunscreen.

You might be surprised by what a few small changes can do for your overall health!

Kerriane Brown

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