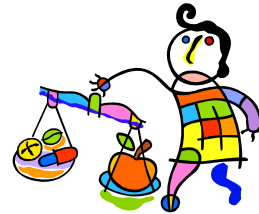


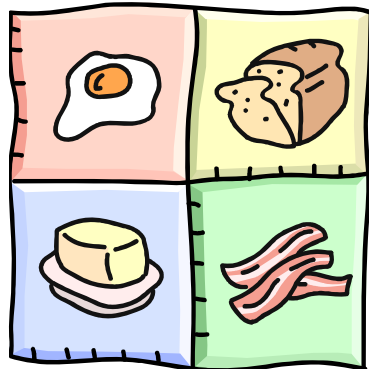
### NUTRITION COUNSELING

Students can schedule an individual appointment with a Registered Dietitian. These appointments include a computerized analysis of your diet. Get answers to all your questions and discover out just how healthy (or unhealthy) your diet really is.



For these questions or other nutrition related concerns, the Health Education Department of Student Health Service provides the following services.

Visit our website <http://studenthealth.ucsd.edu> for more information on each service..



### WEIGHT MANAGEMENT CLINIC

Student Health provides a weekly Weight Management Clinic, which is free and open to all registered students. A dietitian, a psychologist and a physician facilitate the weekly meetings that focus on diet, exercise and behavior modification.

The group meets Thursdays from 3-4pm in the 1<sup>st</sup> floor conference room (room 111). No appointment is necessary, just come on by!

### ASK THE DIETITIAN

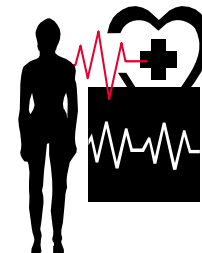
An open forum on our website where you can ask questions, get advice, share information on nutrition, diet, exercise, supplements, etc. The forum is moderated by Student Health's dietitian, and can be access through our web site.



### CHOLESTEROL SCREENING

Do you know your baseline cholesterol level? It is recommended that young adults have their cholesterol checked around age 20 and if healthy, every 5 years after that.

If you have concerns and want to have your cholesterol checked, make an appointment with one of the SHS providers. The simple blood test does require you to fast 24 hours ahead though!



## **FITSTOP**

Find out how fit you are at FITstop!  
Evaluate your relative fitness levels  
for FREE. Trained  
Student Health  
Advocates test your  
Body Composition  
(using skin calipers),  
Grip Strength,  
Recovery Heart  
Rate, Blood  
Pressure, and your  
Resting Heart Rate.



This service is available on a walk-in  
basis in the RIMAC Wellness Room  
on Mondays and Wednesdays (weeks  
2-10) from 7-9pm.

## **BODY COMPOSITION ANALYSIS**

Curious about your percent body fat,  
percent lean muscle, body mass index,  
etc.? Sign up online today to have  
your body composition analyzed  
using bioelectrical impedance.

Our web site:

<http://studenthealth.ucsd.edu>

## **ALSO AVAILABLE**

### **NUTRITION RELATED PEER EDUCATION PROGRAMS:**

Student Health Advocates (SHAs) are  
trained to facilitate interactive  
educational programs to groups, clubs,  
etc. on a variety of nutrition related  
topics.

These programs include:

- Nutrition Jeopardy
- You Are What You Eat
- Cooking with SHAs
- Get Movin' at UCSD
- ... and many more

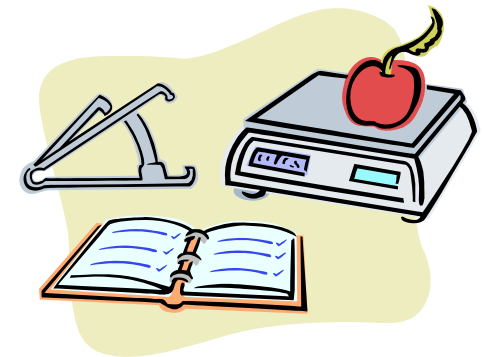
For more information or to schedule a  
peer program call 858-534-1824.



<http://studenthealth.ucsd.edu>

# HEALTH Education

## Nutrition Services



UCSD Student Health Service

