



WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work & Live

Happy Summer, Highlanders!



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By Eugene Park



Vacations are some of the best ways to relieve yourself of all the stress building up in your life and to reset your body. Studies have shown that spending time away from you work can help improve your physical and mental health like minimizing the risk of heart disease, lowering stress, and renewing motivation to achieve goals. Here are three vacations spots to visit during the winter.

Lake Tahoe

During the winter months, the mean temperature hovers around 43 to 50 degrees and it is almost guaranteed some snowfall. You can experience a wide variety of activities from skiing down the freshly laid snow to ice fishing on top of the frozen lake. Around the lake, there are many options of booking many budget-friendly hotels if you want to save your wallet for other activities.



Rating: 8/10 ★★★★★

May get expensive due to the influx of people. However, planning your trip near the end of March may help you save more money.

By Eugene Park

Yosemite National Park



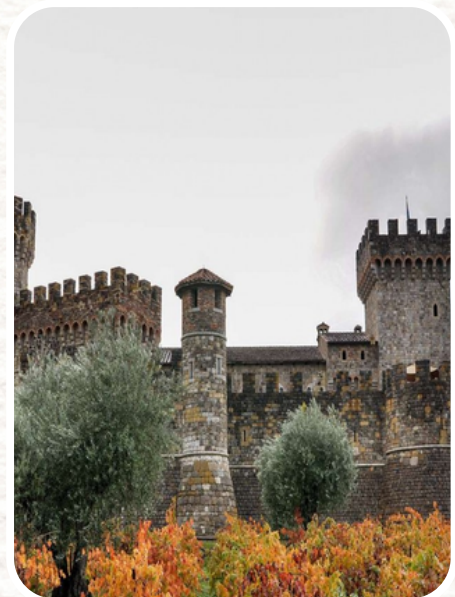
Yosemite National Park is one of the most beautiful parks in the world that still remain so visiting this place should be on everyone's bucket list. With a mean winter temperature floating around 48 to 57 degrees, it should not be too cold for us California folk. Seeing the vast Yosemite Valley being blanketed by soft powdered snow is a sight to behold and will literally take your breath away. Since the winter season is one of the least popular times to visit Yosemite, you can expect lower prices, less tourists, and more peace and quiet.

Rating: 10/10 ★★★★★

You will be able to experience pure tranquility and experience the beauty of mother nature.

Napa Valley

If you are willing to spend your next paycheck on the perfect getaway, well look no further. Napa Valley hosts some of the best resorts in California that attract people from all over the world. After you book your top of the line resort, you can try dabbling in some of the high-class restaurants nearby that offer anything from comfort food to fine dining. No matter how high or low your budget may be, Napa Valley will have options for you at any cost.



Rating: 10/10 ★★★★★

Anyone has the ability to experience Napa Valley and its beauty to the very fullest.

By Frida Villasenor



The summer consists of a lot of leisure time, so it is essential to have a good summer read. Reading over the summer allows you to experiment with different genres of books, offers a free form of entertainment, and is a great way to seek motivation that relates to your daily life. Most of all, reading is a great coping mechanism for dealing with stress because it allows you to take a break from your struggles and engage in an alternate reality.

Book Recommendations

Healthy Campus offers a variety of summer book inspiration depending on your desires. It may be a short read like "Home Body" by Rupi Kaur, which is about finding acceptance in love, home, family, and your growing self. You can also find comfort in reading a summer romance such as "The Summer I Turned Pretty" by Jenny Han. But there are also insightful books, which can allow you to explore how your body and mind react to one another as mentioned in "The Mind-Gut Connections" by Emeran Mayer. Lastly, "The Four Agreements" by Don Miguel Ruiz explores questioning the self-limiting beliefs that prevent us from experiencing joy and turning it into new experiences filled with love, true happiness, and freedom.

- "Home Body" by Rupi Kaur
- "The Summer I Turned Pretty" by Jenny Han
- "The Mind-Gut Connections" by Emeran Mayer
- "The Four Agreements" by Don Miguel Ruiz



By Skye Trinh

Summer is known to be the hottest season, especially in Riverside, so the best way to have the best time is to keep cool while staying active at the same time. How does one keep cool while staying active?

The Beach

The beach is one of the best ways to stay active and cool while trying to enjoy the beaming sun. There are so many different activities to do to stay cool at the beach. Surfing or jumping into the ocean waves while the breeze brushes across one's face helps contain the feel for freshness. Surfing or going into the ocean isn't the only activity there is. Having a group of friends and starting a water balloon or watergun fight, or even making your own 'slip and slide' on the sand are other ways the body can stay wet and cool.



Food

Activities are not the only way the body can stay cool while the heat wave hits, but staying hydrated and keeping the body refreshed is also a must when staying out in the sun. With all the energy the body burns while staying outside, sugar is a great way to keep the body refreshed such as ice cream, slushies, or a nice cold cup of lemonade. Everyone enjoys a nice tub of cold ice cream while sweat is dripping down your face after staying active all day.

By Skye Trinh

Indoor Activities

There are also more relaxing activities without staying out in the sun such as finding a nice place with air conditioning. Finding a place with air conditioning is one of the best feelings. Going out to malls, movie theaters, cafes, and arcades are easy ways to stay cool under the heat wave for free.



INDOOR EXERCISE

By Guohang "Henry" Zhang

We get it, the heat waves are hardly dying down, and staying at home becomes a significantly cheaper option than driving to the gym with the current gas prices. However, those shouldn't discourage you from seeking alternative ways to stay active and keep up your physical exercises. Here are a few suggestions you should consider!



Learn a New Dance Move

Wouldn't it be impressive to whip out a cool new move you just learned during your next party? Basic shuffling moves like running man and T-steps (we have tutorials on our TikTok, follow us!) are great for beginners who want to experiment with footwork. If you have limited space in your room, upper-body dances like body rolls and tutting are also extremely intriguing to pick up!)

Tiktok: @ucrhealthycampus

By Guohang "Henry" Zhang

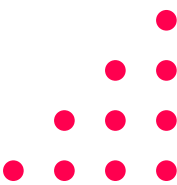
Stretch Regularly

Sitting all day in one position can cause long-lasting stress to your muscles and joints. There are many different types of stretches you can do while sitting or lying down. Neck, shoulders, chest, trunk, lower back, hips, legs, and ankles are all important places to focus on to improve your flexibility and avoid injuries when exercising.



Meditate

When you're overwhelmed by the chaos in your life, taking a peaceful moment to empty your mind and just breathe can boost your productivity and mood tremendously. You can easily find five-minute meditation videos that can guide you through a relaxing break. Meditation also lowers your blood pressure, reduces anxiety, and improves your memory.



SONGS OF THE SUMMER

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By Summer Ropele



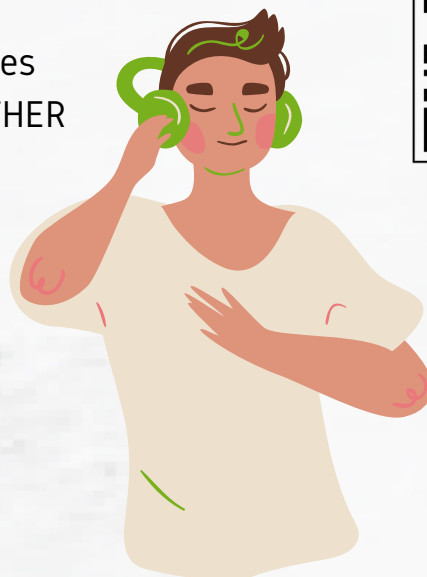
Music has proven to have beneficial effects on mental health by increasing dopamine and oxytocin levels. Along with being connected to feelings of satisfaction, there has been substantial evidence collected proving that music decreases feelings of stress and anxiety.



Listening to music results in boosted positive feelings and motivation, reduced stress and anxiety, along with improved relaxation and focus! Healthy Campus' Summer 2022 Playlist includes a mix of various genres, such as indie, alternative, pop, and R&B to ensure increased dopamine levels.

Featured Songs

- "Late Night Talking" by Harry Styles
- "CROWN" by TOMORROW X TOGETHER
- "Chapstick" by COIN
- "Swim Good" by Frank Ocean
- "Roddy" by Djo
- "Babydoll" by Dominic Fike
- "crashing down" by Arlie
- "Borderline" by Tame Impala
- "Warp Speed Suzie" by Tommy Newport



Tofu Kabob

Perfect for the Summer Grilling Season

Ingredients:

- 1 (8 oz.) container tofu, drained & sliced into large chunks
- 1 zucchini, cut into large chunks
- 1 red bell pepper, cut into large chunks
- 10 large mushrooms
- 2 tablespoons sriracha chili garlic sauce
- ¼ cup soy sauce
- 2 tablespoons sesame oil
- ¼ cup diced onion
- 1 jalapeno pepper, diced
- Ground black pepper
- Olive oil
- Salt



Instructions:

1. Press the tofu so that most of the water is drained out.
2. Slice the tofu into 1-inch cubes.
3. Then, bake the tofu at high heat.
4. Marinate the tofu in sriracha chili garlic sauce.
5. Chop the vegetables into bite size pieces. Toss them in a bit of olive oil, salt and pepper, then skewer the veggies and tofu.
6. Next, grill these vegan kabobs while slathering with sriracha chili sauce for about 10 minutes until veggies are cooked and tofu is lightly browned.
7. Enjoy the delicious tofu kabobs!



SAFE TRAVELING TIPS

By Tara Wu

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Summer is the time to explore the world whether it's from the hustle and bustle of metropolitan cities or the peaceful views of oceansides. Safety is always key. Here are some safety tips you should keep in hand the next time you are planning a trip:

1. Make sure you've completed in-depth research on the location.
2. Beware of common travel scams.
3. Consult with friends and family who've traveled to the location or ask the locals.
4. Be safe: be cautious about the attire you wear, jewelry pieces, and expensive handbags.
5. During the trip check in with friends and family to let them know that you are safe.
6. Trust your instincts and be aware of your surroundings.

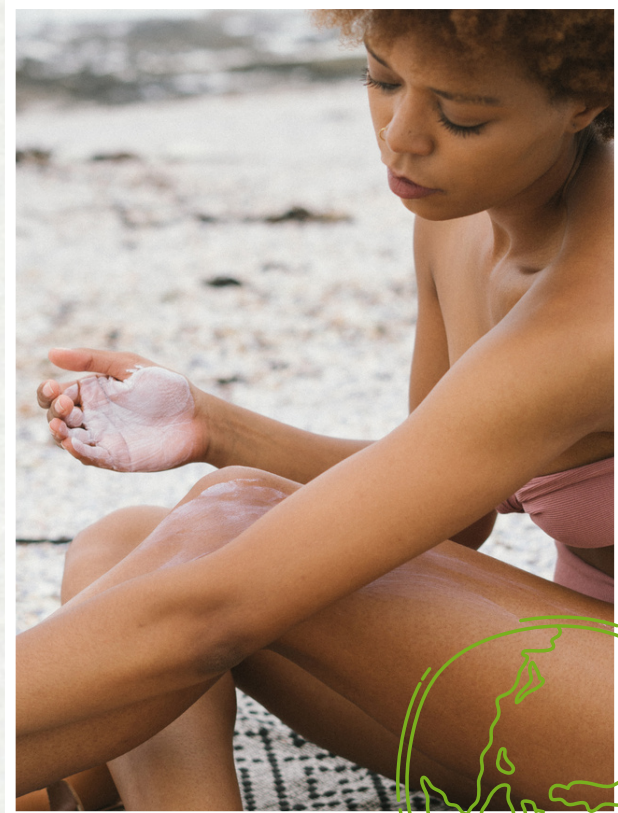


Nonetheless, it's important to have fun while being safe when traveling. Always keep an eye out and reach out for help when needed. Hope everyone's summer is full of fun and exciting events!



Sunscreen

Wearing sunscreen protects our bodies from experiencing damage from ultraviolet rays. Without sunscreen protection, consistent sunburns can cause serious damage to our skin. Constant exposure to the sun without proper skin protection is capable of resulting in discoloration, premature aging signs like wrinkles, or skin cancer. Use sunscreen daily as a preventative method to decrease the likelihood of severe skin damage!



Hydration

With the summer months increasing the risk of dehydration, we must consume larger amounts of water in the summer heat. Staying hydrated helps our organs function properly, regulates body temperature, and limits risk of infections. Increasing water intake also positively affects brain function and energy levels; mood and sleep quality are commonly improved.

By Ingrid Yee



Yosemite National Park

Yosemite is a national park located in Northern California, Mariposa County. One can visit the park at any time of the year, offering natural splendor for all age groups. Visiting the park is something that can either be done alone or with family and friends. Multiple tours are offered, including both guided tours and self-guided tours. If you're looking to extend your stay, lodging at the park campgrounds is available as well. Many attractions await your arrival, some of which include Chilnualna Falls and the Mariposa Grove of Giant Sequoias.

Half Dome Cable Hike

The most popular hike would be the Half Dome Cable Hike, where two hikes can be combined through taking the Mist Trail to experience Vernal and Nevada Falls prior to reaching Yosemite's rock face. For more experienced individuals and adventurers, rock climbing is an activity that can be done at Yosemite as well. Beginners can also take part in rock climbing through the Yosemite Mountaineering School & Guide Service. Climbing sessions can be customized, where a half-day, full-day, and multiple day sessions are available. This is a year-round activity, when the weather allows.

