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Special Release

21 February, 2025

**HEALTH ADVISORY 8 TO THE UNIVERSITY COMMUNITY:
GENTLE REMINDERS**

Members of the University Community are hereby reminded of the following statements/maxims to encourage right action in aid of healthy living:

1. **“Stand, Stretch, Stroll”**: After a maximum of two (2) hours of meetings or uninterrupted work, kindly take a few minutes to stand, stretch the body, and stroll before returning to the meeting or work because moving the body releases happy hormones and helps to clear the mind.
2. **“The longer the shelf life, the shorter the life of the Consumer”**: In view of this, we are hereby advised to reduce and as much as possible **remove artificial & processed foods, juices, drinks etc from our diet including items served at official meetings.**

The **UHS Fruits & Veggies Palace** may be contacted on **07079236723** for **healthy alternatives**. Kindly save this number for subsequent relevant communication from the UHS Fruits & Veggies Palace.

3. **“Water is life”**: Always ensure adequate intake of water.

Your future self will certainly thank you for ensuring all the above. **Please pick and start with one and commit to making progress.**

Thank you.

G.O. Saliu, *fspsp, FCIML, MANUPA, MNIM, MAUA*
Registrar and Secretary to Senate