

THE ECO MOSQUITO

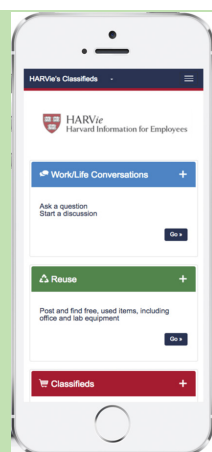
SUSTAINABILITY NEWS AND EVENTS AT HLC AND BEYOND

Take the Stairs 2017



Get ready, TtS is coming and registration will begin on 3/1/17, with a new design and open to the entire Harvard community. The campaign will begin on 3/15/17 and run through 4/24/17. If you haven't participated before, the spirit of the campaign (rather than competition) is to get moving in the Spring and to change behavior.

This year we will be climbing Pierce Peak, a mountain in Antarctica named after Massachusetts General Hospital and Harvard Medical School Psychiatrist Chester Middlebrook Pierce. Dr. Pierce was the first African-American full Professor at Mass General.



DID YOU KNOW?

New modules have been added to HARVie's Classifieds, that are both mobile and desktop friendly.

Visit harviesclassifieds.harvard.edu to post and find free, used items, including office and lab equipment.

Prioritize your Health instead of Hibernating

From our friends at the Nutrition Source: here are some strategies for prioritizing health when you're cooped-up indoors during the cold weather:

- 1. Make Some Soup:** Instead of a snow day baking sweet treats, try making a big batch of soup.
- 2. Meditate:** Research shows it can have positive effects on the mind and body.
- 3. Stream and sweat:** When it's so cold outside that you don't want to leave the house to work out, consider turning to digital streaming services to exercise!
- 4. Calisthenics:** Common exercises include squats, lunges, push-ups, and crunches.
- 5. Get your steps in on the stairs:** Take advantage of indoor time by walking up and down your building's stairs.
- 6. Try tea:** Pour yourself a mug of warm tea. You'll find it often lasts longer than a quick snack, and it can be surprisingly satiating.
- 7. Stand up for your health:** "Sit time" peaks during winter, when we want to stay at home and avoid the outdoors. Stand Up and walk around.
- 8. Read an inspiring book:** Turn to a good book for a major dose of motivation

DON'T MISS THIS!

Feb. 16 @ 2-3pm - EcoOpportunity Meeting. Minot Room 5th Floor, Countway Library. Snacks will be provided. Please bring your own reusable plate and/or cup.

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HARVARD
LONGWOOD CAMPUS



#EcoMosquito

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