

Wellness

00:00:09

Chris Currie

I'll make fun of things like smoking; like who still does that, you know? It says right on the box "this will kill you" and you guys are 18, 19, 20, mostly, at my school, how do you start smoking when our society is so anti-smoking?

00:00:28

Dalton Eidem – Student

My friend handed me a cigarette and says "Dalton, try this. This'll get you better than any cigar; just give it a try." And I was instantly hooked. I was like "Man, this is great. I feel good. It's a good social activity." And even though I knew it was bad for my health and so, at this point in time, I was thinking to myself "I'm really screwing up my health here, you know, I'm already overweight, I don't need bad lungs on top of that." But it-- that really hasn't been reason enough for me to quit. I know that I should quit. I know that everybody should quit. Smoking is bad for you. But other than having a cigarette and then having to go upstairs and then getting to the top of three flights of stairs, I mean, "Ooh man, I can tell that I just smoked a cigarette," but other than that it's really-- the health impact hasn't affected me yet and it hasn't gotten in the way of my life, so it hasn't really been factor enough for me to want to quit smoking.

00:01:27

Jennifer Rockwood – Director of the First Year Experience program, University of Toledo

And then there's, you know, pizza everywhere. You can eat your way across campus any day of the year in pizza, you know, it's pizza-- to get students to go to things on our campus, they bribe them with pizza.

00:01:40

Jordan Hardy – Student

I have every reason to eat more healthy, you know, eat a salad every once in awhile but maybe that's some part of me that's still immature; I'm not mature enough to take food seriously or nutrition seriously. And I know it's sort of hypocritical to, you know, know that I would benefit from eating healthier and still eat, you know, these fries and this burger anyway. So...