

# Galipatian Station

~While You Pee in Lee~

2/14/20-2/21/20

COMPILER



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She/Her/Hers



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## STAYING ACTIVE ON CAMPUS



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Chemical Engineering

During the school year, it can be very easy to get consumed in your school work to the point that we forget to take care of ourselves. Staying active is essential for your health and happiness on campus. It is also a great way to manage stress. I know I like to dance to help stay fit! There are many ways in Blacksburg to stay fit!

### McCommas

McCommas is the enormous gym on Washington Street. Even though it can get crowded at peak hours (from 4 pm to 8 pm), it is still a great option for more tradition fitness. I recommend going in the mornings, however, to help avoid the crowd and being able to use your "favorite machine". If you are not a fan of the tradition gym layout, McCommas also offers great group exercise classes! You can get a pass each semester for \$50. You also get a free class each semester to try out the classes! Personally, I would recommend going with a group of friends to give you motivation through each workout and to give you motivation to keep on working out!

To the right is a QR Code of the Group Exercise Schedule:

### Hiking

Blacksburg is located by the Blue Ridge Mountains. This means that we get amazing views and dozens of hiking trails. Hiking is a great way to stay active and have a great time with your friends! If you have not done Cascades yet, I highly recommend it. You can get another one off of your Hokie Bucket List! If you have done Cascades, I recommend McAfee Knob. McAfee's Knob is a round trip of 8 miles, and is moderately difficult. Getting to the hikes can be difficult since you need to drive there. However, Galipatia often has trip to these trails to clean them up as a service opportunity!

If you and your friends decide to go on the hike on your own, be sure to wear closed toed shoes, bring snacks and water, a charged phone, and a first aid kit!



### STEM Pun of the Week:

A physicist and a biologist had a relationship. But there was no chemistry.

### Missed a Newsletter?

Check them out here!

<https://www.galipatiacommunity.com/newsletters>

# WELLNESS CHECK



**Sarah Osborne**  
**She/Her/Hers**  
**ESM**

As we go into the fifth week of classes with the first round of tests right around the corner, here are some tips that we can all benefit from hearing.

Even though you may have heard them a million times, I can guarantee they're just as important and necessary as they were the first time you heard them.

## **Drink water!**

Big shocker, right? It can do a lot of good for your body, though, so it deserves its time in the spotlight! Beyond the general health boost, a glass of cold water in the morning can help all of your organs "wake up" (faster than a cup of coffee). It can prevent dehydration headaches, and it assists in keeping your skin clear and bright.

## **Eat 3 balanced meals!**

This can be hard to accomplish when you're running from class to class, but it's important that you try to do so before a big day (a test, a competition, a big group meeting, etc). A meal with protein and carbohydrates/fiber gives your brain the power and energy it needs to do these things and do them well.

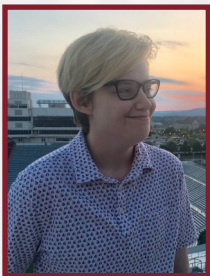
## **Take a break!**

It is incredibly important to realize that it's okay to take a break, and it's actually good for your health to do so. Working on a problem set for hours on end may sound great in theory, but realistically it's going to cause you to burnout a lot quicker than you would otherwise. Be mindful with your time, and take care of yourself, first and foremost.

## **Enjoy the outdoors!**

I'm sure we've all heard "fresh air is good for you," but in truth, it is. Getting your daily dose of Vitamin D and circulating oxygen can really give you a boost. Tech has some beautiful places, like Duck Pond, Hahn Horticulture Garden, and the Drillfield, so why not take advantage. Take some pictures, read a book, listen to your surroundings. You'll be feeling rejuvenated in no time.

# VALENTINE'S DAY



**Ryder Fritz**  
**He/Him/His**

Missed Valentine's Day, and want to show your appreciation to friends and loved one's after the 14th?

## **#1 Farmers Market**

Do you have someone - or even yourself- that you'd like to treat to a special gift to show your appreciation? Stop by the Blacksburg Farmer's Market. It is open Saturdays mornings from 10 am to 2 pm. (Note that this is a change from the fall). It is located in Market Square Park, which is only a quick walk from Lee! You can get some flowers or some homemade soaps for a special someone! You can even make it a fun event with some friends by going to the Farmer's Market together!

## **#2 Go To the Movies!**

One great idea for a Valentine's Day night out (or in!) is to watch a movie.

If you'd like to go out, The Photograph is releasing on Valentine's Day at the Paragon First and Main theatre. It sounds like a tear-jerking, dramatic romance. Top the night off with a box of chocolates and a bucket of popcorn, and you're sure to have a good time. If the movie simply was not for you, the Paragon also has a bowling alley! It is close to "Gucci" Kroger.

If you'd rather stay in, one great Netflix pick is the sequel to the hit: To All The Boys I've Loved Before titled, To All The Boys: P.S. I Still Love You. Hit up the Dietrick Convenience store for all the candy and snacks you'd need for the perfect movie night. I would recommend inviting a few friends and watching the movie on one of the lounges!

