

On the Baylor Horizon.....a publication of the Division of Student Life

Christmas on 5th Street Concert Tickets on Sale!

Tickets are still available in the SUB Ticket Office or online at www.baylor.edu/studentactivities/ticketoffice. Student tickets are \$10, general admission is \$15, or \$20 at the door. For additional information, visit www.baylor.edu/studentactivities/ticketoffice.

German Club Donation Drive

German Club is accepting donations of canned food for Mission Waco. With each can donated, you will receive a raffle ticket for a gift basket of German goodies. Faculty and students are all welcome to donate and eligible to win. Last day for donations is *Friday, December 5*, at 7 p.m. The drawing will be held on December 5. For additional information or for drop-off information, contact for Rachel_Rose@baylor.edu.

My HEALTH

My HEALTH is your online portal for access to the Health Center. Go to www.baylor.edu/health_center and click on MY HEALTH in the upper right corner. Log in using your Bear ID (firstname_lastname) to make appointments, receive secure messages, print immunization records, and sign up to receive a reminder text message one hour before your next appointment. Give it a try today.

Monday Healthy Tip from Monday Campaigns

Add exercise when you can. Regular physical activity benefits every part of your body and can reduce your risk of cardiovascular disease, type-2 diabetes and more. While it's recommended that adults engage in at least 150 minutes of moderate-intensity activity each week, every bit is better than nothing. It's important to start moving and gradually increase intensity and duration. Start strong this week by adding activity whenever possible. It can be as simple as walking while on the phone, parking at the end of the lot, or taking the stairs instead of the elevator. Write down this week's moves and think of ways to build on them.

SUPPORT BAYLOR ATHLETICS

Men's Basketball vs. SFA

Monday, November 24, 7 p.m., Ferrell Center

Women's Basketball vs. Utah State (BTI Classic)

Friday, November 28, 7 p.m., Ferrell Center

Women's Basketball vs. Stetson (BTI Classic)

Saturday, November 29, TBA, and Sunday, November 30, 2 p.m., Ferrell Center

For additional information on gameday for students, including Baylor student tickets, visit www.baylor.edu/students/gameday/index.php?id=867021.

Sic 'em Bears!

If you have items you would like to see appear in *On the Baylor Horizon*, submit them for consideration by *Wednesday at 8 a.m.* to StudentLife@baylor.edu. You can find the most up-to-date calendar information at <http://www.baylor.edu/calendar/>.

View past issues of *On the Baylor Horizon* at http://www.baylor.edu/student_life/index.php?id=34626.