



Still-Well Newsletter

Special Edition 2010

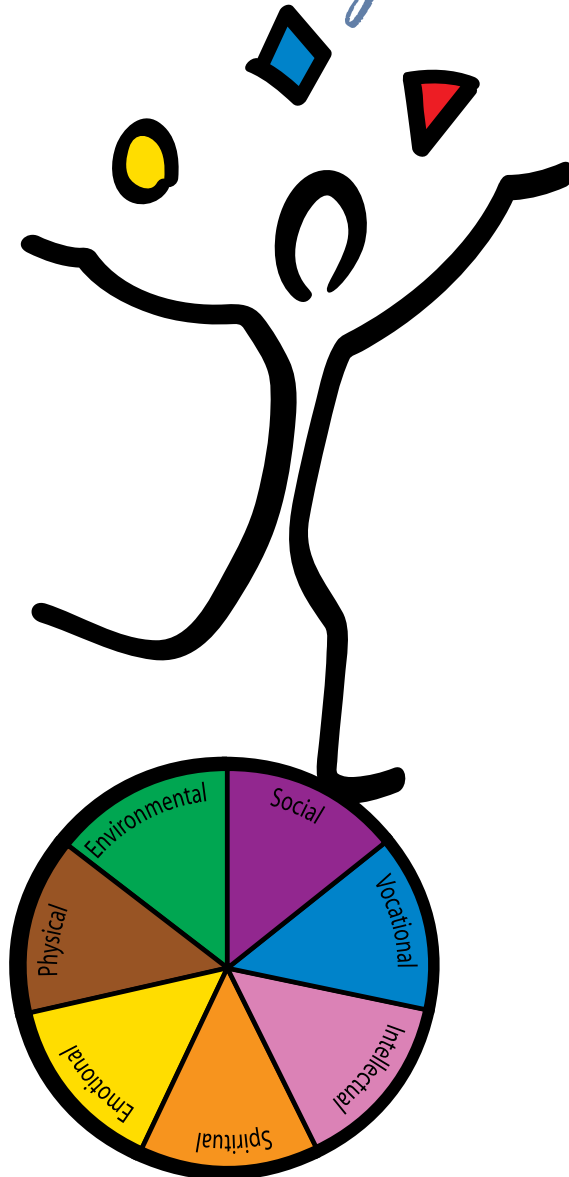
Vocational • Intellectual • Spiritual • Emotional • Physical • Environmental • Social

Still-Well
University Student
Wellness Program

Editorial Board

Wendy Pinkerton
Lynda Crossgrove
Joni Newland
Art Matthews

I am my own first patient



Wellness Model

A.T. Still University Student Wellness Program

Wellness promotes an optimal physical and mental well-being, a preventive way of living reducing the need for remedies. The Still-Well program is designed to encourage students' health and wellness throughout their educational experience. Our founder, A.T. Still, M.D., D.O., believed that an active body helped nurture an inquisitive and informed mind. True to his philosophy, the Still-Well program was established in 1991. Still-Well provides an atmosphere enabling each individual to reach his/her maximum potential in body, mind, and spirit. This holistic approach is distinctive to the osteopathic profession. The theme of the wellness program is "I am my own first patient." ATSU realizes that to adequately serve others, a student must have his/her basic needs met. It's impossible to give what you do not have. The Wellness Model is composed of seven developmental areas: physical, environmental, social, vocational, intellectual, spiritual, and emotional. It is these components that Still-Well focuses on to encourage balance and perspective within your life.

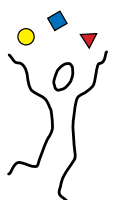
The ATSU Still-Well program is directed by a central planning committee and seven teams, each representing a specific area of wellness.

ATSU

A.T. STILL
UNIVERSITY

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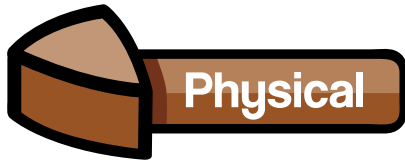




Physical Wellness Team

The physical team provides opportunities for students to improve their overall physical health through proper nutrition and exercise.

To achieve this, the physical team provides physical assessment opportunities, activities, seminars regarding nutrition, fitness tutors and other relevant support.



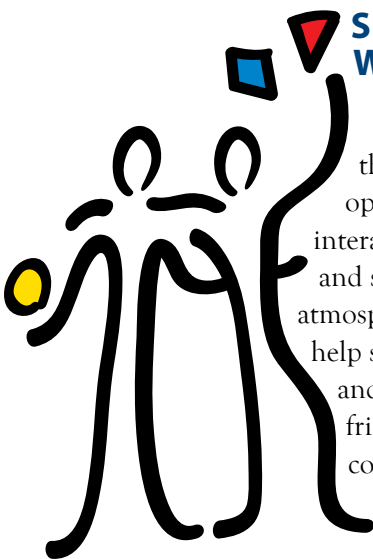
Environmental Wellness Team

The environmental team enhances students' awareness of the environment in which they live. This includes improving the physical environment by reducing stresses and disease, etc.

To achieve this goal the environmental team's activities include recycling, the development of a 100 acre campus nature trail and city



cleanup projects.



Social Wellness Team

The primary objective of the social team is to provide opportunities for students to interact with each other, faculty and staff in a non-academic atmosphere. These interactions help students stay socially active and aid them in developing friendships with their colleagues.

The social team provides several events each

year, which are generally not sponsored by SGA or other organizations. These include activities such as ballroom dancing, etiquette, bowling, progressive relaxation sessions, hypnosis, pet therapy sessions, principles of standup comedy, picnics, etc.



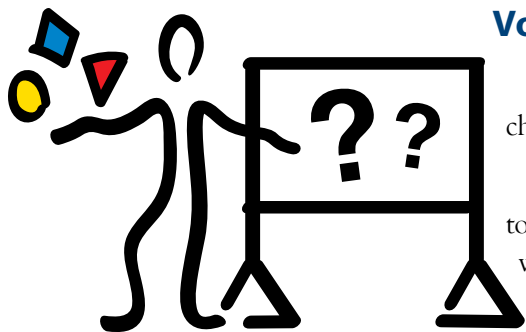
Spiritual Wellness Team

The major emphasis of the spiritual team is to help students understand that spirituality forms an essential part of an individual's holistic health and well-being. Spirituality and healing is explored in the traditional religious definition, as well as the broader sense of personal beliefs in "something greater than oneself."

The spiritual team provides opportunities for students

to explore personal belief systems, multi-cultural approaches to spirituality and healing and nontraditional spirituality. Panels, guest speakers and open forums are sponsored to provide exploration of the concepts and practice of spirituality.





Vocational Wellness Team

The vocational team helps students make vocational choices in healthcare to produce the most satisfying results.

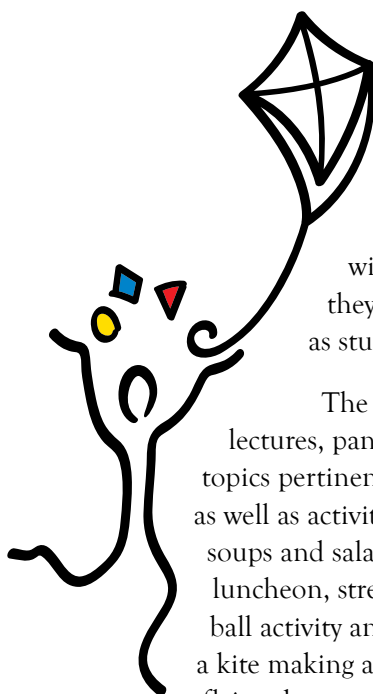
The vocational team provides opportunities for students to examine various specialties, sub-specialties, and careers within the healthcare field. These activities may include career fairs, career counseling/testing services, mentoring opportunities, residency selection/process/protocol, Careers in Medicine program, etc.



Intellectual Wellness Team

The primary objective of the intellectual team is to give students the opportunity to be intellectually well-rounded. Moreover, students are provided opportunities to use creativity and intellectual skills typically not used or challenged by school studies.

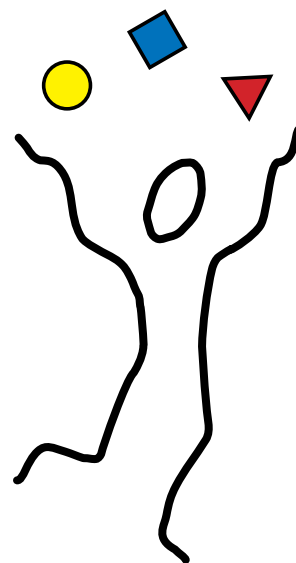
The intellectual team provides various activities and contests encouraging avenues for creative thinking, critical thinking, and problem solving. Activities may include an art fair, creative writing, plays, drama, etc.



Emotional Wellness Team

The emotional team assists students in dealing with the plethora of emotions they will see, feel and experience as students and as professionals.

The emotional team hosts lectures, panels and conferences on topics pertinent to the life of a student, as well as activities like water play day, soups and salads luncheon, stress ball activity and a kite making and flying day.



Benefits of the Still-Well Program

Numerous benefits are available for students who choose to participate in the Still-Well program. The benefits act as catalysts, reinforcers, and rewards to participate and include, but are not limited to:

- Unlimited access to wellness classes, racquetball, and leagues
- Complimentary Still-Well t-shirt at the completion of the fitness assessment
- Quarterly wellness newsletters
- Pre-participation physical exam
- Six month fitness assessment
- End-of-year recognition banquet, with a gift to each participant
- Fitness assessments for participant spouses

In addition, second-year students in the Still-Well program gain clinical experience by performing structural analysis and basic physical exam skills during the pre-participation health exam for new Still-Well participants.

Still-Well Steering Committee

Ron Gaber, Project Director

Co-Coordinators

Dan Martin, Physical and Environmental Team Leader-MO

Beth Poppo, Vocational Team Leader-AZ

Lynda Crossgrove, Assistant Coordinator

Medical Directors

Kelly Halma

Margaret Wilson

Jonathon Kirsch

Eric Snider

Student Representatives

Stephanie Varckette, Emotional Team Leader-AZ

Stephanie Patyk, Social Team Leader-MO

Members at Large

Helen Ewing, Intellectual Team Leader-AZ

Jim Farris, Co-Physical Team Leader-AZ

Mary Greer, Co-Physical Team Leader-AZ

Cindy Kaye

Art Matthews, Emotional Team Leader-AZ

Michelle Panico

Fred Peterson, Research Team Leader-MO

Wendy Pinkerton, Newsletter Editor

Dustin Smith, Environmental Team Leader-AZ

Jeff Suzewits

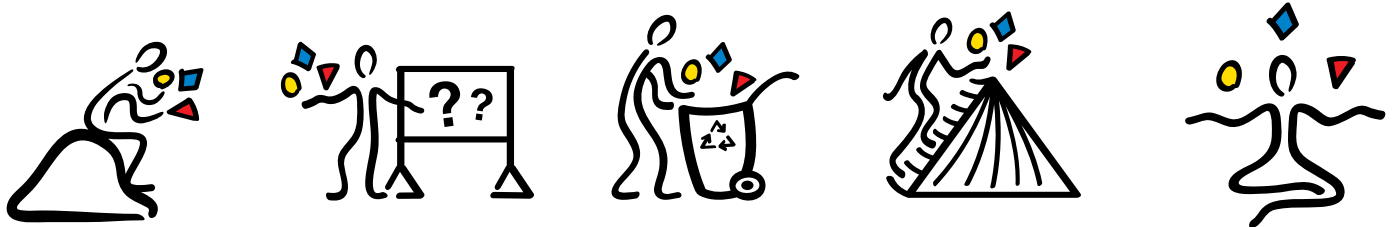
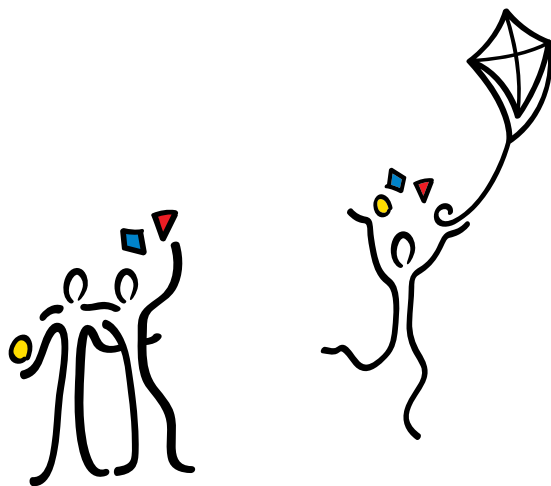
Tim Tucker, Vocational Team Leader-MO

Thom Van Vleck, Spiritual Team Leader-MO

Tonya Watson, Spiritual Team Leader-AZ

Tom Hotvedt

Jeff Alexander, Co-Physical Team Leader-AZ



Missouri Campus Still-Well: Physical wellness opportunities for a balanced life

1. Orientation presentation

Gain information about the Still-Well Student Wellness Program during orientation week. Learn about the benefits of being involved in Still-Well and learn how wellness can enhance your life.

2. Nutrition profile

Complete the nutrition profile to determine your current nutritional level. This profile will be tabulated based on a two-day record of your eating. A dietitian will then evaluate the profile and discuss the results during the seminar series. It is important that you return your profile to the ATSU Thompson Campus Center (TCC) by **August 27**. We will schedule a physical exam when you turn it in.

3a. Pre-participation Physical Exam (PPP)

Check in at the Library in the CITC Building. The physical exam (one time, 1½ hour appointment) will take place on Tuesday, **August 31**, (only one night) in the Osteopathic Manipulative Medicine (OMM) department clinic on the fourth floor of the Gutensohn Health & Wellness Clinic. **Your PPP appointment will be set up when you turn in your nutrition profile to the TCC.** (see #2 above)

During the pre-participation physical exam, you will have numerous health checks: a medical history and physical, a biomechanical exam, blood pressure, cardiovascular and cancer screening, weight and an eye exam. You will also be given information about self-exams, life-style assessment, and how to remain healthy.

Based upon your exam, a physician may request further testing or lab work or he/she will clear you for the fitness assessment. If lab work is ordered, it will be offered at cost.

3b. Further follow-up

If you need further follow-up of a medical condition or if you have a risk factor that a physician feels needs further evaluation, you will be asked to make a follow-up appointment. After this has been completed, you will be able to attend the fitness assessment on **September 7-8**. If you have questions, call Dan Martin, director, Thompson Campus Center, or Lynda Crossgrove, assistant director, Thompson Campus Center, at 626.2213.



4. The semi-annual fitness assessment

If you have been medically cleared, you will come to the ATSU Thompson Campus Center to evaluate your current level of physical fitness. This evaluation consists of numerous stations (see below) to get an overall view of your present fitness level. The dates for testing will be **September 7-8**. This evaluation takes approximately one hour to complete. We will schedule this as you exit the pre-participation physical exam. Wear workout clothing. **Spouses** are welcome to join students.

AEROBIC CONDITIONING

Stationary Bike Ride: The participant is asked to ride the stationary bike for a total of six minutes. Staff will monitor the participant's heart rate change and work load for desired results. The station is designed to estimate aerobic capacity.

BODY COMPOSITION

Height and Weight: Each participant will be asked for a baseline height and weight.

Body Fat Calculation: Each participant will have his/her body fat assessed through the use of a skinfold caliper. You will be assessed through measurement of three points on your body.

Hip to Waist Ratio: You will be measured around your hips and waist. A ratio will be computed to determine if you are at risk for cardiovascular disease.

FLEXIBILITY

Sit and Reach: This test is designed to measure your level of hamstring flexibility.

STRENGTH TESTS

Bench Press: Female participants will be asked to lift 35 lbs. in a bench press position as many times as possible. Male participants will be asked to do the same with 80 lbs. The test is designed to measure upper body endurance. Your performance will be compared to standardized charts in your age range and will give you an idea of your maximum lift capacity.

Curlups: You will be asked to perform stomach crunches to a metered beat. This station is designed to measure abdominal endurance.

Grip Strength: You will be asked to test the maximum grip strength of your right and left hand with the assistance of a dynamometer testing device. This device will give you another way to measure upper body strength.

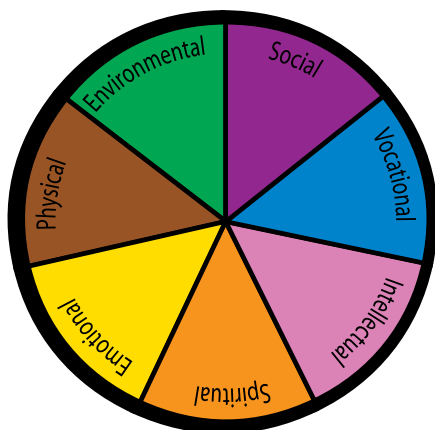
Vertical Jump: Participants are asked to jump vertically and extend an arm as high as possible. This station is designed to measure the explosive power of the legs.

AGILITY

Agility: Participants are asked to jump as quickly as possible in a specific pattern. The station is designed to determine speed and ability to change direction.

5. Seminar series

The Still-Well committee coordinates the seminar series. This series offers a variety of wellness topics to choose from.



Wellness Model

6. Benefits

- ☞ Spouse/partner is welcome to the fitness assessment at TCC.
- ☞ You will receive a quarterly electronic newsletter, which will inform you about upcoming events as well as articles on wellness and preventive medicine.
- ☞ A Still-Well T-shirt is given at the completion of the fitness assessment.
- ☞ In the spring, there is an annual Still-Well Banquet featuring a healthy and hearty meal and recognition of participants.
- ☞ The pre-participation physical exam is given free of charge, except for any required lab work, which is done at cost.
- ☞ Everything else is no charge.

7. Six-month fitness assessment

This assessment is completed so that students may compare the results of their earlier level of fitness. This testing usually occurs during spring semester. It is tentatively scheduled for **March 2011**.

