



# Still-Well Newsletter

Spring 2011

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

Still-Well  
University Student  
Wellness Program

## Spring 2011 Wacky Wellness Weeks on both Campuses

*By Dustin Smith, Environmental Team Leader – Arizona Campus*

The Arizona Campus held its annual Wellness Week from February 14-18. The week-long health and wellness-inspired events began with a Valentine's Day theme by purchasing "Sweet Treats for Your Stressed-Out Someone" sponsored by the Student Occupational Therapy Association. During the week, the Student Academy of Audiology club held bake sales to benefit the upcoming Tinnitus Walk. The Audiology students also performed many baseline hearing screenings for the University's staff and students. The Doctor of Health Sciences program held an "Eat this Not that" quiz competition and raffle with the winner receiving a copy of the *Eat This Not That* book. Art Matthews, the emotional team leader of the University's Still-Well Committee, sponsored the "Get Ya' Rock On" Guitar Hero Competition. With the assistance of Dan Martin from the Missouri campus, the Still-Well

Committee held free fitness assessments for faculty, students and staff next door at the YMCA. A few lucky participants won raffle prizes just for participating in the free assessment!

Dan Martin gave a Still Healthy Seminar named "Wellness: Booming Through Life" where he presented information on age, wellness, and fitness. ASHS Dean Maxwell also presented "Speak Up to Save Lives" inspiring attendees to participate in the fight against heart disease in women.

By the end of the week, the Arizona Campus collected many boxes full of clothing to be donated to the Chandler CARE Center and also climbed the The Willis Tower, formerly known as the Sears Tower, here at the Arizona Campus by checking off how many flights of stairs the participants tackled instead of taking the elevator.



### Editorial Board

Wendy Pinkerton  
Lynda Crossgrove  
Joni Newland  
Art Matthews

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## Well Fair on the Missouri Campus

The fifth annual Well Fair was held on March 21 in the Centennial Commons with wellness teams presenting activities to the students. A few of the activities were soft tissue/stretch clinic, nutrition survey, and an exercise bike experience. The grand prize of an iPod touch went to Katie Boyer, OMS I. Still-Well fitness assessments were held on Tuesday and Wednesday of the week. As students completed their assessments they received tickets to the 16th annual Still-Well banquet, which

was held on Thursday evening at the Days Inn. The banquet included recognition of student/faculty/staff participation, a short program, a slide show, and a Still-Well lapel pin given to students. Lauren Mitchell, OMS II, was the emcee for the evening. Michael Kuchera, D.O., '80, Beth Poppre, and Tim Tucker were given special recognition plaques for Distinguished Achievement and Advocacy Awards.



Elise Mikaloff, OMS II, from the Social Team chats with Mark Babcock, Earl Healy, and Sam Sparks during the Well Fair.



L to R: Michael Kuchera, D.O., '80, Beth Poppre, and Tim Tucker, recipients of the Distinguished Achievement and Advocacy awards.



**"The true test of character is not how much we know how to do, but how we behave when we don't know what to do."**

*John Holt*

## No-Shower-No-Change-of-Clothes Workout

For the ultimate excuse-busting exercise routine, try this easy no-shower-no-change-of-clothes-required workout, courtesy of *Good Housekeeping's* Drop 5 Pounds: The Small Changes, Big Results Diet.

Start with a 15-minute walk. Afterward, climb stairs for 5 minutes. Then, do just 4 minutes of wall push-ups and chair squats. Finish with a 1-minute stretch.

### Excuse-Proof Exercise

It's a total "anytime, anywhere" workout that covers all of the major muscle groups and has a healthy mix of cardio and body building to boot. Best of all, it doesn't require any special equipment or clothes, and you're done in just 25 minutes. Here's *Good Housekeeping's* breakdown on each step:

- **Walk anywhere.** Pace the halls, circle the block, or walk in place for 15 minutes. This will get your blood pumping and your metabolism fired up. And, as a bonus, it will burn about 60 calories.
- **Stair-step it.** Climbing stairs for 5 minutes will tone and tighten your leg muscles.
- **Push the wall.** Stand 2 feet away from the wall, feet shoulder-width apart. While keeping your back straight, place your palms against the wall, and lean your body in for a count of three, then push back for a count of three. Repeat for 2 minutes.
- **Pop a squat.** Choose a chair that creates a 90-degree angle in your legs when seated. Stand with the chair behind you, feet shoulder-width apart, arms straight out in front of you. Slowly lower yourself into a seated position, sit for a count of three, then stand up slowly. Repeat for 2 minutes. (Want something a little more challenging? Try wall sits.)
- **Touch down.** Stand with your arms straight out at your sides and your feet hip-width apart. Bending at the waist, reach one hand toward the opposite foot. Return to a standing position. Do for 1 minute, alternating sides.

Here's another do-anywhere, excuse-proof exercise routine: the *YOU: On a Diet 20-Minute Workout*. [www.realage.com/shape-up-slim-down/workout-center/20-minute-workout?src=edit&chan=tip&con=tip&click=p5](http://www.realage.com/shape-up-slim-down/workout-center/20-minute-workout?src=edit&chan=tip&con=tip&click=p5)

[www.RealAge.com](http://www.RealAge.com)

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### ROTC Frostbite Frolic 2011

Top overall male was James Lam, OMS I, and top overall female was Laurel Haxton, who is the daughter of Jason Haxton, Director, Museum, and Lori Haxton, Associate Vice President for Student and Alumni Services.

## AZ Students get their ROCK on!

by Arthur Matthews

Emotional Team Leader-Arizona Campus

Wellness Week on the Arizona Campus wrapped up with a friendly competition of Wii "Guitar Hero" in the Student Lounge over the lunch hours on Friday, February 18. About six to eight students and staff participated in the activity with a captive audience of "Straight A" patrons. Winners were awarded bragging rights and gained the benefit of stress reduction at the end of a busy week.

The "Guitar Hero" event was sponsored by the Arizona Campus Emotional Wellness Team to encourage students to engage in recreation during their academic programs.

When students hear they 'should' make time for rest, recreation and creative activities, they often think it will involve a huge effort or production. They don't have the time. Students can fixate on studying more as being the only way to succeed, forgetting that their bodies and minds need to manage stress and distract themselves from time to time. It actually enhances a person's ability to learn to take frequent, short breaks from the material and to challenge themselves to recall before they go on to new material.

Are you using stress management to optimize your health and brain power? If not, contact your campus Counseling Services office. On the Missouri Campus, contact Thom Van Vleck at 660.626.2424; and on the Arizona Campus, contact Art Matthews at 480.219.6170.

## National Health Observances

May

### Mental Health Awareness Month

[www.mentalhealthamerica.net/go/may](http://www.mentalhealthamerica.net/go/may)

### 8-14 National Women's Health Week

[www.womenshealth.gov/whw/index.cfm](http://www.womenshealth.gov/whw/index.cfm)

### Correct Posture Month

[www.diabeteshealth.com/read/2010/04/24/6655/may-is-national-correct-posture-month-did-you-do-your-posture-exercise-today/](http://www.diabeteshealth.com/read/2010/04/24/6655/may-is-national-correct-posture-month-did-you-do-your-posture-exercise-today/)

### National Bike Month

<http://www.bikeleague.org/programs/bikemonth/>

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## University Still-Well Steering Committee

Ron Gaber

Dan Martin

Fred Peterson

Margaret Wilson

Eric Snider

Jeff Suzewits

Kelly Halma

Lynda Crossgrove

Wendy Pinkerton

Thom Van Vleck

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Mary Greer

Jeff Alexander

Beth Poppre

Tonya Watson

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Dustin Smith

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Stephanie Varckette

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Cynthia Kaye

Adrienne Wagner

Tom Hotvedt

Michelle Panico.

