

Adelphi Wellness Newsletter

Spring 2015 Volume 1

Brought to you by the Adelphi Health and Wellness Committee



Fresh Air Adelphi Campaign

Becoming a Fresh Air University is a positive step in providing a healthy environment for students, faculty, staff and guests. As part of a phase-in process, the following steps will be taken to provide a healthy campus environment. As of September 2014,

smoking (including cigarettes, cigars, e-cigarettes, hookah pens, e-hookahs, vaping pens, vape pipes and all similar products) on the Garden City campus is permitted only at five designated sites. Beginning September 2015, there will be four sites and in August 31, 2016, there will be three sites where

smoking will be permitted. Visit adelphi.edu/fresh-air for more information and a map of designated smoking areas.

Need help quitting the habit? Go to adelphi.edu/wellness and click on Get Help.

Designing a Well-Rounded Resistance Training Program

By Jonathan Lester, Exercise Science Graduate Assistant

When designing a fitness program, the first step is to determine which goals are most important for you. Whether it be weight loss, muscle building, or athletic performance enhancement, a well-rounded resistance training program is crucial for progress towards your specific goals. Resistance training is beneficial for improving muscular strength, size and endurance, as well

as restoring good posture and reducing the difficulty of everyday activities.

There are numerous ways to implement strength training into your workout routine. To add resistance to movement patterns, you can utilize your own body weight, resistance bands, kettlebells, dumbbells, barbells, or any other object that is heavy enough to challenge your own abilities.



Read the full article at adelphi.edu/wellness to get more tips.

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Campus Wellness Resources



Adelphi has many resources available on site and online to help you stay healthy in mind, body and spirit. In addition to programs offered by the Health and Wellness Committee, the following departments offer great resources.

Campus Recreation
campusrec.adelphi.edu

Health Services Center
health.adelphi.edu

Student Counseling Center
scc.adelphi.edu

Center for Health Innovation
chi.adelphi.edu

Adult Fitness
education.adelphi.edu/adult-fitness

Disability Support Services
dss.adelphi.edu

Derner Institute Center for Psychological Services
derner.adelphi.edu/cps

Human Resources
hr.adelphi.edu

Interfaith Center
interfaith.adelphi.edu

Center for Student Involvement
csi.adelphi.edu

Public Safety and Transportation
adelphi.edu/publicsafety

Residential Life and Housing
housing.adelphi.edu

Virtual Meditation Room
meditation.adelphi.edu

Adelphi NY Statewide Breast Cancer Hotline and Support Program
adelphi.edu/cancer

Hy Weinberg Center for Communication
education.adelphi.edu/hwc

Overdose Prevention Awareness and Training



Two events on campus in April will highlight the growing issue of opioid abuse.

Narcan Training: Not Just for Professionals

On Thursday, April 9, experts from the Nassau County Office of Mental Health, Chemical Dependency, and Developmental Disabilities Services will teach participants about the reversal agent Narcan. The event will take place 2:00–4:00 p.m. in Alumni House on Cambridge Ave.

Advance registration is required. RSVP to Eden Laikin at elaikin@nassaucountyny.gov. Videotaping of the event may occur. Must be 18 and over to participate.

Sponsored by the Student Counseling Center.

Lecture on the Path to Heroin

On Tuesday, April 21, learn about the evolution of the heroin problem. Detective Pamela F. Stark of the Nassau County Police Department will discuss issues of opioid abuse and what the NCPD is doing to address it on Long Island. The event is from 12:00 noon- 1:00 p.m. in U.C. 313.

To ensure adequate seating, please RSVP to Maureen Scibelli at mScibelli@adelphi.edu.

Cosponsored by the Health and Wellness Committee and the Student Counseling Center.

Campus Recreation

Group Fitness Spotlight

Meet Bilma, one of our Group Fitness instructors

Interview by Monica Martinez, Campus Recreation Graduate Assistant for Programming and Promotions



Tell us a little about yourself.

I am a nursing student at Adelphi, and I teach Group Fitness classes about 5 days a week.

How did you become interested in Group Fitness?

As a former dancer, teaching Zumba fitness was a great way to kick start my fitness aspirations.

It combines dance with fitness as a form of "fun" cardio.

What is your favorite class to teach? Why?

I love teaching Zumba fitness because it is the best form of cardio I've ever done and its tons of fun. I get the opportunity to really have fun with and interact with my participants.

How has exercise influenced your life?

My passion for fitness is a life-style, not just a habit. Exercise has been extremely important to me my entire life.

As a service member in the Armed Forces, staying in shape is a mandatory requirement. Over time, however, I realized that fitness can also be enjoyable and not just a tedious everyday task.

The health benefits have been consistently proven throughout research to improve life expectancy and quality of life.

See a complete list of our group fitness classes at students.adelphi.edu/group

Follow us on Instagram and Twitter @adelphirec



Find us on Facebook: Adelphi Campus Recreation



Intramural Sports

Hey Panthers! Come check out our exciting sports starting right after you come back from Spring Break.

Intramural Sports are a great way to hang out, make friends, relax or stay competitive in a fun and active way.

We will see you there!

Here are some new ways to #HaveFunBeActive

League	Registration Deadline	Games begin
Flag Football	March 24	March 29
Volleyball	March 24	March 30
Tournament	Registration Deadline	Tournament Date
Team Handball	March 26	March 29
Badminton Doubles	April 16	April 19



30 DAY CHALLENGE

The Health and Wellness Peer Educators ventured on a social media journey, which began on March 1, to create a healthier campus by reinforcing healthy choices.

The 30 Day Challenge initiative helps students and staff to take a look at their current health habits to make the conscious decision to improve upon them.

The Peer Educators have enrolled more than 170 participants, equating to growth of over 100% from last year.

Participate by following @PeerEducatorsAU on Instagram and post healthy selfies daily, using #AU30Day. Go to health.adelphi.edu/30-day for more details.



Health Services Free HIV Testing

Adelphi has been selected as one of the colleges in the United States to receive free HIV testing for students.

This process was made possible from a grant by the Bill and Melinda Gates Foundation to the company STDcheck.com.

Visit students.adelphi.edu/hiv and register using your @mail.adelphi.edu email address to receive a pre-paid lab slip for HIV testing.

Know your status!

Got Stress?

Did you know that Adelphi has a website dedicated to giving you information about meditation?

By practicing meditation, you can improve many aspects of your life, including self-understanding, ability to handle difficulties, even your immune system and capacity for healing.

Go to meditation.adelphi.edu to discover the benefits of meditation, access selections of audio and video meditations, and other useful resources.

Mantra of the Month

"You will never know your limits unless you push yourself to them."

Suicide Prevention

By Dana Boccio, Ph.D., Derner Institute of Advanced Psychological Studies

Suicide is a serious public health problem that takes the lives of almost 40,000 Americans each year. It is the second leading cause of death among college students and accounts for 12% of all deaths among 15-24 year olds.

Despite these alarming statistics, suicide can be prevented. Students, faculty and staff can work together to prevent the loss of human life by increasing their awareness of the warning signs and encouraging individuals who struggle with suicidal thoughts or behavior to seek treatment.

Become knowledgeable about the warning signs that indicate a person may be considering taking his or her own life. Adelphi offers the Question, Persuade, and Refer (QPR) training that teaches simple steps for responding to someone in crisis.

The American Association of Suicidology has developed the acronym IS PATH WARM as a tool to help people remember 10 warning signs that suggest a person is in distress:

- Ideation (Suicidal Thoughts)
- Substance Abuse

- Purposelessness
- Anxiety
- Trapped
- Hopelessness/Helplessness
- Withdrawal
- Anger
- Recklessness
- Mood Changes

By remaining alert to the warning signs of suicide, communicating a sense of genuine caring and hopefulness about the future, and directing at-risk individuals to appropriate resources, you can help save lives.

Go to adelphi.edu/wellness for recommended suicide prevention actions.

Wellness Lectures

Each semester, the Health and Wellness Committee offers several topical lectures. Find the listing of upcoming lectures at adelphi.edu/wellness.

Recent lecture topics have included: The Effects of Too Much Sitting, Seasonal Affective Disorder, Immunizations, Dietary Supplements, Managing Neck and Back Discomfort and Reducing Your Risk for Cardiovascular Disease.

If you would like to suggest topics for upcoming semesters, please contact healthandwellness@adelphi.edu.

March is National Nutrition Month

Go to choosemyplate.gov for features on healthy eating and physical activity.

Faculty & Staff Corner

Content courtesy of United Healthcare

A Dozen Ways to Get More Fruits and Veggies

You've heard the mantra: Get at least five servings of fruits and vegetables a day. In reality, you should aim for five to nine servings. Sadly, the typical American eats only about one serving a day. Think it's hard to work in all those fruits and veggies? Consider that any of the following equals one serving:

- 1/2 cup of cooked vegetables
- 1 cup of raw vegetables
- 1 small piece of fruit
- 1/2 cup diced fruit
- 4 oz. 100 percent juice

Check out the UHC TV Video of the Month: "Tips for Following a Heart-Healthy Diet" at uhc.tv/uhc_video/tips-for-following-a-heart-healthy-diet and find more videos on Food & Nutrition, Exercise & Fitness, Emotional Health, Women's Health, Men's Health, Caregiving and more.

Student Corner

The **Health and Wellness Peer Education Center's** vision is to create a college experience inside a positive, safe and healthy environment that allows you to reach your intellectual, psychological, social, cultural and spiritual potential while maintaining physical health.

The Peer Education program offers opportunities for the student body to grow through a variety of diverse experiences that are challenging, rewarding and meaningful. Through workshops and programs—along with a resource center on a variety of health, wellness and social issues that impact student health—the center complements and supports student learning and critical thinking.

The Peer Educators work with faculty and staff across campus to assist with programming and execution of wellness programs. Contact a Peer Educator for more information.

Visit health.adelphi.edu/peer-education to learn more about the program.

Food for Thought

By Diane Dembicki, Ph.D., Clinical Associate Professor, Director of M.S. in Nutrition Program

One of the top 10 super foods in the *Nutrition Action Healthletter*, published by the non-profit Center for Science, in the Public Interest (CSPI) is **Wild Salmon**: "the omega-3 fats in fatty fish like salmon may help reduce the risk of heart attacks and stroke".

Try a delicious, heart-healthy recipe for grilled salmon from *EatingWell*: recipe.com/grilled-salmon-zucchini-with-red-pepper-sauce. It also includes tasty, and good-for-your-heart toasted almonds.

Check out the note on wild-caught salmon from the Pacific (hint: more sustainable) and visit the Monterey Bay Aquarium Seafood Watch.



Calendar of Wellness Events



Creative Cups Auction and Reception

Thursday, March 19

This thought-provoking art exhibition and fund-raising event benefits the Adelphi NY Statewide Breast Cancer Hotline & Support Program.

Dollars and Sense for Healthy Lifestyles

March 24

Learn how you can access information about your personal health risk and learn practical ways to move from less to more healthy lives.

Quarter Mile Coin Drive

March 24

Part of Adelphi Gives Back Month. Teams who are signed up for Relay For Life can sign up to collect change to make a maze around campus.

Glow in the Dark Dodgeball

March 24

Cat Cup event open to all AU resident and commuter students.

Sports Concussion Symposium

March 30

Adelphi's Center for Health Innovation, in conjunction with Winthrop University Hospital's Sports Medicine Program, invite you to a lecture and panel discussion on sports concussions.

Learn to Swim Registration Deadline

March 30

Noncredit swim instruction is offered at two beginner levels for a small fee. Go to campusrec.adelphi.edu for info and to register.

APRIL IS ALCOHOL AWARENESS MONTH

Narcarn Training

April 9

See feature on page 2.

Adelphi's Relay for Life

April 10-11

Raise money for cancer research, celebrate the lives of survivors, remember those who lost their lives to cancer, and unite a community in the fight against cancer. Sign up at adelphi.edu/relay.

Paint Nite

April 14

Space is limited to the first 50 people who register. Cost is \$25 with coupon code that will be provided in a forthcoming email to the campus.

Spike It Volleyball Tournament

April 17

This annual event always draws a big crowd. Look for email announcements to register your team.

Families United in Health

April 18

Sisters United in Health presents a fun-filled day of music, Zumba classes and a visit from The Healthy Hound.

Heroin: The Perfect Storm

April 21

See feature on page 2.

Take Back the Night

April 23

The "speak out" event includes where survivors of sexual violence can make their voices heard. The evening will end with a march across campus.

Join the Health and Wellness Committee

If you are interested in contributing to our website, newsletter or event planning, please contact us about participating in our monthly meetings.

Contact healthandwellness@adelphi.edu for information.

**We're on the web at
adelphi.edu/wellness**