

ADELPHI UNIVERSITY

Wellness Newsletter

Spring 2017
Volume 5

Healthy Adelphi Week—A New Initiative from the SGA

The Student Government Association (SGA) kicked off a new Health and Wellness initiative during the week of February 6 that will continue throughout the semester. Follow [@au_sga on Instagram](#) for details.

Healthy Meal Monday

Get a \$5 healthy meal deal at the UC Café.

Take Care Tuesday

Take a minute to de-stress and meditate in the Interfaith Chapel, University Center Room 306, 11:00 a.m.-11:45 a.m.

Workout Wednesday

Look out for pop-up group fitness classes.

Trust Your Instincts Thursday

Get weekly tips on our Instagram on how to stay safe!

Finance Friday

Keep an eye on [@au_sga](#) on Instagram for tips on how to make the most of your money.



New Health Innovation Living-Learning Community

In partnership with the Center for Health Innovation, the Ruth S. Ammon School of Education and the College of Nursing and Public Health, the Health Innovation Living-Learning Community creates an interdisciplinary living-learning experience for students who are interested in exploring the interconnectedness of health and wellness as individuals, communities and members of a global society.



With hands-on, experiential learning inside the residence halls and across Long Island, this unique integrated experience extends your learning outside of the classroom. Courses include Perspectives on Health in a Global Society, Civic Engagement: Your Neighborhood to Congress, and Peace through Sport, in addition to service-learning opportunities, career-focused programming and more!

Applications become available on March 6 and are due March 27, 2017. Get more info at housing.adelphi.edu/hill.

Inside this issue: Avocado—Upcoming Wellness Events, Fruit or Vegetable, Campus Rec Member Spotlight, QPR Training for Suicide Prevention, Introductory Personal Training, New Group Fitness Classes, Employee Healthcare Information, the Truth about Hot Yoga.

March 2017 Campus Health & Wellness Events

30 Day Challenge (#AU30Day)

Register to participate and starting Wednesday, March 1, 2017, post a healthy selfie daily on Instagram. We'll announce the winner on March 31! Enroll in person through March 1 from 11:00 a.m.-3:00 p.m. in the University Center Lobby or register online at health.adelphi.edu/30-day

Planned Parenthood HIV Van*

March 7 from 11:00 a.m.-3:00 p.m.,
Center for Recreation and Sports Parking Lot

*Testing for both HIV and STI (chlamydia & gonorrhea only).

For STI testing, do not urinate for at least 1 hour prior to testing. Future dates: April 4 & May 2

More details: health.adelphi.edu/test

QPR Suicide Prevention Training: "Question, Persuade, Refer"

March 21, 12:00 noon-1:00 p.m., CRS Campbell Lounge 2

March 23, 9:30 a.m.-11:00 a.m., University Center Room 313

Get details and RSVP at scc.adelphi.edu/events

Red Watch Band Training

Tuesday, March 28, 6:00 p.m.-8:00 p.m.,

University Center Room 210

Get details and apply health.adelphi.edu/rwb

Introduction to Meditation

Every Tuesday from 11:00 a.m. – 12:00 noon, Interfaith Chapel, University Center Room 306

More details: interfaith.adelphi.edu/events



SGA Wellness Events

Daily semester themed events:

Monday – Healthy Meal Monday

Tuesday – Take-Care Tuesdays (Meditation Class)

Wednesday – Workout Wednesday

Thursday – Trust-Your-Instinct Thursday

Friday – Financial Fridays

Details: Visit MyAULife

Join Weight Watchers on Campus

Email Elizabeth Kash at kash@adelphi.edu

Flu Vaccines at Health Services

Students: \$15

Faculty, Staff & Administration: \$20

Call for appointment at 516.877.6002 or 516.877.6007

health.adelphi.edu

Looking Ahead to April

AUHealth Fair

Join us for a fun day of learning and interactive activities for your health.

April 4, 11:00 a.m.-2:00 p.m.

Center for Recreation and Sports Track

Alcohol Awareness Month

Alcohol Awareness Month has been nationally recognized each April since 1987. Adelphi is continuing its tradition of being part of this important initiative.

Check aod.adelphi.edu for events and programs.

#PanthersCheerAlcoholAwareness

Food for Thought: Avocados

By Diane Dembicki, Ph.D., LMT, CYT,

Clinical Associate Professor, Director of Online M.S. Nutrition Program, College of Nursing & Public Health

Avocado—Fruit or Vegetable?

It really doesn't matter as long as you enjoy this healthy food, from a tree native to our neighbor Mexico, which is also its largest producer.

Bet you ate some guacamole on Super Bowl Sunday, but why not include this fruit (aha!) in your diet on a regular basis to reap its benefits, whether chopped or mashed in a dip or just sliced.

A source of nearly 20 nutrients, too many to list here but how about monounsaturated fat (the healthy fat), protein, potassium, folate, fiber, and anti-oxidants Vitamin E and lutein (good for your eyes), to name a few.

Info shared at the Society for Nutrition Education & Behavior 2016 annual conference: The avocado is an appropriate first food and meets the developmental needs of infants and toddlers.

Check out these delicious recipes on californiaavocado.com

- [Best Guacamole Ever](#)
- [Oven Baked Potato Wedges with Guacamole](#)



Find more nutrition benefits and recipes at LoveOneToday.com.

QPR Training for Suicide Prevention



Suicide is the most common psychiatric emergency and the 11th leading cause of death in America.

You can help to save a life! This training is designed to equip you with the necessary tools to recognize the warning signs of suicide. You will learn the three-step QPR method Question, Persuade, Refer.

After completion of this training you will have the knowledge, resources and courage to be a QPR Gatekeeper. Ask a question, save a life!

Space is limited. To reserve your spot, go the event listing for the day you wish to attend and RSVP to the contact listed for that session.

Tuesday, March 21, 12:00 noon-1:00 p.m., CRS Campbell Lounge 2
Thursday, March 23, 9:30 a.m.-11:00 a.m., University Center, Room 313
Tuesday, April 18, 12:00 noon-1:30 p.m., University Center, Room 313
Tuesday, May 9, 12:00 noon-1:30 p.m., University Center, Room 313

» [Get more information at scc.adelphi.edu/events](http://scc.adelphi.edu/events)

Campus Recreation Member Spotlight



Dominique DeFrancesco

Communication Sciences and Disorders, Audiology Major, Class of 2017

How did you get into fitness?
I realized how much free time I had and I didn't want to waste it anymore.

What is your favorite workout?
I like any kind of cardio that makes me sweat. This semester I am working on my upper body strength specifically.

What's your favorite activity do to outside of the gym?
I love to run outside. It's a great stress reliever for me and it makes me feel great afterwards.



How do you motivate yourself to get to the gym?

I just remind myself how great I feel during and after my workouts and I always treat myself to a protein smoothie afterwards.

Do you have any advice for others looking to get into fitness?

Definitely to start off slow and work your way up. It's also always nice working out with friends, they can be great motivators too, just like my roommates, Melanie and Jamie.

Add Some *Spring* to Your Step Start a new group fitness routine

Campus Recreation is ramping up fitness program offerings for the Spring, 2017 semester by offering new group fitness classes as well as pop-up fitness classes! We are responding to the demand on campus for new and different types of fitness class and training options.

These changes in part, are in conjunction with **SGA's Healthy Week** initiative!

New classes have been introduced to the campus this semester on the weekly schedule such as **HIIT** (High Intensity Interval Training); **PIYO** (Pilates, Yoga combination) and **Panther Power** (a circuit training class with both strength and cardio components).

In addition, Campus Rec is offering a series of **pop-up fitness classes** to

give students, faculty and staff the chance to try exciting, new classes such as TRX, Pure Barre and others.

TRX is suspension training utilizing gravity and body weight as the resistance for self-regulated strengthening and toning.

Pure Barre is a total body workout, focusing on small, isometric movements that create a high intensity, low impact workout.

Stay on the lookout for these great classes "popping up" on campus this spring!

Find the schedule of classes as well as class descriptions at recreation.adelphi.edu/fitness.



Campus Benefits from First Ever Personal Training Program

In collaboration with the Department of Exercise Science, Campus Rec began offering Introductory Personal Training to students, faculty and staff for free during the Spring 2017 semester. The first session, January 30-March 10, filled up quickly with 42 participants and 20 on a waiting list, but another session will be offered starting after Spring Break.

Trainers are third and fourth year exercise science practicum students who are supervised by faculty in the Department of Exercise Science, Health Studies, Physical Education and Sports Management.

The goal is to get “clients” started on a fitness program that is safe and customized for their fitness level. And, at the same time, the student trainers get hands-on experience in the field of fitness training, applying what they have learned in the classroom.

Participants receive a fitness evaluation, a personalized exercise prescription and two training sessions a week for up to four weeks, as well as a follow-up assessment.

Registration for the second training period, March 20-April 28, will be available at recreation.adelphi.edu/training.



What's Up Next in Campus Recreation

Intramural Sports—Register on imleagues.com/adelphi

Indoor Volleyball: Register by March 22; league begins March 27

Spring Flag Football League: Register by March 22; league begins March 26

Special Events

Recreational special events are a way for students to be active on campus in various ways that do not always require ability in sports. Events such as the **Cardboard Canoe Race** are great opportunities for students and their friends to enjoy the facilities offered and be active on campus. The Cardboard Canoe race involves teams of 3 or 4 people building boats out of cardboard using their best strategy to making it actually float and canoe in the water, and then testing their designs in the pool in one on one races one length of the pool (25 yards)!



March 3 - Cardboard Canoe Race—Register at recreation.adelphi.edu/events/

March 22 7pm - Delta Dodge Cancer Fundraiser

March 22 8pm - Carolyn Mungai Cycle Charity Fundraiser

March 31 - Hoops For Heart 3v3 Basketball Tournament, benefiting the American Heart Association. Sponsored by the Physical Education Majors Club

April 1-2 – Chinese Student Scholar Association Basketball Tournament

April 4 - Annual Health Fair—Stop by the Campus Rec table while you're there

April 7 - Relay for Life Annual Fundraising Event

April 21 - Annual Spike It Volleyball Tournament during PantherFest!

Adelphi Employee Corner from the Office of Human Resources

To Adelphi University Medical Plan Participants with United Healthcare

Since we made some changes to the Medical Plans with United Healthcare beginning January 2017, we thought it would be helpful to define some terms to understand plan provisions.

Claim– A request for payment that you submit to your health insurance carrier when you receive items and services that you think are covered.

Coinsurance – An amount you may be required to pay as your share of the cost for services, after you pay any deductibles. Coinsurance is usually a percentage (for example, 20%)

Copayment – An amount you may be required to pay as your share of the cost for a medical service or supply, like a doctor's visit, hospital outpatient visit, or a prescription drug. A copayment is usually a set amount, rather than a percentage. For example, you might pay \$25 or \$35 for a doctor's visit or prescription.

Deductible – The amount of out-of-pocket expenses that must be paid for health services before becoming payable by the carrier.

Out-of-Pocket Maximum (MOOP) – is the most you'll have to pay during a policy period (usually a year) for health care services. Once you've reached your out-of-pocket maximum, your plan begins to pay 100 percent of the allowed amount for covered services.

Health Reimbursement Account (HRA) – If you are covered by Adelphi's medical plan with United Healthcare, you can use the HRA Visa Debit Card to pay eligible health care expenses for yourself, your spouse and your dependents. Reminder: The HRA is a tax favored account fully funded by Adelphi. To learn more, call ADP 1.800.678.6684 or view your profile at myspendingaccount.adp.com.



For Employees Who Have Questions Regarding Medicare

See resources below.

Medicare: For information and personal help on coverage issues, Call Medicare's help line at 800.633.4227. or visit medicare.gov.

Social Security: For information and personal help signing up for Medicare or applying for Extra Help benefits in the Part D drug program, call 800.772.1213 or visit ssa.gov.

Adult Fitness Program Special Offer for Spring 2017

The Exercise Science Department is offering free membership to the first 30 full-time Adelphi employees who submit the registration forms and physician's clearance form.

This 12-week program offers an individualized approach with tailored exercise programs, nutrition counseling, and recreational activities.

A team that includes exercise physiologists and staff members certified by the American College of Sports Medicine performs comprehensive fitness evaluations and develops individualized programs. Participants are motivated to achieve their fitness goals as they learn how to exercise properly, efficiently, and safely.

Membership is contingent upon the approval of your personal physician. A physician's clearance form must be submitted in order to participate in the exercise program.

Find the registration forms at education.adelphi.edu/adult-fitness.

Hot or Not? The Truth about Hot Yoga

By Kaitlin Monteith, M.S. '16, Exercise Science

Whether you live in the city or the suburbs it is becoming exceedingly difficult not to notice the immense amount of pop-up yoga studios. On top of that, every single yoga studio seems to be a heated one, meaning that all classes are performed with a temperature range of 100 degrees to 117 degrees. As the workout world is evolving more and more people have come to join the hot yoga craze—myself included—until I learned the extreme effects of heat on the body.

Traditional hot yoga moves through a fixed series of 26- poses in a 90 -minute session, with a room temperature of more than 100 degrees and 40 percent humidity. Yogis who are attracted to the more “physical” nature of hot yoga believe that they will experience a higher calorie burn, increased flexibility and benefit from its “detoxification” mechanisms. Unfortunately, this statement is not 100% true.

History has shown people will try anything for an elevated caloric expenditure. However, according to a study done by Emory University; researchers concluded that hot yoga may not provide this overestimated idea of 1,000kcal burned per session. In fact, a 160-pound person can expect to burn roughly 477 calories per session. By comparison, the same person would burn around 189 calories in a hatha, or regular yoga class for the same duration. Furthermore, the majority of the initial weight loss from hot yoga consists of water weight lost through excessive sweating. The “weight loss” will be put back on rather quickly following the workout. This means you cannot justify your double cheeseburger or *venti* caramel macchiato by participating in just one class.

Flexibility is a desired characteristic for many, especially women, but there is a difference between muscle flexibility and joint flexibility. Ligaments and tendons do not experience a large amount of blood flow. When you are in a heated environment, blood flow increases making you feel as if you are more flexible than you really are. When participants enter advanced poses in these hot studios, they may not feel their bodies’ natural stoppage point and surpass their safe zone. This is an important concept because when ligaments stretch out they stay that way and cause joint instability.

Finally, the major pull to hot yoga is its detoxification accomplished through excessive sweating. Sweat is a combination of water, salt, potassium, ammonia, and urea, with water being the largest component. True toxin elimination comes from the kidneys, liver, and even the colon. The purpose of the skin is to protect the body and regulate body temperature, not to “detox”. Participating in a 90 minute hot yoga session and sweating to death will not release your toxins. The blunt truth of it is that you are just dehydrating yourself and losing water weight.

So what’s the bottom line? Hot yoga is a craze that many people are participating in for hopes of a “better and healthier” body. Unfortunately, many studies have proven that hot yoga shows no added benefit over regular yoga.

For references and more resources, find this article online at wellness.adelphi.edu/news.



You've read the warnings above but still want to try hot yoga? Here are a few tips to keep your practice safe:

Hydrate: Aim to drink up to two liters of water throughout the day, and don't try to make up for it by chugging right outside the studio.

Strategize your eating: Try not to eat two hours prior to class to avoid any nausea.

Work the attire: Bottom line is you are going to sweat! Choose lightweight clothing with minimal coverage to bear the heat. Many yogis choose spandex and a sports bra for class.

Handle the heat: If you begin to feel dizzy, try to concentrate on your breath and trust that you can recover.

Don't push it: Realize that there is a difference between discomfort and pain. If you cannot get into a pose, try the beginning stage of the exercise and work your way up to the advancement.

Embrace the downpour: Skip the towel, and let it rain! Sweat is a natural way to help maintain normal body temperature. Do not wipe away excess sweat before it evaporates, this acts as a shortcut, and you'll need to sweat more just to achieve the same degree of cooling.

About the Health and Wellness Committee

Committee members meet once a month during the fall and spring semesters to discuss ways to bring our goals to life on Adelphi's campus and centers and across the web so that the larger global community can also benefit by the health and wellness initiatives of Adelphi.

If you would like to participate in planning wellness events and communications for the campus, please email healthandwellness@adelphi.edu.

Wellness Lectures

The Health and Wellness Committee offers monthly wellness lectures during the spring and fall that are open to Adelphi students, faculty, staff and alumni, as well as the local community.

March 21, QPR Suicide Prevention Training, 12:00 noon-1:00 p.m., CRS Campbell Lounge 2

This QPR session will be presented by Nancy Albert, LMSW, counselor at the Student Counseling Center. Albert has worked with suicidal individuals throughout the past 10 years at Adelphi and taught QPR trainings to people of all ages for the past 3 years.

Stop by the Health and Wellness Committee table at the AUHealth Fair on April 4.

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 Wellness Committee, the following departments offer great resources.

Campus Recreation
recreation.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/adultfitness

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

Disability Support Services
dss.adelphi.edu

Public Safety
safety.adelphi.edu

Residential Life and Housing
housing.adelphi.edu

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

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