

Wellness Pointers

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

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Physical Wellness



image from <http://rochellemoulton.com/unforgettable-blog/the-art-of-persistence>

“Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan “press on” has solved and always will solve the problems of the human race” ~Calvin Coolidge

Doing Laps

The Israelites ate manna forty years...
until they reached the border of Canaan.
Exodus 16:35

You might call it “doing laps.” Just as a swimmer goes back and forth in the pool to build up strength, sometimes God keeps us in the same place, doing the same thing, for a long time.

The Israelites complained that they didn’t have food, so God gave them manna... today and tomorrow and the next day. Boy, were they sick of that white, waferlike stuff! Like the swimmer in the pool, they never got anything different.

In our spiritual walk, when we get stuck “doing laps,” we need to take a look at ourselves. Maybe, like the Israelites, we’ve sinned, and God is trying to humble us. Or maybe we need to gain strength, so God has us exercising the same spiritual muscle over and over again.

If you’re doing laps, search your heart. Do you need to confess some sin so you can move on? If not, don’t get discouraged. God is building up your strength.

That’s why you’re diving into the water one more time.

Lord, when I feel waterlogged, show me why I’m diving into the water again.

QEP Progress Report

Continuing the work of mapping out the QEP, Dr. Sloan and the committee are creating a program that will show positive results. A survey that asked students what programs they would like to see based on their personal health goals shows that the general concern is on “exercising more” and “improving eating habits” so the committee is working to meet those demands. With a mission statement that voices Southern’s commitment to physical activity they are working toward meeting the demand.

Results from Southern Adventist University students when asked what programs they would like to see based on their personal health goals:

Health Program	SAU
Exercise More	85%
Improve Eating Habits	79%
Reduce Stress	51%
Lose Weight	32%

BSDI-Fitness Analyst results from 4311 Southern Adventist University students over 8 years.

The Student Learning Outcomes are stated below:

Students will be able to describe the ACSM parameters of physical activity.

Students will have the skill to assess current physical fitness level and write a plan to improve or maintain a physically active lifestyle.

Students will participate in moderate-intensity aerobic physical activity for 30 minutes five days per week.

Students will value Biblical principles and the Seventh-day Adventist health message in regard to physical activity.

If you would like to learn more about the QEP, information is available on Southern’s website at: <http://www.southern.edu/qep>



Mission: Living in Balance: Physical Activity encourages and facilitates an active lifestyle at Southern Adventist University by teaching, promoting, and evaluating physical activity

Looking for ways to get in shape?
Keep these in mind!

“There must be fifty ways to get in shape”

Touch those toes, Rose
Play a few games, James
Cross country ski, Lee
Anyone for tennis, Dennis?
Move those bones, Jones
Get your rear in gear, Dear
Dance like a breeze, Louise
How about a skate, Kate?
Hiking’s got appeal, Neal
Run around the park, Mark
Just get out and play, May
Do it every day, Ray
Get in the swim, Jim
Jump in the air, Clare
Get up out of bed, Fred
Work out at the gym, Slim, or Tim, or Kim
Play a little squash, Josh
How about some hockey, Rocky?
Run a kilometer, Peter
Be a kid again, Ken
Get that ball, Paul
A mile around the track, Jack.
A couple rounds of golf, Rolf
Ride around on your bike, Mike

submitted by Leslie Evenson

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Black Bean Burgers



photo from http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=10000001932647

INGREDIENTS

- 2 cups pureed black beans
- 1 small onion finely chopped
- 3 garlic cloves minced
- 1 cup carrots grated
- 1 cup quick-cooking oats
- 1 Tbsp Italian seasoning
- 1 Tbsp chili powder
- 1 tsp ground Cayenne
- 1 tsp Bragg's Liquid Aminos
- 2 eggs

- 12 slices sharp cheddar cheese

DIRECTIONS

Preheat oven to 400 degrees.

Combine all ingredients together in a large mixing bowl.

Shape into 2" burgers. (approx. 1/2" thick)

Arrange on prepared baking pan.

Bake 25 minutes. (Flip burgers after 12 minutes)

Add 1 slice of cheese to tops of burgers and bake for an additional 2-3 minutes or until cheese is melted.

Serve with salad or in a bun with your favorite fixings.

Yield: serves 12

NOTES

These burgers taste great with Sara Lee's Hearty & Delicious Kaiser Rolls.

No Energy? ~~X~~ Ways to Get from Slow to Go

By Stephanie Schorow, Special to Lifescript
Published March 30, 2011

It's 4 p.m. and you've hit the wall. You can't concentrate and your zip is zapped. But hold off on that Snickers fix. Find out what's draining your energy and learn how to put more pep in your step... Here are ways you may be depleting your pep. Plus, learn new ways to get from slow to go:

Energy Zapper

A sugar- and fat-filled breakfast

A typical sugar-loaded breakfast puts too much glucose too quickly into the bloodstream. The cells can't absorb it all, so excess glucose is converted to the molecule glycogen, which is stored in the liver and muscle tissue. That's when blood sugar levels drop and you start to drag.

Not exercising

People who regularly complained of fatigue increased energy levels by 20% with regular, low-intensity exercise, according to a 2008 University of Georgia study.

You're not getting enough magnesium

Nodding off at your desk? Sleepiness and muscle weakness are symptoms of magnesium deficiency.

Not enough zzz's

It almost goes without saying: If you don't get enough sleep, you'll be tired – and gain weight. Too many late nights spark cravings for sweets and high-carb treats, Fischer says.

Stress

The brain doesn't distinguish between the anxiety of being late for work or being chased by a saber-tooth tiger. Either way, our "fight-or-flight" system releases hormones, including adrenaline, to give us a burst of speed or action.

But unless you're actually running from a huge hungry cat, the hormones build up in your body and eventually wear you out. It may be in your head, but psychological stress can cause physical problems such as lower energy levels, chronic pain, digestive problems and illnesses like heart disease and diabetes.

Re-energize

Start the day with whole grains and/or lean protein, which take longer to convert into glucose and can sustain energy levels for longer periods.

Exercise every day, even for as little as 10 minutes.

Head for the salad bar: Dark-green leafy vegetables, such as spinach, are the best source of magnesium.

Women need at least 7-9 hours of sleep a night. If you're not getting that, take short "power naps" of 10-20 minutes if you can, Glassman says.

There's one stress management tool that women carry with them everywhere, Cheung says: Their breath.

"All they need to do is focus on the breath, following their 'in breath' and their 'out breath,'" Cheung says.

Even simpler? Just smile, she says. This relaxes facial muscles and releases tension.