

Wellness Pointers

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

Volume 22 Issue 10

January 28, 2011

Environmental Wellness



image from Google image search

His center is everywhere, His circumference is nowhere.

– Henry Law – in 'The Gospel in Exodus' (London: Banner of Truth Trust, 1967), p11

LEAVE ROOM FOR GOD

“When it pleased God...” (Galatians 1:15).

As servants of God, we must learn to make room for Him -- to give God “elbow room.” We plan and figure and predict that this or that will happen, but we forget to make room for God to come in as He chooses. Would we be surprised if God came into our meeting or into our preaching in a way we had never expected Him to come? Do not look for God to come in a particular way, but do look for Him. The way to make room for Him is to expect Him to come, but not in a certain way. No matter how well we may know God, the great lesson to learn is that He may break in at any minute. We tend to overlook this element of surprise, yet God never works in any other way. Suddenly -- God meets our life -- “. . . when it pleased God . . .”

Keep your life so constantly in touch with God that His surprising power can break through at any point. Live in a constant state of expectancy, and leave room for God to come in as He decides.



Image from <http://personalfinancebythelook.com/why-following-christ-better-money-management/>



QEP @ SAU

Quality Enhancement Plan

Dr. Judy Sloan is part of an eight member committee that has been selected to map out the details of the Quality Enhancement Plan at Southern Adventist University. The QEP is 1 of 80 items needed for the university's accreditation. The purpose of the QEP is to enhance student learning. Student learning is defined as a change in knowledge, skills, behaviors or values. The first step in this plan was "Selecting the Topic." Southern selected **Living in Balance: Physical Activity** as their QEP topic.

After selecting, defining student learning outcomes, and researching, the committee is currently working on steps 4-8. The goal at this point is not only to plan the implementation of the QEP, but how it will be sustained.

Sloan says there are many ways to utilize this opportunity to impact student activity. Three potential ways currently being discussed are:

The first is to change general education requirements to reflect a requirement of four credits in physical education rather than the current requirement of two credits. This would allow the School of PE, Health and Wellness to expand necessary course content that cannot all be covered in Fitness for Life class.

A second option would be to create physical activity centers across campus.

The third option is through a Fit-to-Hire program. This program would have

specific requirements, including 4 activity courses, and annual assessments similar to the Employee Wellness Assessment. Upon graduation the student would receive a Fit-to-Hire certification which would be presented to potential employers.

"Healthy active exercise is what you need. This will invigorate the mind." ~Ellen G. White, 2T p.413

"It is clear that a physically active lifestyle plays a great role in maximizing and maintaining both physical and mental health." ~Kilpatrick, M., et al., 2002. JOPERD Vol. 73, No. 4

8 Steps

- 1 Selecting the Topic
- 2 Defining the Student Learning Outcomes
- 3 Research the Topic
- 4 Identifying the Actions to be Implemented
- 5 Establishing the Timeline for Implementation
- 6 Organizing for Success
- 7 Identifying Necessary Resources
- 8 Assessing the Success of the QEP

Below are a few examples of the Fit-to-Hire benefits for employers:

Employee misses fewer work days
Employee requires less expense in healthcare

Employee can accomplish more in less time
Employee exhibits higher level of confidence

Changes in Student Learning Outcomes



<http://www.eneews.org/blog/labels/designers.html>

**“To ensure good health:
Eat lightly, breathe
deeply, live moderately,
cultivate cheerfulness
and maintain an
interest in life.”
~William Londen**

**Southern Adventist University
Employee Wellness**

Committee:

Phil Garver, Director

Jeff Erhard

Clarice Esquilla

Leslie Evenson

Betty Garver

Harold Mayer

Carlos Parra

Dennis Schreiner

Merlin Wittenberg, Retired Rep.

Wellness Intern/ Wellness Pointers Editor

Holly Hargus

Employee Physician

Dennis Thompson, DO
welldr32@live.com

Please send comments/suggestions to:
wellness@southern.edu

Peperonata

Serves 4 to 6

Ingredients

- 1/4 cup olive oil
- 2 red bell peppers, seeded, sliced into 2 1/2 to 3-inch long strips
- 2 yellow bell peppers, seeded, sliced into 2 1/2 to 3-inch long strips
- 2 orange or green bell peppers, seeded, sliced into 2 1/2 to 3-inch long strips
- 1 large onion, sliced into half-moons
- 4 garlic cloves, sliced thin
- 1 tablespoon dried oregano
- 1 tablespoon sugar
- 4-5 Roma or other plum tomatoes, seeded and diced
- Salt and pepper to taste
- 1/2 cup fresh basil, leaves torn roughly
- Lemon juice



1 Heat olive oil in a large sauté pan on medium high heat. When the oil is almost smoking, add the onions. Sprinkle with a little salt and sauté for 2-3 minutes, until the onions just begin to color.

2 Add the peppers and stir well to combine with the onions. Sauté for 4-5 minutes, stirring often. The peppers should be al dente—cooked, but with a little crunch left in them.

3 Add the garlic, and sauté another 1-2 minutes. Sprinkle a little more salt over everything and add the sugar and dried oregano. Cook 1 minute. Add the diced tomatoes, and cook just one minute further.

4 Turn off the heat and mix in the torn basil. Grind some black pepper over everything. Right before serving squeeze a little lemon juice over the dish.

Top 5 Morning Exercise Benefits

Time flies when your workout's not done.

You plan to work out, but your busy day throws a curveball, leaving you scrambling to finish your to-do list by bedtime.

So instead of hitting the gym, you hit the sack – annoyed that you missed yet another workout.

That's why you should exercise first thing in your day. In fact, about 90% of people who exercise consistently do it in the morning.

It's your choice to be a night owl or an early bird.

Tick-tock. You have an internal clock that thrives on routine. It's your circadian rhythm, and it regulates your body on a 24-hour cycle.

Give yourself a strict bedtime, force yourself to wake up when your alarm goes off (no snoozing!), and exercise each day – even if it's only for 10 minutes.

Over time – a few days for some, a few weeks for others – your body will learn the new routine. It will gently wake you up, no earsplitting alarm required. You'll feel rested and energized, and will actually start looking forward to your workout.

A morning workout is better than coffee.

Oxygen, not caffeine, is what your brain wants in the morning. So instead of reaching for the coffeepot, reach for your sneakers and you'll get all the brain-boosting benefits you need.

Studies show that exercise can increase your mental sharpness for 4 to 10 hours after your workout, a benefit you can really use at the start of your day. So, get up and get moving.

Your metabolism won't boost itself.

You roll out of bed, throw on some clothes and stumble out the door on your way to another busy day. Are you even awake yet? Your metabolism certainly isn't.

Not only does morning exercise help you burn calories during the actual workout, but its effects linger after you're finished. It's called EPOC – excess post-exercise oxygen consumption – and it's a fancy way of saying you burn extra calories even after your workout's over. It adds up over time, and because it only takes a daily deficit of 500 calories to lose one pound in a week, every calorie counts.

A.M. exercise helps you sleep better in the p.m.

Hitting the gym in the morning helps you hit the sack at night. A study published in the scientific journal *Sleep* showed that overweight or obese women who began a regular morning exercise routine slept better than those who exercised regularly in the evening.

Why? Evening exercise stimulates your body. You become restless and alert, making it very difficult for your brain to turn off and your body to drift into restful sleep.



image from <http://www.thefatgeek.com/fitness/what-time-you-workout-matters/>