

Your



social



mental



emotional



spiritual



physical

Guide²Wellness

Healthy Carolina on my mind



A message from Ashlee Watts

Bringing in the New Year with a healthy resolution is a wonderful idea! This is your chance to pick one thing that you have been thinking about changing over the past 365 days, or more, and finally follow through with it. Now, let me go back to that last sentence and point out two very important statements: “pick one thing” and “follow through with it”. These seem to be two of the hardest things for us to do when it comes to New Year’s resolutions.

We get really excited about this life changing event and, in the process, we can forget that change takes time and that, for the majority of us, we can’t change everything at once. So, I would like to give you all some tips on how to pick that one thing that is worth changing and then on how to follow through with it.

To pick your one healthy resolution, I would first suggest writing down all of the behaviors that you would like to change. Once you have those written down, go through each one and figure out how reasonable it would be to change that behavior by asking yourself these questions: What types of resources are available to help me change? What are going to be the barriers to changing? What are going to be the benefits to changing? What is the risk to my health if I do not change this behavior within the next year?

Once you have picked your ONE behavior that you would like to change, you will want to move on to figuring out a plan for maintaining that healthy behavior once you start. People who have a plan are five times more likely to follow through with their behavior than those who do not.

So, what is your plan? The University of South Carolina provides you with many resources to help develop a plan that you can stick to.

If you are planning to start exercising, you can receive a free exercise consultation and weight room orientation with Student Wellness Promotion (576-9393); if you are planning to start eating healthier, you can make an appointment with the registered dietitian (777-3175); if you are planning to quit smoking you can receive free medication and attend on-campus classes (296-CARE); if you are planning to quit drinking and doing drugs, the University offers addiction specialists (777-5223), Alcohol and Drug Programs(777-7716), and Carolina After Dark; if you are planning to start practicing abstinence or safe sex, you can talk to a staff member in Sexual Health & Violence Prevention (777-8248); if you are planning to lower your stress level, we offer massage therapy (576-9393) and visits to the Counseling and Human Development Center (777-5223).

Now comes the hardest part, staying motivated and turning your behavior change into a lifestyle habit. This means that you will want to save your energy. Think about a long distance swimmer; the swimmer does not want to waste all of his or her energy at the beginning because then he or she won’t have any left for the rest of the race. If you start out too strong or too fast, it will be very hard to follow through and you may hurt yourself. Starting an exercise program doesn’t mean exercising 5 days a week for 45 minutes each day from the very beginning; it means exercising 2 days a week for 15-20 minutes and then working up to your goal. If you use the resources offered to you on campus, you can be sure that you are creating a plan that is safe, effective, and long lasting.

In conclusion, remember that change takes time, perseverance and endurance prevails, and your University is dedicated to creating a healthier Carolina!





Erica Choutka
Fitness Coordinator

What's your New Year's resolution for 2008?

From a fitness standpoint, my New Year's resolution is to get back into a regular yoga practice. Years ago, yoga and dance were a significant part of my life and I have gotten away from regular practice since I started working full time. Yoga allows me to stay in shape and helps me to feel better physically and mentally...it should improve my golf swing too!

You are the fitness coordinator at the University; what is it about a career in physical fitness that interests you the most?

First and foremost I am a people person; I am happiest when I am supporting and helping others – to feel good, look good, laugh, or learn

something new. Combining that with my love for a variety of physical activities is the perfect career choice for me, but it wasn't my original plan. I fell into fitness/campus recreation programming when I was an undergraduate student at Elon University. I enjoyed working in that environment so much that upon graduation I ditched my broadcasting aspirations in order to pursue a career in campus recreation; it was a great choice for me and I can't imagine having taken a different route to get where I am today.

What's the most rewarding part of your job?

One of the most rewarding aspects is working with student staff and training them to be group exercise instructors. Seeing an individual start at point A and helping them develop to get to points B, C, D and beyond is the best. Then in turn, I get to see them lead and inspire class participants to reach their fitness goals.

What are some of the upcoming goals/ideas for fitness programs?

My main role is to coordinate all aspects of the Group Exercise Program. In that respect, our team is always striving to offer new and exciting group exercise classes and keep up with trends as it relates to choreography and equipment. In

the next semesters you can expect to see some shallow water classes and outdoor conditioning classes. You'll also see some additional walking groups and special events, like an 80's aerobic workout! We will continue to offer a comprehensive weekly class schedule and the Instructor Training Course each semester.

If you were just starting back into exercise this New Year, what's a fitness class that you'd recommend to someone?

I would recommend any of our beginner/intermediate focused classes: Easy Rider (indoor cycling), Yoga Basics, Step Basics or Get Fit. Each of these classes focuses on introducing participants to that particular format while improving their fitness level. Another great class to try is 30/20/10 – 30 minutes of simple cardio, 20 minutes of sculpting and 10 minutes of abs/stretching. Also keep in mind, the majority of our group exercise classes are appropriate for all fitness levels. If you attend a class and it doesn't seem to be your thing, then I encourage you to try another; each instructor has a unique personality and style of teaching and no two classes are exactly alike.

Do you have any big plans/hopes for 2008?

Being healthy and happy!



Check us out...



U - walk Program

During the fall semester, Faculty & Staff Wellness Promotion challenged Gamecock employees to become more active, with the inaugural 14-week self-paced competition entitled U-Walk. U-Walk is an individual competition based on participants selecting a southeastern college/university as their walking destination.

Each week participants walked laps at either the Horseshoe or the Blatt P.E. field to earn “destination miles” to get them closer to their school. Each lap walked at the Horseshoe earned three destination miles and each lap walked at the Blatt P.E. field earned two destination miles. Although participants do not walk the actual distance to the college/university of their choice, they were able to achieve the two main objectives of the program: to increase daily physical activity and to increase participation in physical activity while at work. Upon completion, U-Walk participants earned t-shirts from the university/college(s) they reached during the program. Although there are numerous school locations, U-Walkers at times found themselves in competition with others, trying to be the first to reach a destination.

David Kirkland, grant accountant and avid U-Walker, may boast one of the most impressive program records. He reached two destinations: Lynchburg College-206 miles and Florida Gulf Coast -620 miles. He is currently working on this third school Nova Southeastern - 649. When asked about the most rewarding part of participating this past fall, his response was simply, “We have a beautiful campus and surrounding areas that provide a tremendous opportunity to get outside to exercise and renew yourself each day.” In the past, prior work environments enabled David to participate in regular physical activity, but given the location of campus, he was able to accomplish his feats by walking during lunch hour breaks. David also credits his daily exercise routines to being in the best physical shape of his life, and bouncing back from triple bypass surgery earlier this year.

Faculty & Staff Wellness Promotion plans to continue offering the U-Walk program during the fall of each academic year. Anyone interested in becoming actively involved in a walking program is encouraged to register for the “Walking Works” program beginning January 15th. Registration can be completed at the Faculty & Staff Wellness Promotion office, located at the Blatt P.E. Center, or you can visit http://www.sa.sc.edu/shs/cwp/fwp_activity.shtml to download forms, which can be faxed, or returned through campus mail.



University of South Carolina

Join Faculty/Staff Wellness Promotion and the American Heart Association in the fight against heart disease by participating in the 2008 START! Midlands Heart Walk on Saturday, March 15, 2008.

For more information, visit www.startmidlandssc.org.



Cooking time: 20 minutes

Prep time: 10 minutes

Serves: 24

Spicy Crab Dip

- 12 oz. fresh lump crabmeat or 2 cans crabmeat, drained
- 8 oz. fat-free cream cheese, softened
- 1 cup nonfat sour cream
- 1 small onion, finely chopped
- 1 tablespoon prepared horseradish
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon hot red-pepper sauce
- 3 tablespoons plain dry bread crumbs
- ½ teaspoon paprika
- 4½ oz. baked low-sodium thin wheat crackers (about 72)

Preheat oven to 350°F. Coat gratin dish or deep-dish pie plate with nonstick cooking spray. Pick through crabmeat; discard any shells and cartilage. Rinse crabmeat and drain. Stir cream cheese in medium bowl until smooth. Blend in sour cream, onion, horseradish, Worcestershire sauce, and hot-pepper sauce. Gently fold in crabmeat. Spoon into baking dish; smooth top. Combine bread crumbs and paprika and sprinkle evenly over crabmeat mixture. Bake until bubbly, about 20 minutes. Serve piping hot with crackers.

Per serving: calories 57, saturated fat 0.5g, total fat 1g, carbohydrate 6g, protein 5g, fiber 0g, sodium 129mg, cholesterol 12mg, calcium 40mg.

How to Beat the Post-holiday Blues

Rhea A. Merck, Ph.D. Licensed Counseling Psychologist
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“The Holidays” are generally defined as the period of time from Thanksgiving through New Year’s and can often be experienced as an emotional rollercoaster. After all, the months of November and December are always so hectic. Sometimes it seems like we have a neverending list of things to do, such as cooking, cleaning, decorating, parties, and, of course, shopping. For most people, the holiday season is a joyous time filled with celebrations, parties, and gatherings of family and friends. But come January, many people may begin to feel out of sorts: grumpy, fatigued, lethargic, unmotivated, or even depressed. These unpleasant feelings encompass what are known as the “post-holiday blues.”

Sometimes the enormous anticipation of the year’s most anticipated and longest party season can result in a “holiday hangover” of disappointments, unrealized expectations, fatigue, and unexpected stress. College students, in particular, often do not recognize the complications that go along with returning home for a month. They may find themselves lonely and missing their college friends and routines. Students may begin to be aware that people and relationships change when they don’t see each other on a regular basis. In addition, students may feel disappointed when old friends seem different or have a new life and other friends that make it difficult to relate again. College students often find themselves with a foot in two worlds: the independent world of their new college life and the world at home guided by their families’ ideas and expectations. The old and new roles can collide when students or parents least expect it.

Returning to school in January can also be unexpectedly difficult. The reality of school sets in: the newness is gone, the energy of the Gamecocks football season is over, and spring break looks to be a long way away. For some students, the Spring semester reality may be that they are having to make up for misdeeds of the Fall semester. Such transgressions might include raising grades and GPA, making up hours for dropped classes, or earning more money due to poor budgeting in the Fall or overspending at the holiday.

Rest assured: there is hope! While even the happiest of people feel blue at times, there are several ways you can successfully fend off the possibility of these feelings. Here are eight tips to overcoming those post-holiday blues.

First, begin thinking about goals that are both new and realistic. What kinds of things would you like to accomplish this semester? Try to make a list, and then prioritize the fun and important activities. Remember to organize your time and pace yourself, which can serve to decrease stress and increase enjoyment.

Rely on your support system. Most college students don’t mind being around someone who is feeling sad, especially if you tell them what would be helpful. Let someone know if you need support, need a hug, or just someone to listen.

Get a hobby. Embarking on a new hobby can be an excellent way to have fun, relax, and pass the time. Give yourself something to look forward to by planning activities that you enjoy. Discovering and mastering a new hobby can also provide you with a welcome sense of accomplishment and positive feeling.

Develop a more healthy and balanced diet. A surprising amount of the stress you experience on a daily basis can be caused by the chemicals you consume. By eating and drinking certain things, you can actually put your body and mind under extreme chemical stress. Eating a healthy, well-balanced diet will help to minimize that stress.

Get regular exercise. Exercise can play a key role in lifting your spirits and fighting off any post-holiday blues. Be mindful to keep it simple: walking is fine. The times when you least feel like doing it may be the times you need to do it most.

Get sufficient sleep. Cutting yourself short on sleep can really contribute to feelings of anxiety and irritability. It can also have very negative effects on your focus and concentration in coursework.

Use self-relaxation techniques whenever you are feeling tense. For example, slowly breathe in and out for several minutes until your entire body feels relaxed.

Regularly check-in with your emotional self. Try to be aware of your negative thoughts and replace them with more positive ones. Similarly, try your best to be optimistic about the future.

The Counseling and Human Development Center is a part of Student Health Services in the Division of Student Affairs and Department of Academic Support. The Center strives to help maintain and enhance the well-being of students as they live in the Carolina community. CHDC offers individual and group counseling free of charge to students who have paid their student health fee. For a virtual tour and a more extensive explanation of services, visit: www.sa.sc.edu/shs/chdc.