

# Welcome to the Healthy Carolina Wellness Community

## Welcome!

### INSIDE THIS ISSUE:

Spotlight on Campus Wellness	2
Biofeedback	2
Meet the RMs	2
Healthy Eating	3
Recipe: Cherry Tomato Couscous	3
Intramural Sports	4
Farmers Markets	4

The Healthy Carolina and Columbia Hall staff are excited about the next two semesters. We are excited to get to know such a great group of students and hope to help you all get the most out of your learning community experience. The Wellness Community is after all, YOUR community, and we hope to allow your interests and goals drive it as much as possible. While we have a number of events and opportunities in the

works, the sky is the limit, so feel free to contact us if you have an idea for an activity, program, or event you'd like to see happen.

Each one of you made a commitment to your personal wellness by choosing to live in this community. The start of the new academic year is a great time to set a personal wellness goal, whether it's to eat healthier, exercise more,

begin a new hobby, or spend more time doing community service. Our campus has many of resources to help you in your wellness journey and we want to facilitate your finding them. If we can help connect you, just ask!

Looking forward to growing together this academic year!

Ali Hoffman  
Healthy Carolina  
Graduate Assistant

### Upcoming Events:

- Watermelon Social & HCWC info. session, 8pm 6<sup>th</sup> Floor (unless you hear otherwise!) at hall meeting.
- Yoga on the Horseshoe with Pat, Sundays at 1pm
- Healthy Carolina Farmers Market, September 1<sup>st</sup>, 10-2pm on Greene St
- Healthy Dining on Campus with Deb Zippel, RD, September 1<sup>st</sup>, 2pm Columbia Hall with a tour of Gibbes Dining Facility

## Intramural Sports, Anyone?

Were you an athlete in high school? Are you excited to start a new sport, but not sure where you'll fit in? Consider forming or joining an intramural sports team this fall with other Wellness Community residents. While the entire year is conducive to outdoor sports at South Carolina, joining a team now would be a great way to stay active and get to know other students. Best of all, the Community will pay for it!

Check out the upcoming registration dates for the IM sports:

**Volleyball League**  
**Registration Deadline & Location:** Tues. Sept. 22, WFC 201-D  
**Team Cost:** \$15  
**# of Players:** 6  
**Location:** WFC Courts 3 & 4  
**Dates & Formats:** 4 game league with playoffs, begins Sept. 27, 2009

**Bowling League**  
**Registration Deadline & Location:** Tues. Oct. 6, WFC 201-D  
**Team Cost:** \$36/Students, \$56/non-students  
**# of Players:** 4  
**Location:** Park Lanes (Cayce)  
**Dates & Formats:** 5 week league with playoffs, Weds @ 9 pm starting Oct. 14, 2009

**Tennis Tournament**  
**Registration Deadline & Location:** Tues. Sept 22, WFC 201-D  
**Team Cost:** \$10/Person  
**# of Players:** Singles or Doubles  
**Location:** PEC Courts  
**Dates & Formats:** 1-day tournament, Sat. Sept 26, 2009



cont'd on p.4

## Spotlight on Campus Wellness



### CAMPUS WELLNESS

**HOURS:**  
8:00 am - 5:00 pm  
Monday - Friday

**APPOINTMENTS:**  
803-576-9393

**LOCATION:**  
Strom Thurmond  
Wellness & Fitness  
Center on the lower  
level

One great resource available to all enrolled students is Campus Wellness. Their main office is in the Strom Thurmond Wellness and Fitness Center, but you might see them in the Russell House doing chair massages, in your U101 class presenting about resources for student health management, running the Choose-to-Lose weight loss workouts, or in the dorm teaching strength training

band exercises.

Campus Wellness has a drop-in office and is open from 8am to 5pm, Monday through Friday. Drop-ins can have their blood pressure and body fat checked, or can schedule an exercise consultation. During a consultation, you'll be provided with a general fitness overview (including cardio, strength/conditioning, and flexibility), nutrition information, and safety tips.

The consultation is followed by a weight room orientation.

Campus Wellness also provides biofeedback services, tobacco cessation classes, and numerous programs, including Walktober, U-Walk, and Spring Break Boot Camp.

All these services are provided free of charge! Check them out today!

### What is Biofeedback?

Biofeedback is a type of mind-body therapy that teaches you to use your thoughts and will to control your body. It is based on the idea that with practice, people can be taught to influence the automatic, involuntary functions of their body with their minds.

A biofeedback specialist will help you develop this ability by using the signals from special monitoring equipment to help you become aware of certain body functions and

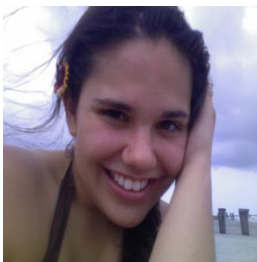
their responses, including: Brain activity, blood pressure, muscle tension, heart rate, skin temperature, and sweat gland activity.

Biofeedback is frequently recommended in helping deal with stress-related issues, so can prove helpful for students. At a biofeedback session, you can expect the therapist to apply electrical sensors to different parts of your body. These sensors measure the physiological

response to stress, then feed the information back to you, allowing you to associate your body's response with certain physical functions. Then you can learn relaxation and control techniques.

Biofeedback is a free service offered by the Counseling and Human Development Center. Please call (803) 777-5223 to schedule an appointment.

### Meet your Resident Mentors: Nikola Kisko



Hello everyone! My name is Nikola Kisko, and I work on the 6th floor of Columbia Hall as a Resident Mentor in the Healthy Carolina Wellness Community. I'm also a 3rd year Art Education major, concentrating in Ceramics. I'm really

excited for this year, whether it's getting to know our awesome residents or learning new ways to live healthy. I love going to the beach, bike rides around Columbia, working with clay and hanging out around the building. If

you have any questions about the learning community, just shoot me an email at [kisko@mailbox.sc.edu](mailto:kisko@mailbox.sc.edu).

Check back next issue to learn more about Alex Dorman!

## Eating Healthy as a College Student

Eating healthy as a college student living on campus may seem like a daunting task. However, it is possible and many students just like you manage to maintain a healthy diet.



Join the Healthy Carolina Wellness Community in a discussion of nutrition and strategies for making healthy choices as you adapt to living on campus with many options. Find out what items are best for you and what you can do to eat healthy in a hurry or when you can't make it to the dining hall.

“Healthy Dining on Campus” Discussion  
&  
Dining Hall Tour  
with Deborah Zippel,  
Registered Dietician

Tuesday, September 1<sup>st</sup>  
Columbia Hall  
2pm – 2:45pm

**“Healthy Dining on Campus”**

**Tuesday, September 1<sup>st</sup>**

**Columbia Hall**

**2pm – 2:45pm**

## Healthy Recipe...Cherry Tomato Couscous

Who says you can't cook like a 5-star chef in the kitchen on Columbia Hall's 6<sup>th</sup> Floor? Not us! The late summer is great time to find tons of vegetables at the Healthy Carolina Farmers Market, so stop by after class on September 1<sup>st</sup> and find what you need to make this simple and delicious recipe. Recipe courtesy of Heidi White at [www.101cookbooks.com](http://www.101cookbooks.com)

3 cups cooked couscous\*  
1/2 a basket of cherry tomatoes, halved  
1 medium cucumber, peeled and cut into 1/4-inch pieces  
1 cup cooked chickpeas

1 lemon, cut in half  
1 lime, cut in half  
about 1/4 cup extra virgin olive oil  
fine grain sea salt  
freshly ground pepper

1/3 cup basil or cilantro, chopped  
1/3 cup feta cheese, crumbled

Combine the couscous, tomatoes, cucumber, and chickpeas in a large bowl. Squeeze the lemon and lime juice directly into the bowl, so start by giving a good squeeze of lemon and lime juice into the bowl, add the olive oil, and some salt and

pepper. Toss well, taste, and adjust with more of the above until it tastes just right. The lemon and lime juices might need to be adjusted depending on how juicy the fruit is.

Add the basil and feta and toss gently until it is evenly dispersed.

Serves 4 - 6.

For a variation on this recipe, cube a cup of zucchini, microwave it for about 1 minute and toss it in with other ingredients.

Try and find a whole wheat or barley couscous.

\*To cook the couscous: Either follow the package instructions or bring 3 1/2 cups of water to a boil, stir in a scant 2 teaspoons fine

grain sea salt and 2 cups of couscous. Cover and remove from heat. Steam for 5 to 10 minutes and then use a fork to fluff up the couscous.



*Share your recipes with the community! Send them to [hoffmaae@mail.box.sc.edu](mailto:hoffmaae@mail.box.sc.edu) and we'll spotlight them here and post them in the kitchen!*

# Healthy Carolina Wellness Community

## HEALTHY CAROLINA

1309 Blossom Street  
McBryde F  
Columbia, SC 29208

Phone:

803-777-1650

E-Mail:

hoffmaae@mailbox.sc.edu

We're on the Web!

See us at:

<http://www.sc.edu/healthycarolina/wellcom.html>



HEALTHY CAROLINA  
University of South Carolina  
1309 Blossom Street,  
McBryde F  
Columbia, SC 29208

## Intramural Sports, Anyone? (cont'd from p.1)

**Flag Football League**  
**Registration Deadline & Location:** Tues. Sept. 1, WFC 201-D  
**Team Cost:** \$15  
**# of Players:** 7  
**Location:** WFC Fields  
**Dates & Formats:** 4 game league with playoffs, begins Sept. 8, 2009

**Sand Volleyball League**  
**Registration Deadline & Location:** Fri. Sept. 4, WFC 201-D  
**Team Cost:** \$15  
**# of Players:** 4

**Location:** WFC Sand Courts  
**Dates & Formats:** 4 game league with playoffs, begins Sept. 9, 2009

**Softball League**  
**Registration Deadline & Location:** Tues. Sept. 8, WFC 201-D  
**Team Cost:** \$15  
**# of Players:** 10

**Location:** Pacific Park  
**Dates & Formats:** 4 game league with playoffs, begins Sept. 9, 2009

**Indoor Soccer League**  
**Registration Deadline & Location:** Tues. Sept. 8, WFC 201-D  
**Team Cost:** \$15  
**# of Players:** 5  
**Location:** WFC South Center  
**Dates & Formats:** 4 game league with playoffs, begins Sept. 10, 2009

## Don't miss the fall Farmers Markets!

Save these dates for the Healthy Carolina Farmers Markets this fall:

- September 1<sup>st</sup>
- September 15<sup>th</sup>
- September 29<sup>th</sup>
- October 13<sup>th</sup>
- November 10<sup>th</sup>

The Healthy Carolina Farmers Market is open to the entire Columbia Community. It is a convenient way for USC students, faculty and staff to

shop for fresh, healthy, locally grown products. Members of the community, are encouraged to stop by and do their shopping for produce, meats, cheeses, and novelties from local vendors. The Healthy Carolina Farmers Market is co-sponsored by the South Carolina Department of Agriculture and University of South Carolina Student Government.

The Market is held on Tuesdays from 10 a.m. to 2 p.m. in front of the Russell House between the gates of Green Street.

