



Healthy Carolina Wellness Community

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Welcome to the Healthy Carolina Wellness Community

Welcome!

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The Healthy Carolina and Columbia Hall staff would like to extend a warm welcome to our new and returning community members. We are excited about the upcoming year and are looking forward to getting to know such a great group of students. Our staff is here to help you get the most out of your community learning 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! 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 personal wellness by choosing to live in this community. The start of a 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 resources to help you in your wellness journey, and we want to help you take advantage of them. If we can help connect you, just ask!

Looking forward to growing together this academic year!

Danielle Gentile
Healthy Carolina Graduate Assistant

Upcoming Events:

- Free week of Group Exercise Classes August 18th -31st
- Healthy Carolina Farmers Market, September 13th, 10-2pm on Greene St .
- Russell House dining tour with Kristen Tice, Registered Dietitian, Wednesday September 8th, 12pm-1pm

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 dates for the IM sports:

Volleyball League
Registration Deadline: Tuesday Sep. 20th
Team Cost: \$25
of Players: 6
Play Location &Time: many options, check online schedule

Bowling League
Registration Deadline: Tuesday, Sept. 27th,
Cost: \$36/student, \$54 non-student
of Players: 4
Location: Park Lanes in Cayce
League Times: TBA

Tennis Tournament
Registration Deadline Tuesday Sept 6th
Team Cost: \$10/Person
of Players: Singles or Doubles
Location: PEC Courts



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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.

Campus Wellness also provides biofeedback services and numerous other 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.

Free Week of Group Exercise Classes!

Want to get motivated to exercise regularly or are you interested in trying out a new form of exercise like Zumba or Yoga? Check out the group exercise classes being held on campus! Classes will be free to try August 18th-31st. If you like what you tried and

want to continue throughout the semester, please send an e-mail to Gentile2@mailbox.sc.edu to find out how the community can help pay for it. Classes offer something for all fitness levels, so check out the schedule online and give it a try!

Schedule can be found by visiting:
<http://campusrec.sc.edu/fitness/group/schedules/>

Eating Healthy as a College Student

Have you had trouble resisting unhealthy foods while dining on campus?

Being away at college means you are free from parents pestering you to eat your vegetables and not letting you have ice cream for breakfast. Now it's up to you to make the healthy choice! It may take some knowledge and

willpower, but many students just like you make it possible to manage and maintain a healthy diet.



Tour the Russell House dining areas with a Student Health Services registered dietitian and learn how to eat smart on campus.

Dine with a Registered Dietitian
Russell House
Sept. 8th, 12pm to 1 p.m.

Details to come on how to register

Dine with a Registered Dietitian

Thursday, September 8th

12pm – 1pm

Healthy Recipe...Mini Eggplant Pizza

Who says you can't cook a healthy snack or meal in the kitchen on Columbia Hall's 6th 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 13th and find what you need to make this simple and delicious recipe. Eat it by itself as a snack or add a salad on the side to make it a meal! Recipe can be found at SparkPeople.com

Ingredients

1 eggplant - 3 inches in diameter, peeled and cut into 4 half-inch thick slices
4 -6 teaspoons olive oil
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1/4 cup pasta sauce
1/2 cup shredded part-skim mozzarella cheese
1/2 cup chopped up veggies/ herbs of choice: peppers, onions, mushrooms, basil, and tomato all make yummy topping options!

Directions

Preheat the oven to 425 degrees F. Brush both sides of the eggplant with the oil and season with the salt and pepper. Arrange on a baking sheet and bake until browned and almost tender, 6 to 8 minutes, turning once. While eggplant is baking, spray a small pan with non-stick cooking spray or 1-2 teaspoon olive oil. Saute any veggie toppings till softened. Spread 1 tablespoon of pasta sauce on each eggplant slice. Top with the shredded cheese and any additional toppings. Bake until the cheese melts, 3 to 5 minutes. Serve hot.



Nutritional Information: Each pizza will have about 120 calories without any extra veggie toppings.

Share your recipes with the community! Send them to gentile2@mailbox.sc.edu and we'll spotlight them here and post them in the kitchen!

HEALTHY CAROLINA

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We're on the Web!

See us at:

<http://www.sc.edu/healthy/carolina/>



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

Flag Football League

Registration Deadline: Tuesday, Aug. 30th
Team Cost: \$25
of Players: 7
Location: WFC Fields

Indoor Soccer League

Registration Deadline: Tuesday, Sept. 6th
Team Cost: \$25
of Players: 5
Location: WFC South Center

Sand Volleyball League

Registration Deadline: Thursday, Aug. 25th
Team Cost: \$25
of Players: 4
Location: WFC Sand Courts

Billiards Tourney

Registration Deadline: Tuesday, Sept. 13th
Team Cost: \$10/person
of Players: 1
Location: USC Gameroom , Russell House

For more details and information, <http://campusrec.sc.edu/intramurals/registration/>

Don't miss the fall Farmers Markets!

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

- September 13th**
- September 20th**
- September 27th**
- October 4th**
- October 11th**
- October 18th**
- October 25th**

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. For more information visit, <http://www.sc.edu/healthy/carolina/farmersmarket.html>

