

~Words of Wellness~

For SJSU Wellness Advocates –Spring/Summer 2009

Bliss-Trip-a-Day – www.blisstrips.com

Connect with this wonderful Web site to get your daily “bliss trip” message. Each workday you’ll receive a guided meditation to help ground you for the day to come. We’ll be adding a link off the Wellness site: www.sjsu.edu/wellness

National Employee Health and Fitness Day **Wednesday, May 20th**

Check out: *In & Out of the Gym in One Hour (10am)*, *Zumba class (noon)*, *Rev Up Your Metabolism (3pm)*. See attached flyer for details!

CATS

CATS (the Kinesiology Department’s Cross Aerobic Training System), SJSU’s faculty/staff workout group, was delighted to have two extremely professional undergraduate students on staff: Julie Narcisco, a personal trainer, who will be graduating this year to work at her own fitness business, and Yaofa Lu whose experience includes having been on the Singapore national weightlifting team, and who will be back next year. Summer hours are M-F 11:30-1:30 (no student staffing during summer).

Skyline-to-the-Sea Hike – June 13

We will hike from Big Basin State Park to the beach in Santa Cruz. This will be a 8 mile hike through the beautiful Santa Cruz mountains. For info/costs call AS Campus Rec, 924-6218.

National College Health Assessment

Almost 1500 SJSU students responded to this gold mine of a survey which reveals all sorts of interesting data on our students’ beliefs and behaviors related to a broad range of health topics. More information will be coming out soon. If you have any questions, please contact Jennifer.Gacutan-Galang @sjsu.edu.

National Wellness Institute

<http://www.nationalwellness.org/>

The Student Health Center has an organizational membership with the Nat’l Wellness Institute. This allows for 5 individual memberships. Please

contact Laurie Morgan if you are interested in accessing some of the site’s member resources.

Strengths-Based Learning Takes Hold

Strengths-based philosophy is grounded in positive psychology and puts the emphasis on supporting students in their strengths versus focusing on their weaknesses. Research shows that discovering and developing ones talents into strengths leads to academic and professional success, along with personal fulfillment. Nearly 300 faculty, staff & students at SJSU have taken StrengthsFinder, a tool that identifies an individual’s top five strengths. Another 45 staff/faculty have gone thru enhanced training to equip them to work effectively with students and work teams. Curious? Contact Laurie Morgan 924-6117 or Deanna Peck 924-5927 or check out www.strengthsquest.com.

Men Creating Change – seeking members

Men Creating Change mobilizes and inspires collegiate men to prevent men’s violence against women. The group builds men’s capacity to challenge harmful aspects of traditional masculinity, to value alternative visions of male strength, and to embrace their vital role as allies with women to foster healthy relationships and gender equality. It is an affiliate of the Office of Student Conduct and Ethical Development and the national organization Men Can Stop Rape. The men become Certified Peer Educators. Additionally, they produce workshops and create campus-wide events. All male-identified students are welcome. Faculty/ staff can nominate students. Email Staci.Gunner@sjsu.edu with nominee name(s).

Peer Health Educator Opportunities

Wellness & Health Promotion is accepting applications for PHEs until 8/31. PHE’s become nationally certified and develop a wide range of leadership, programming, & health topic (depending on interests) skills and knowledge. For info or referrals, contact Jennifer Gacutan-Galang, 924-6119.

Got info to share? Want to be a Wellness Advocate?

Please send any content for the next WoW update to Laurie.Morgan@sjsu.edu by September 1, 2009. Phone: 924-6117

Wellness Advocates: *We are students, staff, faculty and administrators committed to promoting wellness at SJSU. We meet once or twice a semester and otherwise, share wellness activities, research, etc. via email. Join us! Contact Laurie Morgan.*