What is “The Wellness Challenge”? It is a challenge to you, a member of the Citrus College family.

This is the opportunity to jump in and focus on a healthier lifestyle. It can be starting an exercise program, learning about your health through an assessment, finding out about relaxation techniques, participating in a yoga class, lessening your stress levels through preparation for retirement, or being ready for a major disaster.

It may be recognizing the need to address these areas in your life and taking the challenge to change something as simple as parking farther away, or walking during the day for 10 minutes around campus. It’s thinking about taking action and modifying what you do now.

This month, get ready for the debut of the Citrus College Wellness Challenge. The kickoff will be on Flex Day - February 16th. The Classified Development Committee will be offering four wellness challenge workshops, each of which will give you the opportunity to get started and continue a healthier lifestyle throughout the year.

Throughout this newsletter, you will read articles about the various activities the Classified Development Committee has planned for Flex Day. If you are interested in taking the Citrus College Wellness Challenge and would like to attend one of the four workshops, please RSVP to Judi Kemp, jkemp@citruscollege.edu. Space is limited, so RSVP soon!
The Quest
For A Healthier Lifestyle

by Steve Hartman

“The Quest” workshop on Flex Day, February 16, 2010 from 9:45 to 11:35 will consist of three areas of emphasis: fitness assessment, orientation in weight machines, and circuit training exercise.

The first 20 people to sign up for the workshop will be able to receive their fitness assessment on blood pressure, body fat, heart rate, BMI, flexibility, and strength. Groups of 5 will be tested before rotating to the next fitness assessment every few minutes. These faculty/staff members will also receive a print out of their individual fitness scores.

Following the fitness assessments, there will be an orientation on the proper methods of using the weight machines, cardio machines, training heart rate zones, etc. Staff/faculty members that attend should wear loose fitting exercise clothing, so that after the orientation session they will be able to do some circuit training exercises in the fitness center.

The entire “Quest” workshop will last about 1 hour and 50 minutes.

For individuals that work up a “good sweat” from the exercise, showers are available in the Fitness Center.

What is Cardiovascular Circuit Training?

by Steve Hartman

The Adapted Physical Education Center (Fitness Center) is located on the eastern side of campus between the tennis courts and the main gymnasium. There are a wide variety of exercise machines (weight machines, treadmills, rowers, stairclimbers, ellipticals, and recumbent bicycles) in the fitness center. Cardiovascular Training is an effective exercise program that alternates weight resistance machines and stationary bicycling for periods of 30 seconds each. The workout in the fitness center provides for both muscular endurance and cardiovascular endurance as you continuously alternate between weight machines and a bicycle to keep your heart rate up in the “Target Heart Rate” zone.

The entire circuit (consisting of 24 weight machines and 24 bikes) requires approximately 30 minutes after which students/staff are able to use the cardiovascular machines (treadmills, ellipticals, rowers, etc.) for the balance of their workout.

Along with Circuit Training, there are community education classes in yoga, Pilates and Aerobics held in the Fitness Center. Students and staff, ranging in age from 18 to 88, workout in the fitness center. It is a non-competitive, flexible, relaxed environment in which to exercise. The facility is modern with state of the art exercise equipment.
The Shakeout

We have all seen the horrific images and have heard of the devastation. As many Citrus College employees offer their prayers, support and assistance to the victims of the recent earthquake in Haiti, we are also reminded that an earthquake could hit close to home at any time. For this reason, it is important to prepare so that we can protect our homes and families in the case of such an emergency.

On Flex Day, February 16 from 9:45 a.m. to 11:30 A.M., Kathleen Springer, a geologist and curator from the San Bernardino County Museum, will be on campus to present “The Shakeout.” If you want to decrease your stress levels in times of emergency, this is the perfect opportunity for you to become better informed and learn how to prepare for “The Big One.” Lessen your anxiety by being ready! Remember: being prepared equals peace of mind.

The workshop will be held in the Center for Innovation Community Room, CI 159.

The Plan

Almost everyone looks forward to those golden years when they can stop working and just relax. However, more and more people are finding retirement fraught with financial difficulties and emotional woes. This is one of the many reasons why preparing for retirement can enhance your overall wellness.

Whether you are in your twenties or in your sixties, “The Plan” can help you ensure future financial wellness. Held on Flex Day, February 16 at 1:15 p.m. to 2:15 p.m. in the Center for Innovation Community Room (CI 159), this workshop by presenter Judy Wolf will provide information about your CalPers retirement plan.

Aesop, author of the famed fables, once wrote: “It is thrifty to prepare today for the wants of tomorrow.” So, be “thrifty” and plan for retirement now!
The Zen

Mind and Body Relaxation

American journalist Sidney J. Harris once wrote, “The time to relax is -- when you don’t have time for it.” Amidst the hustle and bustle of day to day life, it is important to remember to take some time for ourselves. In fact, studies show that just 10 minutes of relaxation a day can increase productivity.

So, what can you do to relax? The Classified Development Committee is hosting a workshop entitled “The Zen” from 1:15 p.m. to 2:30 p.m. in VT 323 on Flex Day, February 16. Hosted by our own John Vaughan and Rachel Mead, this special workshop will give you techniques and skills to help you relax, keep your stress levels down, and improve your overall health.

What are you doing?

Helen Jeng and Isabel Bellman in Athletics walk around the track during their lunch hour every Wednesday. Judi Kemp in Staff Development is eating less carbohydrates and more vegetables. Stacy Quillen-Armstrong in External Relations is tracking her food intake and riding her exercise bike for 30 minutes every night.

So, are you up for the challenge? We want to know what you are doing this year to improve your physical, mental, and/or financial wellness in 2010. E-mail your success stories to squillen@citruscollege.edu and we may feature you in an upcoming edition of the Wellness Challenge Newsletter.