Twenty-three Citrus College employees arrived in the Citrus College Fitness Center on the morning of February 16, 2010 to participate in the Flex Day workshop entitled “The Quest.” Each individual underwent a fitness assessment of their blood pressure, body fat, heart rate, body mass index, flexibility, and strength. They also received an orientation on the proper methods of using the center’s various exercise machines.

Inspired by their participation in “The Quest,” several people decided to go beyond Flex Day and embark on a journey to improve their health.

“The Quest workshop was a great resource,” said Ralph Tippins, mathematics instructor. “The information was nice because it gave us a snapshot of our current fitness level and provided us with goals for the future.”

Dr. Rhoda James, business instructor, agrees.

“The Quest was excellent because it allowed participants to evaluate their overall wellness by monitoring our vitals,” she said.

For some, the workshop reinforced positive habits that were already in place.

“I have been active and doing yoga for four years now,” said Robert Coutts, a programmer/analyst in TeC Services. “However, I felt that the presentation was informative, especially because the programs have undergone so many changes.”

For other participants, “The Quest” served as a way to kick-off a new exercise regime.

“I started going to the Fitness Center Monday through Thursday after work and I have recruited my husband to join, so he meets me there after work,” said Pam McGuern, Student Services administrative.

CONTINUED ON PAGE 4
Stress-Busting Tips

Classified Development Committee Members answer the question:
When you are experiencing a particularly stressful moment and/or day on the job, what do you do to help you relax?

TINA CROSBY
Facilities
“Sometimes I walk the track or climb the stadium stairs. Other times I seek humor; laughing seems to be the fastest stress releaser.”

STACY ARMSTRONG
External Relations
“I have pictures of my son plastered above my computer. When I need to be reminded of why I work so hard, I look at them.”

HELEN JENG
P.E.
“Talking to someone else can have a calming effect and helps put things in perspective. Talking to a friend always works for me.”

ROSEANN MANFRE-CAMPILLO
Student Business Office
“Humor works every time! And, when I’m at home, shopping!”

ISABEL BELLMAN
PE & Athletics
“There is never a lack of immense humor in our department. I’ve yet to find anything that can top laughter as a stress reliever.”

TERRY ADAMS
Tech Prep
“I go for a walk. And, if I can’t go for a walk, I put my iPod on!”

ROSE SAYRE
Bookstore
“Take a deep breath and tell myself that tomorrow will be a better day.”

DEBORAH LEEPER
Admissions & Records
“I spend time outdoors and listen to relaxing music.”

MARIAN MANFRE
PE
“I stop, slow down, and think happy thoughts, such as driving along the California Coast or walking on the beach.”

KATRINA HEWITT
Financial Aid
“I love listening to music. It is my number one all time favorite way to unwind. Talking to a good friend about stupid nothings is good too!”

Future Events

CalPERs Workshop
Scheduled for May

Save the date: The Classified Development Committee will be hosting a CalPERs Workshop on Friday, May 28 from 9 a.m. to 12 p.m. This three-hour basic benefit workshop is designed to help you understand your CalPERs and will address issues such as avoiding loss of CalPERs funds after leaving school employment at any age, how to increase your retirement benefit, and how to choose a retirement date. It will be conducted by a CalPERs representative.

Additional information regarding the Classified Development Committee’s May 28 CalPERs workshop will be provided at a later date. For more information, contact Judi Kemp at ext. 8874.

Save the Date for the Annual Health Fair

The Annual Citrus College Health Fair is scheduled to take place on Tuesday, August 10 from 10 a.m. to 3 p.m. in the Ross L. Handy Campus Center. Exhibitors will include Blue Shield and Kaiser.
Earthquake Safety Steps

From the pamphlet, “Putting Down Roots in Earthquake County,” which was distributed during The Quake workshop on Flex Day.

1. Identify potential hazards in your home and begin to fix them.
2. Create a disaster-preparedness plan.
3. Prepare disaster supplies kits.
4. Identify your building’s potential weaknesses and fix them.
5. Protect yourself during the earthquake by dropping, covering, and holding on.
6. After the quake, check for injuries and damage.
7. When safe, continue to follow your disaster-preparedness plan.

In addition, our Citrus College web site has an earthquake safety video you can view by going to www.citruscollege.edu, click on the site index, and go to “Earthquake Safety and Citrus College.”

Nutrition Online

Steve Hartman, Physical Education instructor, recommends the following web sites:

- Dietary Guidelines
  www.mypyramid.gov
- Smart Nutrition
  www.nutrition.gov
- Heart Health
  www.americanheart.org
- Diabetes Information
  http://stopdiabetes.diabetes.org

Motivating Yourself to Exercise

by Helen Jeng

I recently found an interesting article, entitled “31 Ways to Motivate Yourself to Exercise” on the Zen Habits web site. I have to admit that what first drew my attention was the use of the number 31 in the title. My mind immediately wandered to the familiar 31 in Baskin Robbins’ 31 Flavors. Images of chocolate almond ice cream filled my brain. Quickly, I rationalized my thoughts by reminding myself of the health benefits of both chocolate and almonds. The part I try to overlook is that one scoop of ice cream probably has about as much saturated fat as a Big Mac. Egads! Isn’t it amazing what the mind can do to sabotage our plans for a healthier lifestyle? As I read further, I enjoyed the article and its different ideas, such as using blogs to keep yourself motivated. I recommend others visit http://zenhabits.net/2007/10/31-ways-to-motivate-yourself-to-exercise. I hope you enjoy it as much as I did!

Know Your Numbers

by Helen Jeng

Before setting your goals for a successful fitness program, find out what your numbers are. Know your weight, blood pressure, BMI, body fat percentage, cholesterol levels, triglycerides and blood sugar levels.

It is also a good idea to get a pedometer and find out how many steps you take a day, then increase that number on a daily basis.

Educate yourself by seeing a doctor and asking what your numbers are and what they mean in terms of overall health.

Once you get the heads up to exercise, start slow. Set reasonable goals and expect to work hard.

If you record all of your starting numbers, it will motivate you to stay with a program. After all, it is not just weight you are looking at. You also need to see if you are headed toward your goal of a healthier lifestyle.
Saying Thank You Increases Wellness

by Tina Crosby

Giving thanks is not only a positive gesture, it promotes wellness for yourself and others. I was curious why this was and decided to look up “thankfulness” on Wikipedia. According to the free online encyclopedia, “the systematic study of gratitude within psychology only began around the year 2000, possibly because psychology has traditionally been focused more on understanding distress rather than understanding positive emotions. Gratitude, thankfulness, or appreciation is a positive emotion or attitude in acknowledgement of a benefit that one has received or will receive.” In short, being thankful is part of wellness too. Even the psychologists are saying so.

That said, did you notice all of the people listed as the Classified Development Committee to the right? These folks, along with some PE staff, administrators, and faculty made this year’s Flex Day Wellness Challenge Workshops possible. Thank you to the following people:


Remember the next time you feel gratitude toward someone, let them know. You’re promoting wellness and making a difference too.

For more information on the health benefits of “gratitude,” visit http://ccn.aacjournals.org/cgi/content/full/29/6/12.

Employees Embark on Wellness Quest -- Continued

Assistant. “It is much better because we are both participating and he is a little obsessive, which keeps me on track about attending.”

Following Flex Day, James enrolled in a cardiovascular circuit training class on campus.

“I have begun increasing my wellness by taking PE 159,” she said. “I have also eliminated bad foods from my diet.”

Of course, the participants have encountered obstacles in their pursuit of fitness.

“My biggest challenge is eating the right foods and attending the class once a week,” James said. “Increasing the weights as I train has also been a challenge.”

McGuern says that time has been her biggest obstacle.

“The exercising hasn’t been hard because I have always been kind of active,” she said. “The real challenge is finding time to get the errands done that I used to do on my way home from work. That, and my dogs aren’t getting walked as much.”

Despite the road blocks, each participant has seen results.

“I have seen some weight loss, feel less stress, and have a better overall sense of health,” Tippins said.

Couts has a similar story.

“I have maintained a healthy body mass index and my cardio has improved,” he said.

James has also seen many benefits from her new workout routine.

“Since I began training, I have more energy and can sleep much better,” she said. “I have also lost some inches and have become much stronger,” McGuern agrees.

“The older you get, the harder it is to obtain immediate results,” she said. “However, I feel great and the workout routine is beginning to feel like a habit.”

Each person encourages other Citrus College employees to consider embarking on a quest for wellness.

“Find an activity that you enjoy doing and then do it,” McGuern said. “Trying a lot of different things is okay until you find the right activity that fits your lifestyle at the time. When that activity doesn’t fit anymore, try something else. Just don’t stop altogether.”