

LANCER

W E L L N E S S



December 2016



Lancer Wellness is dedicated to helping Lancers understand the importance of their well being. Check out more helpful information at calbaptist.edu/lancernwellness and follow us on instagram @cbu_lancernwellness

Total Wellness: How to Stay Healthy during the Holidays

According to the Center for Disease Control utilizing, these four tips can help you enjoy your holidays while keeping wellness.

1. Wash your hands

Washing your hands frequently is one of the most important steps you can take to avoid getting sick and spreading germs to others. Remember, cover your mouth and nose with a tissue when coughing or sneezing.

2. Travel Safe

No matter where you are traveling, make sure your trip is safe. Wear a seat belt, stay away from texting while driving and do not drive while being tired.

3. Manage Stress

The holidays can become overwhelming and stressful. Try to remain

relaxed and keep a positive attitude. Enjoy making memories, celebrating old and new traditions with your family and friends.

4. Eat healthy and be active

Through balance and moderation, you can enjoy the holidays the healthy way. As a substitute for candy try choosing fruit. Reduce your amount of fats, salt and sugary foods. Find fun ways to stay active and strive to maintain physical wellness 3-5 days a week.

Center for Disease Control . (2015, December 24). *Twelve ways to Health* . <https://www.cdc.gov/family/holiday/>



Holiday Cheer

2016

Online Christmas Gift Catalog

Great Commission work is happening at California Baptist University. You, too, can be a part of this work.

Give today at calbaptist.edu/gift

Physical Wellness

30 Minute Holiday Lower Body Workout

Warm up

30 sec jog in place

30 jumping jacks

30 Jump squats

Workout

50 air squats (no weights- wide stance)

10 single leg lunge 10 reps each leg 3x

50 standing calf raises 4X

50 air squats –no weight, shoulder wide

Core

50 AB crunch 4X

30 sec plank 4X



30 Minute Holiday Upper Body Workout

Warm up

30 sec quick squats

30 sec high knees or jog in place

30 sec alternating Lunges



Workout

50 forward arm circles

50 backward arm circles

15 push ups

20 shoulder press

50 mountain climbers

10 Burpees

*Repeat 3X

Core

25 Sit Ups

25 Russian Twist

25 spider man plank

25 Bicycle crunches

Stretch



Nutritional Wellness



ROASTED SQUASH SOUP

INGREDIENTS

- 1 small butternut squash
- 2 teaspoons canola oil, divided
- 1 cup diced celery
- 1 1/2 cups diced yellow onion
- 1 1/2 cups spinach
- 2 cloves garlic, minced
- 1 cup diced carrot
- 4 cups unsalted vegetable stock
- 1 teaspoon sage
- 1/2 teaspoon nutmeg
- 1 teaspoon black pepper

INSTRUCTION

Cut squash into half-inch pieces, put in a roasting pan and toss with 1 teaspoon of oil. Roast at 400 F for 40 minutes or until brown.

Add remaining oil to a large pot. Add vegetables and saute over medium heat until vegetables are lightly browned. Add stock, spices and squash to pot, and simmer for a few minutes.

Carefully puree soup with a stick blender, or process soup in batches in a blender or food processor. Return pureed soup to pot and bring back to a simmer. Serve.

*Reminder: If needed, take the proper amount of rest times between exercises and use modifications when needed

SPOTLIGHT MEMBER



NATHAN BUSBEE

What kind of academic preparation do you do before the semester begins? (example: visiting the Office of Student Success, using a planner, looking at the syllabus before the semester starts, etc.)

“During the first week of every semester, I input all of my assignments and exams for the entire semester into Google calendar. This makes it easy to add new assignments as they show up or edit the originals if anything changes. Also, I am able to see my entire schedule on any computer or device that I am using.”

#academicwellness

To learn more about Nathan's journey visit www.calbaptist.edu/lancerwellness

