

# LANCER

## WELLNESS

February 2017



*Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at [calbaptist.edu/lancernwellness](http://calbaptist.edu/lancernwellness) and follow us on instagram @cbu\_lancernwellness*

## Emotional Wellness: Random Acts of Kindness

Proverbs 3:3 states “do not let kindness and truth leave you; Bind them around your neck, write them on the tablet of your heart.” Performing random acts of kindness cannot only improve someone’s day but also create a positive atmosphere. Here are some ways that you can participate in showing a stranger or someone you love that you care.

1) **Each time you get a new piece of clothing, donate an old one.**

Donating your old clothes can provide someone else with new ones.

2) **If you spill creamer or sugar on the counter at the coffee shop, wipe it up.**

Your favorite barista will thank you for it.

3) **Donate or recycle your old laptop and electronics.**

Donating your old electronics can truly

help another person who is in need of a laptop; also recycling is great for planet Earth.

4) **Compliment someone in front of others.**

A compliment can go a long way and make someone’s day.

5) **Say thank you to a janitor**

Appreciation is key.

6) **Talk to someone at work whom you have not talked to before.**

Getting to know your co-workers can improve your job’s atmosphere.



## Social Wellness: Get Involved

Don’t forget Lancers, the Club Fair is February 3, 11:30 a.m.-1:30 p.m. Come, participate and learn about the different clubs that are on campus.

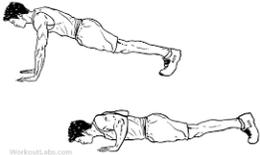
# CLUBS

## Physical Wellness:

### Two Exercises you should include in your workouts

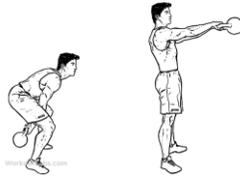
**Push-ups:** are a great exercise

that works the chest, triceps, biceps, shoulders and back.



**Kettlebell Swing:** is

useful when wanting to exercise your glutes, hamstrings, back, shoulders and grip strength.



*Looking for a personal trainer or do you want to work out with a group? Make sure to visit the front desk at the Recreation Center to sign up for personal training or to join a group exercise class.*

## Spiritual Wellness: Prayer walking

Lancers, taking a brisk walk around campus is not only a great way to stay active but also a wonderful opportunity to spend some time in prayer. Being a student can be stressful and can produce hardship, but taking some time to walk around campus and spend time in prayer can help boost your mood and also give you peace throughout your day. – Philippians 4:7(NIV)

## Nutritional Wellness



### EASY APPLE PEANUT BUTTER ENERGY BITS

#### INGREDIENTS

- 1 apple, sliced (I used a gala apple)
- 2 tablespoons peanut butter
- ¼ cup raisins
- 1 teaspoon chia seeds

#### INSTRUCTION

1. Slice an apple into 8-9 equal slices. (I use an apple slicer because it also removes the core)
2. Top each slice with an equal amount of peanut butter, raisins, and chia seeds.
3. Serve

#### Fun facts about what you're eating:

Apples are rich in antioxidants and dietary fibers. Peanut butter and chia seeds are a good source of protein. This snack can be best enjoyed post-workout or a mid-day/ late night snack.

*For more information, make sure to visit: <https://www.choosemyplate.gov>*



## SPOTLIGHT MEMBER

ANNABELLE LIM

What motivates you to exercise on a regular basis?

"I love how I feel after a workout! Not only the slight soreness of the muscles (which I secretly love), but how the stress seems to melt off and you can feel the positivity oozing out of you! I may not always see the results right away, but I can always feel them. On days I don't exercise, I feel like there's a weight on my shoulders."

To learn more about Annabelle's journey visit

[www.calbaptist.edu/lancerwellness](http://www.calbaptist.edu/lancerwellness)