

LANCER

W E L L N E S S

November 2017



Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancerwellness and follow us on instagram @[cbu_lancerwellness](https://www.instagram.com/cbu_lancerwellness)

Physical and Emotional Wellness



While it is well known that exercise helps relieve stress and improves mood, we now know that exercise of just 2-4 times per week leads to significant decreases in symptoms of depression and anxiety, with moderate to intense exercise leading to the most benefit.

The mood-lifting benefits of a single exercise session can last up to 24-hours. Much like taking a medication, exercise must be continued in order for the mood relief to continue. Exercise sessions should be at least 30 minutes long and can be either aerobic or anaerobic. The benefits of weekly exercise can ease symptoms of anxiety and depression to a level comparable to that of an anxiolytic or antidepressant, but without the potential side effects.

Exercise may not be enough to treat someone with severe anxiety or depression, but it can be used in combination with other kinds of treatment. The mood-lifting qualities of exercise has been attributed to an increase in endorphins, the repetitive nature that allows the exerciser to have a mental “break,” and increase in overall health that leads to an increase in energy and general feelings of well-being.

If you want to start an exercise program in order to improve your mood, plan out an exercise regime that will have you exercising at moderate intensity at least 20-30 minutes, 2-3 times a week. Most importantly? Try doing something that you enjoy! This is your time to treat yourself, so make it fun!

Kristin Mauldin
Director, Assistant Professor
Sport and Performance Psychology
School of Behavioral Sciences

WOMEN'S SELF DEFENSE
www.calbaptist.edu/recreation
\$25 Refundable Fee

September 22
4-8 PM
Sign up at the front desk by September 15

OR

November 14
4-8 PM
Sign up at the front desk by November 7

#DiversityYourProcess

Stretch Clinic for Climbers

Sept 13 Oct 11 8-9PM Nov 8 Dec 13

All Levels Target Muscles

Build Core Strength Increase Flexibility

Improve Climbing Techniques

Build Community with other Climbers

Physical Wellness:

Minimal-Equipment Workout

Abs:

Plank (1 minute)

Side Plank (45 seconds)

30 Russian Twists

15 Leg Raises

Cardio: (Do each circuit for

1 min. and repeat 5 times)

Mountain Climbers

Jumping Jacks

High Knees

Toe Taps on Step

Legs:

20 Bodyweight Squats

20 Sumo Squats

15 Curtsy Lunges (each leg)

15 Reverse Lunges (each leg)

15 Side Lunges (each leg)

Wall Sit (1 minute)

Upper Body:

20 Pushups

15 Triangle Pushups

15 Shoulder Taps in Plank Position

Nutritional Wellness

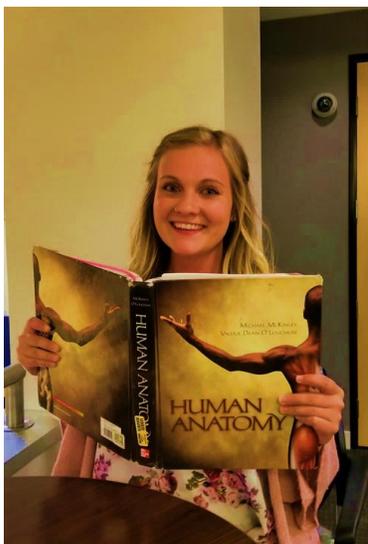


MEXICAN SALAD INGREDIENTS

4 oz. lean ground turkey
Taco seasoning to taste
¼ cup black beans
¼ cup corn
2 cups spinach leaves
½ red bell pepper
Handful of cherry tomatoes
2 tbsp. pico de gallo

INSTRUCTIONS

1. Spray a medium sized pan with cooking spray and heat to low-medium heat. Place ground turkey in and season with taco seasoning as desired. Cook until there is no pink, stirring occasionally.
2. In a medium sized bowl, heat up black beans and corn in a microwave (should take about 45 seconds give or take).
3. Place spinach in a medium sized bowl followed by turkey, beans, corn, bell pepper, tomatoes and pico de gallo.



SPOTLIGHT MEMBER

Kenna Murphy

What is one tip you would tell a student who wants to keep his or her body healthy during the semester?
"Make sure to make smart decisions about food and exercise regularly. Also, drink tons of water! I drink a gallon of water a day!"

To learn more about Kenna's journey, visit
www.catholict.edu/lanцерwellness

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WELLNESS