

LANCER

W E L L N E S S

Summer 2017 

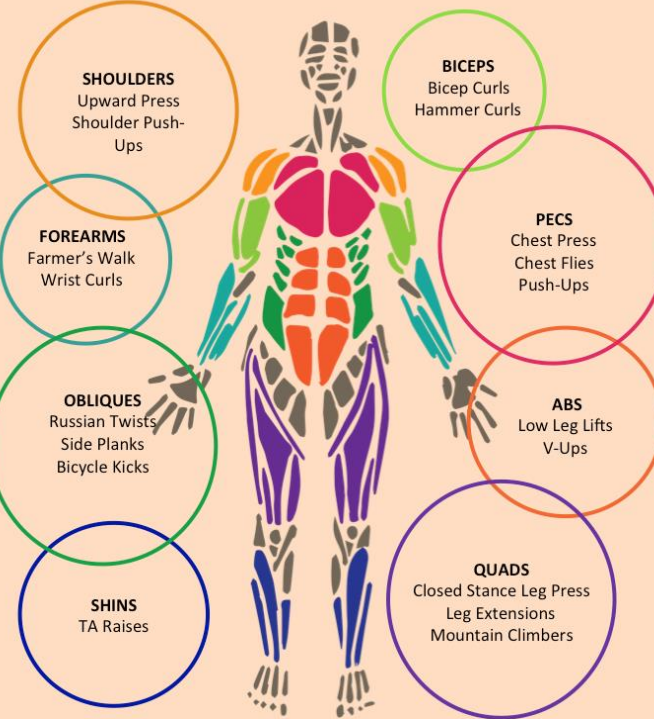


Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancernwellness and follow us on instagram @cbu_lancernwellness

Physical Wellness:

Total Body Exercises

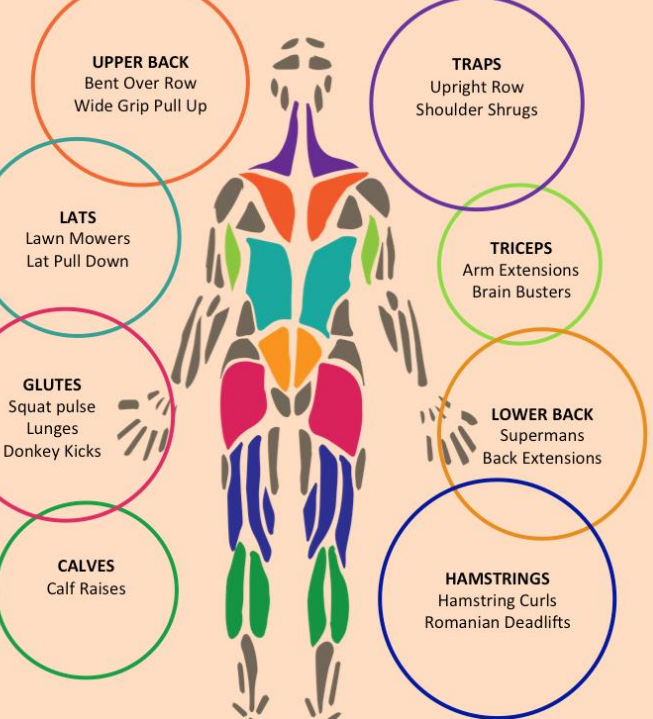
TONE UP: FRONT



- SHOULDERS**
Upward Press
Shoulder Push-Ups
- FOREARMS**
Farmer's Walk
Wrist Curls
- OBLIQUES**
Russian Twists
Side Planks
Bicycle Kicks
- SHINS**
TA Raises
- BICEPS**
Bicep Curls
Hammer Curls
- PECS**
Chest Press
Chest Flies
Push-Ups
- ABS**
Low Leg Lifts
V-Ups
- QUADS**
Closed Stance Leg Press
Leg Extensions
Mountain Climbers

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RECREATION CENTER WELLNESS

TONE UP: BACK



- UPPER BACK**
Bent Over Row
Wide Grip Pull Up
- LATS**
Lawn Mowers
Lat Pull Down
- GLUTES**
Squat pulse
Lunges
Donkey Kicks
- CALVES**
Calf Raises
- TRAPS**
Upright Row
Shoulder Shrugs
- TRICEPS**
Arm Extensions
Brain Busters
- LOWER BACK**
Supermans
Back Extensions
- HAMSTRINGS**
Hamstring Curls
Romanian Deadlifts

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Looking for a new workout this summer? Here are a few exercises you can implement into your workout routine. Please visit the link below for a printable version of this image.

<https://calbaptist.edu/community-life/campus-recreation/recreation-center/lancer-wellness/workout-challenges>



Nutritional Wellness: Stay Hydrated Lancers



Emotional Wellness: Congratulations, you're a college grad! What now?

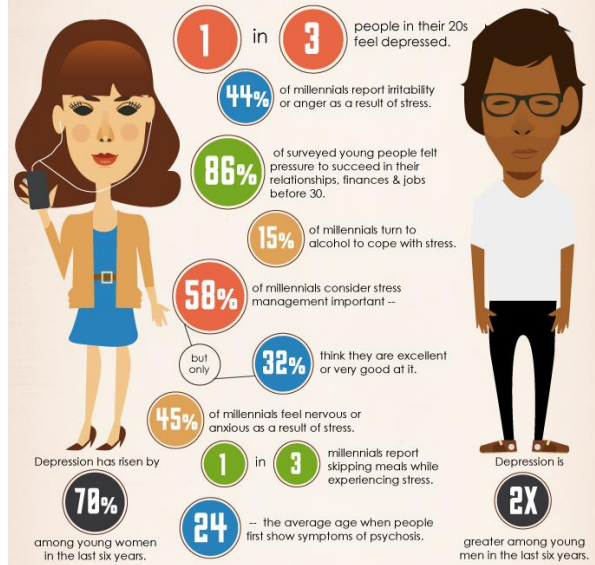
LIFE AFTER GRADUATION

Although graduation is an exciting time, the transition from college to professional life can be tough. There are many important decisions to make and questions to address, and the process can be difficult for young people, many of whom will experience mental health issues during this time of stress. Here are a few challenges faced by young people after graduation and resources to address these issues in healthy ways.

THE "TO-DO" LIST AFTER GRADUATION

- Network
- Plan Finances
- Find Job
- Build Relationship
- Move
- Apply to Grad School

MENTAL HEALTH & YOUNG ADULTS



HOW TO HANDLE IT ALL

- networking: Brazen Careerist
- financial planning: Mint.com
- job searching: LinkedIn
- graduate school: Noodle.org
- mental health: MentalHealthAmerica.net
- mental illness: nami.org

Total Wellness: Spotlight Members Class of 2017



SPOTLIGHT MEMBERS CLASS OF 2017

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

LANCER
WELLNESS

USC Social Work

sources: theguardian.com | freep.com | dailymail.co.uk |
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