

LANCER

W E L L N E S S

Summer 2017 

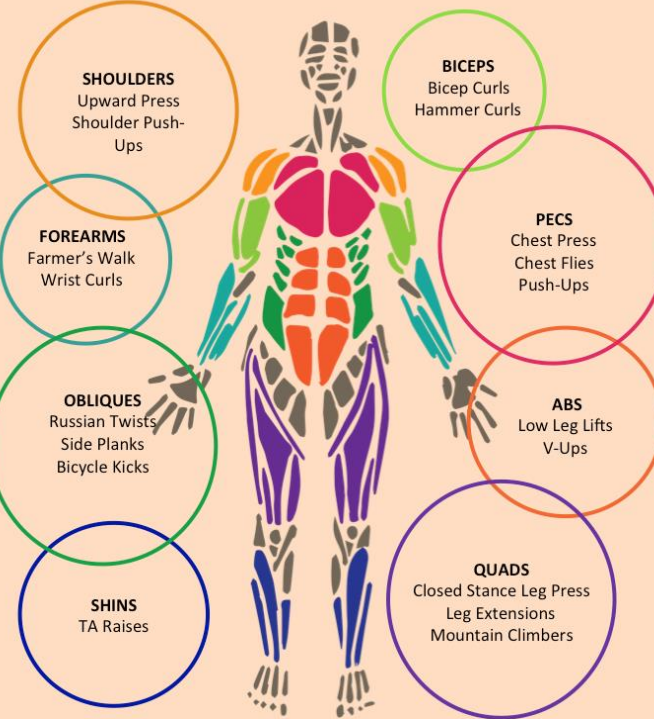


Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancernwellness and follow us on instagram @cbu_lancernwellness

Physical Wellness:

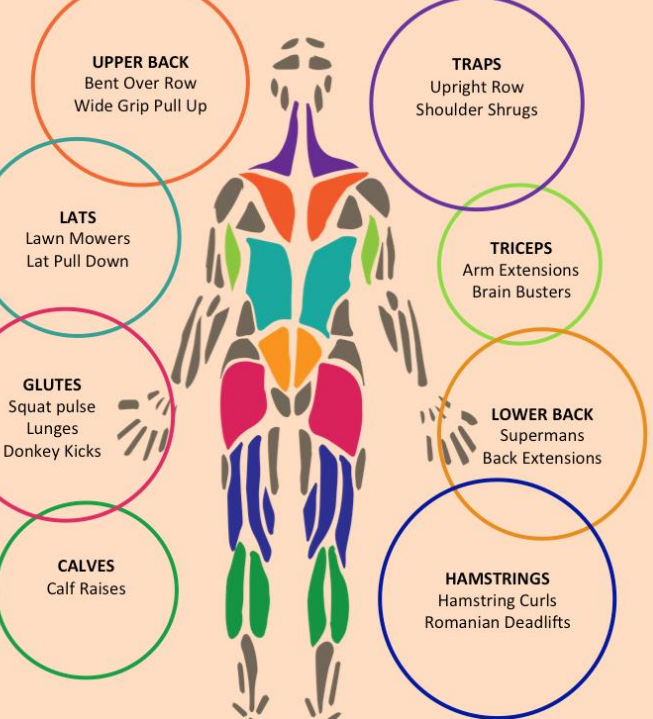
Total Body Exercises

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


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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WELLNESS



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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?

POST-GRADUATION

WHAT TO DO AFTER AND HOW TO HANDLE IT

RESOURCES TO HELP

- Find a Job
- Network
- Graduate School
- Plan for Finances

MENTAL HEALTH & YOUNG ADULTS

- 86%** of young people that were surveyed felt pressured to succeed in their jobs, finances and relationships before the age of 30.
- 15%** of millennials first response to dealing with stress is alcohol.
- 1 in 3** millennials have said that they skip meals because of stress experience.
- In the last six years, Depression is **2x** greater among young men.
- 1 in 3** people in their 20s experienced or are experiencing depression.
- 58%** of millennials think that stress management is important.
- But only 32%** think that they are the best or very good at doing it.
- Depression among young women has raised **70%** in the last six years.

★ DON'T LET THESE STATS GET THE BEST OF YOU... MAKE THE BEST OF YOUR LIFE AFTER COLLEGE!! ★

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

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