

LANCER

WELLNESS

September 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)

Academic Wellness

Start Off Strong

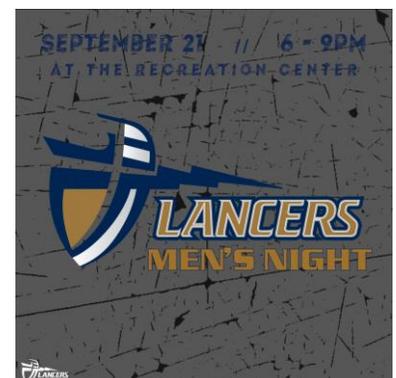
Welcome back Lancers! I hope you all had a wonderful summer with some time to relax. Now it's time to get back into the swing of things!

The Office of Student Success (OSS) offers many services to aid students in their journey "from the classroom to commencement."

Tutoring services for students are among the most used for those who would like academic support outside of the classroom. OSS tutors are CBU students who have mastered the courses they tutor, which provides additional comfort and confidence. This also facilitates a better learning environment. By creating a comfortable and

engaging learning environment, we seek to assist students in becoming as academically equipped as possible. Success in your classes, as you move toward graduation, will keep you academically healthy and hopefully reduce some of the stress you may incur due to your academic course load. Our services are offered to CBU students at no extra charge (FREE!). Reduce your stress and increase your success by meeting with our tutors!

-Jeffrey Barnes
Dean of Student Success
Office of Student Success



Physical Wellness: CBU Rec Center Workout

Legs: (3x10-15)

- Weighted Reverse Lunge
- Barbell squat
- 1 Leg Squat with assistance

Core: (3x15)

- Ab Mat Crunches
- Medicine ball Russian twists
- Strong Board Mountain Climbers

Cardio: (Treadmill, Stairclimber, Cycle, Row Machine; 10-60 minutes)

- Option 1: Stay at a consistent speed/incline (20 minutes)
- Option 2: HIIT 2:1 (2 minutes moderate intensity, 1 minute max intensity) repeat intervals for desired time
- Option 3: HIIT 1:1 (1 min zone 2, 1 min zone 3) repeat intervals for desired time

Arms: (3x12)

- Biceps---
- Dumbbell Curl
- Straight bar cable curl
- Bicep curl to shoulder press
- Triceps---
- Rope Pull Downs
- Straight bar push downs
- Skull Crushers/Overhead Arm Extension

Nutritional Wellness



CHIA YOGURT POWER BOWL INGREDIENTS

- 2 cups Greek yogurt
- ½ cup almond milk
- 1 tsp. honey
- ¼ cup chia seeds

- Toppings:
- Blackberries
 - Sliced Bananas
 - Walnuts
 - Puffed Cereal
 - Honey

INSTRUCTIONS

Mix Greek yogurt, almond milk, honey and chia seeds in a large bowl. Let sit in the refrigerator for about 30 minutes so chia seeds expand. Then add your toppings and you're ready to chow down! If you don't eat it right away, store it in an air-tight container in the refrigerator and have it for later.



SPOTLIGHT MEMBER

Alec Munoz
Senior

What is your best study tip and how has it worked for you?

"My best study tip for everyone would be to never fall behind in any class and to always write down what is due and what you have completed. Try to always get ahead if possible and work on things as far in advance as you can."

To learn more about Alec's journey, visit

www.calbaptist.edu/lancerwellness

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