

# LANCER

W E L L N E S S

February 2018



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

## God's Love

The movie *The Princess Bride* is a classic story of love. At one point, Buttercup asks the young Westley if he loves her. He declares, "Do I love you? If your love were a grain of sand, mine would be a universe of beaches." What a romantic!

As a race, we love love. We write about it. We sing about it. We make movies about it, and we create great works of art about it. We lament the lack of it, and we revel in the glory of it. We relentlessly pursue love because God wired us to experience love, first and foremost his love.

Paul wrote, "God proves his own love for us in that while we were still sinners, Christ died for us" (Romans 5:8, CSB). In other words, God looked beyond our rebellion against him, and through Christ's sacrificial death on the cross and his resurrection, he made a way for us to know his love.

How can we know and experience the love of God? Completely surrender your life to him. God's love will overtake you. Paul went on to write, "For I am persuaded that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate from the love of God in Christ Jesus our Lord (Romans 8:38, CSB)." That's a love worth surrendering to!

*John Montgomery  
Dean of Spiritual Life*



### SPARTAN challenge

Train Like A Spartan  
Obstacle Training  
January 8th-April 25th  
Monday and Wednesday  
3:30p-4:30p

If you are interested in the Spartan Stadium Race contact Joe at [jfx@calbaptist.edu](mailto:jfx@calbaptist.edu).  
Spartan Stadium Race on April 28th in Los Angeles

## Stress and Your Heart

Considering that you are all college students, it is safe to assume that you have all experienced stress at one point or another. In our fast-paced society, stress can be a part of everyday life. However, it adversely affects your health in many ways.

When you experience stress, your body releases adrenaline which increases your breathing and heart rate. This is our bodies' natural way for preparing us for stressful situations. However, if we are constantly putting our bodies through this, it leads to numerous health issues. If you have been stressed before, you may have experienced headaches, neck and back pain, stomach pain, lack of energy and loss of sleep. Your body becomes at risk for high blood pressure and cholesterol.

Research is being done to understand the direct correlation between stress and heart disease. However, it is proven that stress affects behaviors that increase the risk for heart disease including: smoking, drinking

too much, physical inactivity and overeating.

Thankfully, there are many ways to manage stress such as: regular exercise, maintaining a positive attitude, avoiding too much caffeine, eating a balanced diet, and giving your worries to God. The CBU Counseling Center is also a great resource when it comes to managing stress.

For our male Lancers specifically, the Recreation Center will be hosting a Men's Wellness event on March 15 from 4-6 p.m. We will have experts here to inform you as well as guide you on areas of wellness, such as nutrition, fitness and stress. Hope to see you guys there!

For more information regarding how stress impacts heart health, visit the American Heart Association's website at [www.heart.org](http://www.heart.org)

AHA. (2018, January 8). Stress and Heart Health.

## Nutritional Wellness



### CAULIFLOWER CHICKEN FRIED "RICE"

#### INGREDIENTS

- 1½ tsp. canola oil
- 1 egg lightly beaten
- 1 garlic clove, minced
- ½ cup frozen mixed peas and carrots, thawed
- 1/8 cup sliced scallions
- 2 cups bagged cauliflower "rice"
- 1/6 cup low-sodium soy sauce
- 1 cooked chicken breast, diced

#### INSTRUCTIONS

1. Heat a large skillet over medium-high heat. Add half of the canola oil, add egg and scramble quickly. Set egg aside on a plate and heat the remaining canola oil.
2. Add the garlic, stir constantly for about a minute. Add the peas and carrots, scallions and cauliflower rice. Stir-fry for about 5 minutes until the vegetables are tender.
3. Stir the soy sauce and chicken into vegetable mixture. Cook an additional couple of minutes then stir the egg back in and serve!



### SPOTLIGHT MEMBER

Jesse Gandt

What is one tip you would give a fellow Lancer about eating healthy during the school year?

"Control the fast food intake and avoiding stuff with a lot of unhealthy fats and oils. Controlling portion sizes are a big deal, that's my biggest struggle."

To learn more about Jesse's journey, visit [www.calbaptist.edu/lancerwellness](http://www.calbaptist.edu/lancerwellness)

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