

Feeling Well at Xavier

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From the Desk of the Director of The Counseling & Wellness Center



Happy New Year! Welcome old and new members of the Xavier community. We can look forward to an exciting new year. We will need to make special efforts to be well in all aspects of our life – physical, mental, emotional, financial, intellectual, environmental and spiritual. This will be a very active political year, and we all need to be very much involved. So this year, we want to be at the top of our game.

I recently viewed a TV report on women in their seventies and eighties that were very strong and who played competitive basketball. These women all looked and functioned at least 10 years younger than their ages. The major key to their unusual wellness status was the amount of physical exercise they participated in and their attitude about the lack of limitations associated with the aging process. The report reinforced for me that the wellness programs at Xavier were on the right track.

A University of Iowa Health Care article emphasizes that even though people lose muscle and strength with age, most of the loss is due to inactivity. When inactive people grow older, several things happen:

- exercise tolerance decline
- body fat increases
- muscles decrease in size and become weaker
- bone thickness decreases

Strength training strengthens bones, muscles, tendons, ligaments, and improves fitness and health. It can also help prevent accidents and injuries and speed recovery when injuries do occur. It improves one's ability to do everyday chores and activities, and it can and should be done for a lifetime. ¹

As a recent knee replacement patient, I am even more aware of the value of exercise to strengthen muscles that have weakened. My attitude about exercise has broadened from just wanting to feel fit to wanting to really strengthen my muscles. My exercise routine now includes strength training as well as aerobic exercises.

Fortunately, we can exercise with weights on campus at our Fitness Center at Xavier South, 1st floor, in the resident halls or in our off campus residents. We can use every day inexpensive items. Remember to start out slowly and increase weights as you become stronger.

Another exciting wellness structure on campus is our new St Joseph Academic and Health Resource Center, located parallel to Katharine Drexel Resident Hall. Come check out all the resources in the building; the Counseling and Wellness Center is located on the second floor.

Please feel free to visit the Counseling and Wellness Center or contact us by phone at 520-7315.

<http://www.uihealthcare.com/topics/exercisefitness/exer3113.html>

**Eloise Doxie Dixon,
ACSW/ LCSW- BACS**

Beyond Weight Loss and Appearance

**LaKeisha Williams, MSPH,
PharmD**

At the start of the year, many of us have made several resolutions including losing weight and eating healthier. But as the days, weeks or months pass by; we may have given up on the diet or exercise plan that was initially started. While few will have lost or maintained the weight, many of us will diverge and revert to old eating habits, including chocolate and fried foods. But, instead of concentrating on weight and appearance, make healthy eating and increasing your physical activity a way of living. Concentrate on the following:

1. Improve your Eating Habits

First, keep track of your food intake for a week, recording the meal, place and time. See if there are any patterns, including the types of snacks or frequent restaurant visits and chart any ways of improvement. Monitor your calories and portion sizes. Read the food labels and observe if calories come from fats, nutrients, carbohydrates, fiber, sugars, and other sources. Choose a variety of fruits, vegetables and grains daily, especially whole grains. Limit fried and fatty foods to once or twice a week and choose healthier snack options.

2. Get Moving and Aim for a Healthy Weight

Try to incorporate at least 30

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minutes of physical activity at least 3-5 times per week. Physical activity does not necessarily mean spending hours in the gym. Simply, you can go for a brisk walk, play with your kids, participate in Zumba classes or try fitness video games on Xbox or Wii Fit. If you have a busy schedule, then consider three, 10 minute sessions of exercise throughout the day. But plan your exercise routine and make it a priority.

Most importantly, stay positive and set realistic goals within a certain period of time. Keep a calendar of your goals and check them off once they have been accomplished. In the end, you will look better and feel great. But, the greatest reward is life-long better health and overall well-being.

Find additional tips on healthy eating at <http://www.foodpyramid.com/>.

XU Biggest Loser Contest

Initial Weigh in—Week of:

January 23—27, 2012

**Place: St. Joseph Academic and
Health Resource Center,
Bldg. 13, Room 202**

**Weigh-in sessions every Monday,
9:00 a.m.—12:30 p.m.**

- ♦ A prize will be awarded to the team losing the largest percentage of weight.
- ♦ Each member will receive a **\$50.00** gift card; members must all agree on a business of their choice.
- ♦ A **\$75.00** gift card will be awarded to the individual losing the largest percentage of weight from any team.

Sponsored by the Counseling and Wellness Center

To register contact Mrs. La Branch

via email: tmlabran@xula.edu

STUDY SKILLS/LIFE SKILLS WORKSHOPS

Begins the week of January 17, 2012

LOCATED IN LIBRARY,

4th floor, ROOM 400F

(Please Contact Counseling Ctr. Staff for any changes in Room Assignments:

504-520-7315)

MONDAY – 3:00 P.M.-3:50 P.M.

MS. DIXON

*****MONDAY 7:00 P.M.-8:00 P.M.**

MR. KEYS (MALES ONLY)

ST. MICHAELS HALL ***

TUESDAY -2:40 P.M.—3:30 P.M.

MS. AUGUST

WEDNESDAY -1:00 P.M.-1:50 P.M.

MS. LABBE

THURSDAY -10:50 A.M. -11:45 A.M.

MS. TORREGANO

*****THURSDAY-5:00 P.M.—5:50 P.M.**

MS. GANT

(COUNSELING & WELLNESS CENTER) ***

FRIDAY -11:00 A.M. - 11:50 A.M.

MR. KEYS

*****EXCEPTION*****

Editor: Shirley F. Labbe