10 Ways to Fit In Fitness

A busy lifestyle makes finding time to work on fitness difficult. Fortunately, here are some quick and easy ways to work fitness into your every day routine!

1. Good Morning Stretch
   - Before getting out of bed, stretch your arms and legs.
   - Inhale and exhale slowly. Smile and get ready for your day.

2. Shower Stretches
   - Chin to Chest — let water run down neck and back.
   - Reach overhead and then pat yourself on the back.

3. Brushing Teeth Tighteners
   - Leg lifts.

4. Telephone Thigh Toners
   - Squats; plies.
   - Calf raises.

5. Car Crunc hes
   - Abdominal (Isometric toning).

6. Daily Activity Dashes
   - Take longer routes.
   - Take the stairs instead of the elevator.
   - Walk whenever you can.
   - Park your car farther away at stores, at school, etc.
   - Take a walk during class breaks.

7. Shopping Strategies
   - Stop looking for the “front door parking spaces.”
   - Push the buggy.
   - Stretch while standing in line.

8. Paper Pumpers
   - Do arm exercises with small hand weights while reading the newspaper or magazine.

9. Kitchen Kick
   - Perform kicks while preparing meals

10. Life Lifting
    - Lift kids, groceries, pets, etc.

Submitted by Health Services
Welcome!

Student Services would like to welcome Robin Bell, our new Director of Disability Services!

Robin A. Bell comes to Nicholls State University as Director of Disability Services after 20 years as a school psychologist in the public school system. She holds a B.A. from Louisiana State University and a Specialist in School Psychology from Nicholls State University. Supporting individuals with disabilities attain their higher education goals will be Robin’s focus here at Nicholls as well as school connectedness and its positive emotional and academic outcomes for all students.

Robin resides in Thibodaux with her youngest daughter, a Schnoodle named Scout and Cappie, a cat like no other! Robin’s personal interests include photography with a canine twist, following her youngest son’s baseball activities at Southeastern Louisiana University and re-purposing old stuff into something new, beautiful and useful.

The Office of Disability Services (ODS) will work with students, faculty and various offices on campus to assist students with disabilities and adjustment to university life. Services are available to assist them in reaching their full potential. Students that have a documented disability or suspect they may have a disability are encouraged to contact ODS at 448-4430 or visit our office in 158-A Shaver Gym.

Submitted by Disability Services

Coming Soon—Serenity Space Relaxation Room!

What Is It? Serenity Space is a room designed for relaxation. Amenities include a massage chair, meditation cushion, a Buddha board, a relaxing fountain, and access to relaxing music and/or guided meditations. You can also bring in your own music or relaxation apps if you like.


When Will It Open? Opening date TBA! Once the room is completed, we will announce the grand opening and provide information on how to book the room for personal relaxation time.

Why Should I Try Relaxation? Relaxation has a lot of benefits including decreased heart rate, decreased blood pressure, relief from muscle tension, and an increased sense of well-being! When you feel relaxed, you feel more in control which leads to calm, realistic responses to stressors. Stress is a part of life but relaxation can help you keep your cool under pressure!

Who Can Use It? Serenity Space will be available to all students, faculty, and staff.

Everyone can benefit from relaxation! Be on the lookout for our grand opening announcement coming soon!

Submitted by the Counseling Center
A Little Reminder from
The Office of Crisis Management

Violence in schools is not a new issue and has been a concern for all universities. Since the incident at Virginia Tech, universities have focused on factors that may increase the risk of violence on their own campuses. With this in mind, Nicholls State has made campus safety one of its top priorities and strives to provide our students and surrounding community with the best practice strategies and methodologies available. While University Police will continue to be our first responders, the Crisis Intervention Coordinator and the Behavioral Assessment Team have been established to address concerns regarding faculty, staff and students who may pose a threat to themselves and/or others on campus. Many people ask, “Which behaviors or situations should I refer to the Team?” While we cannot anticipate every possible scenario, there are a few general guidelines to keep in mind. If a threat is made and the person has means to perform an act of violence, call University Police immediately at 448-4911 or ext.4911. If an immediate threat of harm is not evident, call the Director of the Office of Crisis Management, Candace Park, at ext. 4091. Many people also ask about a list of problematic behaviors; however, a complete list is impossible. Overall, some key behaviors to look for involve a change in mood, class participation/attendance, grades, language in written assignments or emails, and your intuition. If at any time, you feel a student or colleague may be a threat to someone else, themselves, or overall something does not seem “right”, call for a consultation.

Attention Faculty/Staff with Membership to the Rec Center:

Registration for Intramural Soccer, Softball, and Racquetball has begun.
Sign Up today @ IMLeagues.com/Nicholls

Tournaments: Table Tennis, Wii Bowling, & Sand Volleyball

If you don’t have a team but want to participate, contact Kristen.Fillmore@nicholls.edu

In celebration of this important event, Nicholls State University hosts the Bonnie Bourg Lecture Series and Women’s History Month Luncheon. This year’s speaker will be retired U.S. Army Colonel Jeanne Picariello Murphy, a former intercollegiate and international athlete who served on the U.S. Olympic Committee and is the spouse of Dr. Bruce Murphy.

The luncheon also includes the presentation of the Woman of Achievement Awards presented to a faculty/staff member, a student, and a community member. This year’s luncheon will be held on March 25th at noon in the Carnival Room, reservations are available through the Student Services Office for $16.50 per person. Contact Chris Coulon at 448-4080 for more information or to reserve a seat. This year’s menu is a Caesar salad, Shrimp and Tasso Capanelle Pasta with Sundried Tomato Fondue, Sauteed Green Beans, Sliced Garlic Bread, Apple Cobbler, Iced Tea, Water, and Coffee.
In recognition of National Eating Disorder Awareness Week (February 23-March 1, 2014), the University Counseling Center would like to provide you with a list of ways to show appreciation, love, and respect to your body.

**10 Ways to LOVE your body**

1. Start each morning by looking in the mirror and saying something nice about yourself out loud.
2. Donate jeans and other clothes that no longer fit your body comfortably to charity—someone else will appreciate them and you won’t have to worry about the way they fit anymore.
3. Wear comfortable clothes that you like and feel good on your body.
4. Every evening when you go to bed, tell your body how much you appreciate what it has allowed you to do throughout the day.
5. Keep a list of 10 positive things about yourself. Add to it!!
6. Eat when you are hungry. Rest when you are tired. Surround yourself with people that remind you of your inner strength and beauty.
7. Find a method of exercise that you enjoy and do it regularly. Don’t exercise to fight your body. Do it to make your body healthy and strong because it makes you feel good.
8. Be your body’s friend and supporter, not its enemy.
9. Don’t let your shape keep you from activities that you enjoy.
10. Consciously choose to avoid making comments about other people or yourself on the basis of body shape or size.

The University Counseling Center will celebrate Love Your Body Day in the Union on February 24, 2014 from 11:30-1:00pm. For more information on NEDAwareness, visit their website at http://www.nationaleatingdisorders.org/index.php