

Health and Wellness Newsletter

WVU Psychology Department

Introduction:

Hello Psychology Department, and thank you for opening this, the first edition of the Health and Wellness Newsletter, brought to you by the Psychology Department Wellness Committee. The purpose of this newsletter is to keep the department informed of new developments related to health and wellness in the department and the community. This is just one of the new pursuits the Wellness Committee will be embarking on to fulfill the goals outlined in our mission statement:

The mission of the West Virginia University Department of Psychology Wellness Committee is to:

- *Promote health and social wellness.*
- *Increase awareness (or knowledge) of available resources for both community and individual wellness events via creation of an informational e-newsletter and maintenance of a wellness bulletin board.*
- *Increase awareness of resources through additional routes as deemed helpful.*
- *Maintain continued assessment of the wellness needs of department members through the semi-annual distribution of an intra-departmental survey.*

That being said, in this first edition, you will find a preview of the regular newsletter we hope to distribute to the department. Please also see the attached survey, asking which Wellness-Committee-sponsored activities YOU, as a member of the Psychology Department, would like to see. This also includes a section where you can let us know what other topics and items you'd like to see in the newsletter.

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[What's going on at the Rec. Center, anyway?](#)

Zumba-stic!

Zumba is an entertaining way to burn calories and stress, as well as learn some new dance moves. Zumba, which usually takes place in the Rec. Center basketball court, is a

low-impact cardiovascular work-out that is based on dance styles from around the world. This class is for people of all fitness levels, and even if you aren't good at picking up dance moves, you can make some up! The point is to burn calories by working the abs and hips, and to have fun!

*Zumba with Gemma Tuesday/Thursday 6:40 PM**

Several grad students have taken Zumba with Gemma and can testify that this is a great option for those of you who are trying to get some exercise in, release stress, and take a little time for yourself (outside of the Life Science Building). Gemma Hughes, who, according to the Rec. Center website, "has been a certified Group Fitness Instructor since 1998 and a Certified Personal Trainer since 1999," could be described as a person with limitless energy, enthusiasm, and an infectious sense of humor.

Gemma has two rules in her Zumba class:

1. Leave your ego and worries at the door. That means showing off is out of the question, and whatever baggage you brought with you that day stays outside.
2. What happens in Zumba, stays in Zumba. So feel free to let loose and get a good workout!

*Zumba with AJ Monday/Wednesday 5:30 PM**

*Zumba with Casie Sunday 5:30 PM**

Beginner Yoga

*Wednesday 7:30-8:30, Room A**

This hour-long class is the perfect way to unwind after a stressful day at work. The instructor begins each class by reminding attendees that yoga is non-competitive (an extra challenge for those of us a little higher in Type A). Class starts with *ujjayi* breathing and then moves into the different poses. The instructor offers tips on how to correctly hold poses for the beginners in class and suggestions for how to make the poses more advanced (difficult) for those with more experience, ensuring that everyone is appropriately challenged. Class ends with deep relaxation designed to help clear the mind and rid the body of tension.

The instructor, Nicole, is a well-trained yoga teacher with 16 years of experience, so you can be confident that you are getting quality instruction. She also teaches several other classes in Morgantown. Class tends to fill up, so be sure to get there early enough to get a spot where you will not get crowded. Mats are available, but germ-phobes may want to supply their own.

*All times listed are for Nov. '07. The schedule changes monthly.

How many steps have you taken today?

The American Heart Association suggests that walking 10,000 steps is beneficial for your health. Current studies that examine pedometer-determined physical activity, suggest the following

preliminary indices used to classify physical activity in healthy adults (Tudor-Locke & Bassett, 2004):

- (i). <5000 steps/day may be used as a 'sedentary lifestyle index';
- (ii). 5000-7499 steps/day is typical of daily activity excluding sports/exercise and might be considered 'low active'
- (iii). 7500-9999 likely includes some volitional activities (and/or elevated occupational activity demands) and might be considered 'somewhat active'
- (iv). ≥ 10000 steps/day indicates the point that should be used to classify individuals as 'active'. Individuals who take >12500 steps/day are likely to be classified as 'highly active'.

We found that **one hour walking around the Testing and Learning Center (TLC)** resulted in **3,307 steps** taken. A short **trip to the Mountainlair** and back was **1,230 steps**. Dropping a package at the **downtown post office** was **3,150 steps** (round trip from LSB). Are you curious to find out how many steps you are taking each day? Sign out our pedometer for a day and find out! The pedometer and sign out are located on the bookshelves in the Founders Room (LSB Rm 1301).

Reference: Tudor-Locke, C., & Bassett, D.R. (2004). How many steps/day are enough? Preliminary pedometer indices for public health. *Sports Med*, 34 (1), 1-8.

[Around Morgantown:](#)

Do you have a recommendation for a business or service that you'd like to share with the department (e.g. auto mechanics, dry cleaners, places to get a good vegetarian meal, etc.)?

Drop us a line! We'll include your suggestions in the "Around Morgantown" section, including any extra tidbits of information we might dig up.

Are you in the mood for some good Japanese food?

Below, please find the recommendations made by various esteemed members of the Psychology Department.


Ogawa Japanese Restaurant  4/5 stars

2920 University Ave
Morgantown, WV 26505
(304) 598-8338

Average Main Course Price: \$15.00

This conveniently-located Japanese restaurant serves Sushi boxes, tempura dishes, and you receive a salad and soup with every meal.

Lunch: 11:30-2:30, Dinner 5:00-10:00.

Yama Japanese Restaurant  4/5 stars

387 1/2 High St
Morgantown, WV 26505
(304) 291-2456

Average Main Course Price: \$12.50

Yama, located downtown on High Street, makes Sushi, cooked dishes, and has vegetarian cuisine. They even tune the TV to programs in Japanese.

Do you want some more information? Check out this website: <http://www.dubvmenus.com/>

Has it been too long since you got your hair cut?

The following salons and spas have transformed many members of the department into supermodels; they can do it for you, too. Get your hair cut in style!

Nico "Spalon"

80 S Pierpont Rd
Morgantown, WV
(304) 594-1550

Woman's Hair Cut: \$25-60

Men's Hair Cut: \$21

Nico Salon and Spa, or "Spalon" as they like to be called, will tame those wild locks, and serve you refreshments while doing it. Housed in a building that is friendly and welcoming, Nico salon has a kitchen, where they will brew up some coffee or tea, which they then bring upstairs to you as you are getting your hair done. The staff is very friendly and competent, and they provide a wide range of services. www.nicohair.com

Tonique's Trilogy

130 Fayette Street
Morgantown, WV 26505
304-291-4050

The following quote from the Tonique website will tell it all: "The Victorian house on Fayette Street has a cool artist vibe and also features an ever-changing art gallery showing some of the area's most promising new talents. Each room has a unique design, with hand-painted murals and colors that reflect each room's personality. All of the stylists are also artists, some in a visual way, [and] others in the top colors and styles they create." www.tonique.com