

What is Wellness?

Wellness is the active process of becoming aware of and learning how to make healthy choices that will lead to a longer and more successful life. As an undergraduate student on the Stony Brook campus there are endless possibilities to take steps toward a lifestyle of wellness. There are 7 dimensions of wellness that take on a holistic or well-rounded approach. These dimensions are:

- Physical
- Social
- Emotional
- Spiritual
- Intellectual
- Occupational
- Environmental

Wellness is a chosen lifestyle of balance, healthy attitudes, and choices designed to improve your personal performance on a variety of levels and enhance the overall quality of your life, and within a college context, being “well” is the foundation of academic and personal success. In this chapter, we will highlight these dimensions of wellness, and detail areas on campus that can support your effort to live a life of wellness.

Physical Wellness

Physical Wellness involves a combination of beneficial physical activity and healthy eating habits. In this section, we will highlight how both exercising and eating a balanced diet will help improve your overall physical wellness.

When you think of fitness, what comes to your mind? Are you thinking of loud music in an overcrowded gym, people grunting and sweating everywhere? Fitness, exercise and workouts are not all about lifting weights and sweating. Fitness comes in many shapes and sizes, and is only specific to you. Each program has many characteristics that should be carefully looked at and developed for your individual use and gain.

The Department of Campus Recreation is constantly striving to provide desired programs and services that will enhance the participant's knowledge, interest and behaviors in order to promote healthy lifestyles and positive human relations. Through participation in recreation programs, group fitness classes, individual personal training and intramural sports, individuals can develop exercise habits, both for their time at Stony Brook University and in the years to come.



In October 2012, the new Campus Recreation Center opened. This state-of-the-art facility has three floors with 85,000 square feet of programming space and offers everything from multi-activity courts, WiFi access, and a variety of hi-tech gym equipment. Below are some of the highlights of the facility.

- **Cardio Training:** More than a hundred pieces of state-of-the-art cardio equipment, which includes personal viewing screens. Members can log in to Netpulse and track their workouts and create personal goals.
- **Strength Training:** A variety of free weights, two floors of selectorize equipment, and Olympic training racks.
- **Three Wellness Studios:** Offering a wide variety of fitness classes including Zumba®, Yoga, Indoor Cycling, Toning and more.
- **Three Court Gymnasium:** Enjoy playing basketball, volleyball, and badminton during our open recreation hours.
- **Multi-Activity Court:** Play a variety of sports including basketball, soccer, volleyball, handball, lacrosse, badminton. Courts also include team benches and recessed goals.

- **Indoor Track:** The 1/10th of a mile, three lane track overlooks the gymnasium.

Daily exercise and fitness in general has its many benefits. Exercise releases stress and aids in relaxation, it assists with controlling your weight, decreases your risk factors associated with coronary heart disease, diabetes, hypertension and more. Exercise can be found in many arenas not just at the gym. Whether it is a walk around campus as opposed to taking the bus, skipping the elevator and using the stairs it comes in many different forms.

To get a better idea where you are currently, the Department of Campus Recreation can provide you with a number of Fitness Assessments. One of the most popular is Body Composition Testing (Body Fat Testing). There are two ways to perform the test for body fat. Skin Fold Testing is one measurement that can be taken. Due to the fact that approximately one-half of our body fat is located directly under the skin we use skinfold caliper to measure subcutaneous tissue at selected sites. By pinching the skin and creating a skinfold, a percentage of body fat can be estimated. The other less invasive method is Bioelectrical Impedance Testing. Muscles, blood vessels and bones are body tissues having a high water content that conduct electricity easily. Body fat is tissue that has little electric conductivity, and by sending an extremely weak electrical current through your body we can determine the amount of fat tissue.



In addition, the Campus Recreation Department offers free Fitness Orientations to anyone who is looking to learn more about what the facility has to offer and how to use the equipment. Remember that we are here to help get you started on the right path and can help you with your fitness goals. To help track your goals and workouts, use the Netpulse system which is attached to every cardio machine in the building. Using your login information you can visit the website to set goals and track your workouts. Please visit stonybrook.netpulse.com for more information.

Before you begin you need to take a few things into consideration.

1. **Get your mind right.** At least twice a day, take 5 minutes to visualize what you want to accomplish. Program your brain to do what it needs to do to be successful.
2. **Start slowly.** Too much of anything will make you sick of it fast, so ease into it! Build a foundation of fitness before you try to tackle building the house.
3. **Know what's ahead.** Realize that there are several key steps to beginning a new fitness program and not all of them will come with ease. Preparation = Progress.
4. **Keep it simple.** It's very difficult! When you start out think about the basics, you'll be less likely to feel overwhelmed and quit after a couple of weeks.

Healthy eating is also a component of physical wellness. Both exercise and eating a balanced diet will help support your efforts to improve your overall health and wellness. It is very important to learn about nutrition and how different foods affect your body.

Stony Brook University offers ten different dining locations with hundreds of choices for each meal. Eating healthy on campus can be easier than you think. Campus Dining Services posts the nutrition content of all of the meals, snacks and beverages offered at each dining location online and at the point of sale. Plan your meals ahead of time and make sure that you are choosing the most nutritious options.

Campus Dining Services' website campusdining.org  is a great resource for nutrition information. This website provides access to nutritional information on the items offered in the dining locations, weekly nutrition newsletters and general nutrition tips. Campus Dining Services offers free nutritional counseling to students. If you have special dietary needs or food allergies, please do not hesitate to contact the nutritionist at 632.9979 or email Kristina.Tiernan@stonybrook.edu .

Here are some general tips that will help you stay on track....

- Spend your meal points wisely; determine how much you can spend each day based on your meal plan.
- Determine your calorie needs. In general, aim for 500-600 calories per meal. (Breakfast, Lunch, Dinner x 500 calories = 1500 calories + snacks). Calorie intake may vary based on your sex (male or female), height, and weight and activity level.
- Plan ahead and pack snacks with you for class so you are not starving by the time you get to the dining hall for a

meal. This will also help you avoid choosing non-nutritious snacks in the vending machines.

When choosing your meals be sure to incorporate whole grains, lean protein, and fruit/vegetables.

- Look for 100% whole grain bread, pasta and brown rice.
- Choose fresh fruits and vegetables.
- Choose lean protein like chicken, turkey, fish and beans.
- Drink water instead of sugary beverages (soda and juice). There are filtered water stations in the Student Activities Center (SAC) dining room and at the Library Commuter Lounge. If you have a reusable water bottle, you can fill it with water for free at any Campus Dining soda fountain.

Social Wellness

Social wellness focuses on the interconnectedness of people and how forming healthy interpersonal relationships will benefit your life. By forming relationships with others, you learn how to effectively communicate and collaborate with others. The Campus Recreation Department offers a variety of opportunities to increase not only your physical wellness, but your social wellness.

Through participation in intramurals, sport clubs or wellness events, students can start to build relationships with others as they recreate in a safe and enjoyable atmosphere with individuals who share a common interest.

INTRAMURALS

Intramural Sports offer opportunities for students, faculty, and staff to participate in team and individual sport competitions. Tournaments are planned for badminton, tennis, handball, outdoor volleyball and racquetball. Individuals as well as teams are encouraged to participate in our inclusive intramural program. Teams are usually formed from residence halls, Greek student organizations, student organizations, and groups of friends.

- 3-on-3 Basketball
- 5-on-5 Basketball
- Dodgeball
- Extreme Dodgeball
- Flag Football
- Indoor Soccer
- Indoor Volleyball
- Kickball
- Softball
- Tennis
- 4-on-4 Volleyball
- Wiffle Ball

SPORT CLUBS

The Department of Campus Recreation offers a comprehensive Sport Club program, ranging from Archery to Wrestling. Sport Clubs fill the void between intramural sports activities and intercollegiate athletics, giving members of the university community an opportunity to participate in highly competitive sport activities, practice and learn new skills, and enjoy recreational and social benefits motivated by a common interest. A sport club may be oriented toward competition, instructional, or recreational purposes. There are currently over 33 Sport Clubs at Stony Brook University, which include:

- Archery
- Badminton
- Ballroom Dance
- Bowling
- Boxing

- Circus
- Crew
- Cross Fitness
- Equestrian
- Fencing
- Field Hockey
- Golf
- Handball
- Ice Hockey
- Kumdo
- Longboarding
- Martial Arts
- Men's Lacrosse
- Men's Rugby
- Paintball
- Quidditch
- Roller Hockey
- Running
- Sailing
- Soccer Club
- Table Tennis
- Tennis
- Ultimate Frisbee
- Volleyball
- Women's Lacrosse
- Women's Rugby
- Women's Soccer
- Wrestling

Sports Clubs are organized by students. However membership students, faculty, and staff are welcome to join or coach a club as long as students comprise the majority of the club's membership. In addition, each sport club is open to all participants, regardless of skill, ability or experience. Sport Clubs are not allowed to hold tryouts or "cut players" from the club. For more information, please contact campusrecreation@stonybrook.edu or visit

<http://studentaffairs.stonybrook.edu/rec/> 

Wellness Events

Rec-a-thon

The Department of Campus Recreation works together with Campus Residences and the Chillfest Committee once a year for a day long sporting event. Rec-a-thon is brings students from all over campus to participate/compete in 2-on-2 basketball, volleyball, dunk contest, dodge ball, and board games. In addition, this event provides food, music, fitness classes, and free give-a-ways at the event. This is an excellent opportunity to meet up with friends on campus to play, exercise, and meet new people all night long.

Wellness Expo

Each Fall the Department of Campus Recreation organizes the Wellness Expo. The Expo is an opportunity for students to become educated about the many campus departments and local businesses that fall under the broad term wellness. During the Expo students are able to stop by the over 60 vendor tables and receive information, receive samples and try activities including health screenings, fitness demonstrations, massage therapy, even interactive demonstrations. This is just one more way we help you take the right step towards a lifestyle of wellness.

Wellness Workshops

Throughout the year Campus Recreation puts on a number of lectures and demonstrations to stimulate your attitude toward wellness across this campus community. These interactive discussions are available for you to gain additional ways to be “well.” Workshops have included Healthy Eating on Campus, Fitness Made Easy, Stress, Time Management, and Meditation & Massage. These workshops are always expanding and are here for you not only as a resource, but also as an opportunity to learn.

5k Run/Walks

The Department of Campus Recreation hosts two 5k run/walks throughout the academic year. The Turkey Trot Run/Walk in the fall semester, which usually takes place on the second Sunday in November, and The Debbie Whitemore Memorial Run/Walk in the spring semester, usually the last Sunday in April. This is another opportunity to get out there and challenge yourself to stay fit throughout the year. For more information, please visit:

<http://studentaffairs.stonybrook.edu/rec/> 

Emotional Wellness


During all phases of your college career a variety of new events, challenges, and life experiences will develop. It is important to begin to understand how everyone has emotional reactions and the role emotions play in our daily lives. It is crucial that you find a balance between your multiple roles as a student, leader, and as an individual. In addition, it is a great idea to reach out and utilize the support systems in place on campus through mentoring, faculty / staff, as well as the counseling services offered on campus. Knowing what resources are available to you is the first step in helping to find that balance of emotional wellness within your life. For more information about counseling services, please visit

<http://studentaffairs.stonybrook.edu/caps/> 



Counselors are located on the second floor of the Health Center.

Spiritual Wellness

Spiritual wellness can consist of a wide range of personal beliefs, values and religious practices that can be very different for each individual student. Stony Brook University is home to many groups and organizations that can provide support, guidance, and education on a variety of faith based groups and clubs. For more information on religious centers and services on campus, please visit <http://www.sbinterfaith.org/> 



Intellectual Wellness

There is no better example of Intellectual Wellness than you being a student here at Stony Brook University. While here at Stony Brook, you will be engaging in academic programs that will promote growth of ideas and knowledge that you can share and experience with others. Your intellectual wellness will be improved through actively learning, experiencing new things, sharing creative ideas and engaging in your studies. Though it is important to share and discuss with others while you learn, it is important to remember academic integrity and being honest about where an idea or thought originated from. It is healthy to share ideas, but making sure the proper individuals are recognized for their work is critical.



Occupational Wellness

Wellness is all about balancing your life, and it is especially important that you know how to balance the time you spend working with time for relaxation.

At some point in your life, you will hold a job, where you will be working with other individuals in an environment you may, or may not be familiar with. Occupational Wellness is focused on how you form those relationships while at work, and how you manage stressful or challenging situations with those individuals. Learning how to successful work with others and dealing with those circumstances are key in developing your Occupational Wellness.


For more information on Occupational Wellness, please visit the [Career Center](#) .

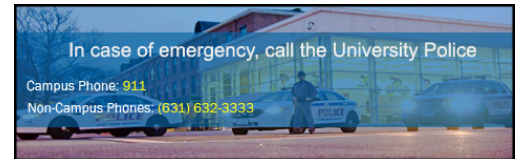


Environmental Wellness

Safety is a key component of environmental wellness – you need to feel safe to be able to free your mind and think; to ponder and contemplate your studies. University Police is a part of that safety net but your safety is enhanced when you take responsibility for your own safety. Are you aware of your surroundings? You are in an adult environment and it is safer if you are aware and knowledgeable of your campus community.

Laws, rules, and regulations are set in place with consideration of your safety and well-being. While primarily physical, there are also aspects of ethical and moral safety standards as well. How do you treat others? How do you expect to be treated by others? What is not acceptable in a given community and what is acceptable?

University Police are fully certified and accredited, which provides you with excellence in police services. University Police are on patrol 24/7 all year round. UPD's main contact number is (631) 632-3333. This number can be used for all emergency and non-emergency related calls. People tend to feel comfortable when they are in familiar surroundings. Have you looked for the blue light phones along the routes you use on campus every day? Have you joined SB Alert and SB Guardian? For more information on these safety precautions, please visit www.stonybrook.edu/police .



Questions to consider:

- Do you prop open doors that should be locked?
- Do you drink underage or give alcoholic beverages to minors?
- If you found a wallet, would you turn it in or keep the money?
- Would you call the Police if you saw someone being kicked and punched?
- Where do you draw the line?
- Will you lend a hand and make a difference in the world?

It is in kindness and consideration for others that we find our humanity. As for wellness and comfort, there is a payoff for following laws, rules, and regulations of society and a community.

- Financially, you will have learned to earn your own way and gain self-respect.
- Academically, you can appreciate the fact that your accomplishments are your own.
- Spiritually, you would be a "Good person".
- Physically, your safety and the safety of those around you will be greater.
- Socially, you will be an asset to your community.
- Interpersonally, you will be trusted and your word will carry strength.
- Emotionally, you will feel peaceful and will be able to look at yourself with comfort.