

# 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](http://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](http://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](mailto: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.