

HEALTHY U

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"You may never know what results come from your action. But if you do nothing, there will be no results." Mahatma Gandhi

Editor: Marilyn Kile

LET IT SNOW

The best way to enjoy Wisconsin winters is to stay active. Exercise is a natural mood lifter and great way to generate some heat. There are both fun indoor and outdoor activities to consider.

In the area around UWW try:

[Kettle Moraine State Forest](#)

The Southern Unit of the Kettle Moraine State Forest extends almost to the city of Whitewater. More than 20,000 acres of glacial hills, kettles, lakes, prairie, pine woods and hardwood forests make this a popular area for cross country skiing and snow shoeing.

[Snowboarding at Alpine](#)

Alpine Valley Resort in East Troy is one of the largest ski

resorts in Southeastern Wisconsin. It is the only resort in the Midwest with two high speed quads and three Wondercarpets. Wondercarpets make learning to ski and ride easier than ever. They offer ski and snowboarding school for beginners. They also have specials, group rates, and season passes available.

[Down Hill Skiing at Grand Geneva](#)

At Grand Geneva Resort there are 18 slopes open to downhill ski, and a halfpipe and terrain park for snowboarding. You can also cross-country ski or go snow-shoeing. The resort has snowmaking capabilities

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WHAT'S NEW

[Tai Chi Easy™](#)

Thursdays, 12:15-1:00 pm
UC room 261
Free

Open to new people

"Been there. Done that. Don't want to do it again!"

Christine Berry lounge in Wells hall

Wed. Jan. 28th

7:30-8:30 PM

[More Information on Page 3](#)

AUTHENTIC HAPPINESS

There are 6 virtues and 24 character strengths considered important for optimal human fulfillment and psychological well being. Virtue 4 is Justice and the character strengths that define it are social responsibility/citizenship, fairness and leadership. These all relate to the individual's relationship to his/her community.

Socially responsible people identify with and feel a sense of duty to the welfare of others. They feel an obligation to work to make the world a better place. You, for instance, may want to support and give something back to the UW-Whitewater community, your hometown, your extended family, the citizens of Wisconsin,

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EAP SERVICES

The Employee Assistance Program (EAP) is available to all UWW employees, free of charge. Through this program, any employee experiencing any type of mental health problem, from depression to stress to chemical dependency that

may interfere with or interrupt work performance, can obtain the help they need to solve these problems.

The EAP services are also available to family members of all UW-W employees.

There is no fee for EAP services.

If you feel like you need these services, or if you ever should, please contact me at 262-472-1305. Hours are 8:00AM-4:30PM, Monday –Friday.

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VALUABLE LINKS

[Recreation](#) (Find information on the recreational activities available in every state)

[Take Small Steps to Fitness](#) (Learn how to set goals and make small gradual changes. Also good for tracking progress and earning a certificate for reaching goals)

[Choose to Move](#) (a 12-week physical activity program dedicated to helping real women everywhere incorporate healthy habits into their life.)

[Start!](#) (Sign up for a free tracking tool, and you can start logging your daily activity and nutrition. You'll also receive weekly and monthly newsletters filled with tips and motivation to keep moving)

[Exercise Your Options](#) (Discover all the fun activities there are to do at and around UW-W! Many options are free or low cost. Stop vegging out. Get out and be active. Grab some friends for some spontaneous fun or join a group for regular activity or spend some time alone. Blow off some steam to relieve your stress. Make exercise a fun part of your life, not a chore)

[Send a Health E-Card to your friends and family](#)

"Did You Know...?"

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WELLNESS RESOURCE CENTER

Weight Loss: Designed to reduce the craving for excess food; increase confidence and self esteem; encourage body acceptance; safely speed up the body's metabolism; help the body convert fat into energy; and reinforce positive behavior change. Guided imagery and affirmations. CD

Weight Loss Hypnotic: Use self hypnosis to support your goal of healthy eating and an active metabolism. Also includes subliminal messages embedded in relaxing music. CD

Freeing Yourself from Excess Weight: A combination of self hypnosis, imagery and affirmations to help you desire healthy food, pure water and exercise. CD

The [Wellness Resource Center](#) is located in the lobby of the Ambrose Health Center. Materials are available for check out for free for 2 weeks. They are located on a library cart under the brochure holders. The center is open Monday – Friday, 8:00 – 4:30.

This newsletter is not meant to replace the advice of a health care or counseling professional. You should not rely on any information on these pages, or links, to replace consultations with qualified professionals regarding your own specific situation.

Let it Snow, Cont.

so you can do these activities all winter long. The Grand Geneva Resort also offers lessons.

[Janesville Ice Skating Center](#)

Weekly public skate sessions include Friday Night Skate, where admission and/or skate rental prices are reduced.

On campus try [swimming](#) at Williams Center, attend [dances](#), go [bowling](#), take a Core Complete, Glute Fusion, Yoga, BOSE, Cardio or Turbo Kick [class](#), work out at [Williams Center](#) or the [Wells Fitness Center](#), join [Club Sports](#) or [Intramurals](#) such as Basketball, Fencing, Rock climbing, Volleyball or Racquetball. Have fun!

What's New, More Information

[Tai Chi Easy™](#)

Thursdays, 12:15-1:00 pm

UC room 261

Free

Open to new people

Relax, Unwind!

Experience the calming and revitalizing practice of Tai Chi, an active form of meditation.

Come and learn some simple but very relaxing Tai Chi and Qi Gong movements. Perfect for beginners; can be done seated or standing.

Tai Chi has helped people of all ages improve balance, increase flexibility, sharpen their focus, and diminish the effects of daily stress.

If you have questions or have a disability and need accommodations, contact [Marilyn Kile](#), Certified Tai Chi Easy facilitator, 262-472-1300 X 2244

"Been there. Done that. Don't want to do it again!"

Christine Berry lounge in Wells hall

Wed. Jan. 28th

7:30-8:30 PM

Not pleased with the way everything went last semester? Have you said to yourself, "This semester is going to be different", but you are not quite sure how to go about it? Come learn how to identify where you want things to be better and how to develop a plan to make it happen.

If you have a disability and desire accommodations, please contact Marilyn Kile at 472-1300 X2244 for further information.

EAP Services, Cont.

The initial inquiry can be made without giving your name.

The University of Wisconsin-Whitewater assures employees that:

- Those who consult with the EAP staff may do so on work time.
- Contact with the EAP is always voluntary.
- EAP records will not be kept as part of a personnel file.

Early intervention provides the best opportunity for solutions! All the services described above are conducted in a confidential, private, individualized manner, so please do not hesitate to contact me for any further information about them, or even to schedule services for yourself. I consider it an honor and a privilege to serve the UWW community, and I look forward to helping those that could benefit from my services. Please visit the [UHCS website](#) for additional information.

By Montine Pauers, NCC, LPC, SAC

Coordinator of the Employee Assistance Program and the Student Assistance Program.

Authentic Happiness, Cont.

and/or all life on this planet. Citizenship includes being a good team member whether it is an athletic team, academic department, or group working on a class project. It means putting the needs of the group above one's own desires. Group identification, active membership and service to others, all serve to enhance one's mental health.

Treating others as we would like to be treated is fairness in action. Fair people make decisions based not primarily by whether they will be rewarded or punished, but on whether it is the morally right or wrong thing to do. They recognize the equal worth of all people based on their humanity not ability, money, power or status. They value and show respect for people of different ethnicities, beliefs, nationalities or customs.

A good leader both directs the activities of others towards a common goal and facilitates good relationships and morale among the members. Being an effective leader is satisfying and fulfilling. A transformational leader elevates followers by rhetoric or moral example. Most of us will never rise to the level of la President or a leader like Dr. Martin Luther King, Jr., but we will all have many opportunities in our life to choose to lead small groups inspirationally and unselfishly.

The concept of authentic happiness comes from the field of positive psychology pioneered by Dr. Martin Seligman. If you would like to better understand your own character strengths, take the Signature Strengths Questionnaire at www.authentichappiness.org