

Health and Wellness Opportunities

The SHU Health Clinic will be sponsoring two health and wellness opportunities for interested staff, faculty and students on or around campus this summer.

You are invited to join the Fit to Live Club!

Being Fit to Live is about much more than one's weight. Health and wellness encompasses one's attitude toward fitness, current nutritional knowledge and food choices, physical stamina and strength, as well as one's financial and environmental awareness. Nurse Marlene will be leading the Fit to Live Club through Dr. Pamela Peeke's 5-point plan that has helped thousands of people optimize all the essential areas of health: Mind-Mouth-Muscle-Money-Environment. The Fit to Live Club takes individuals where they are, helps them discover where they want to be, and then, begin the journey to improved health and wellness.

Self-tests including:

- Nutritional status assessment
- Blood-pressure, pulse and BMI calculation
- Current core muscle strength
- Timed mile walk or 1.5 mile run (using Fit to Live's chart for gender and age levels)
- Current attitude and motivation for becoming Fit to Live
- Living will, insurance, and other "important papers" organization
- Assessment of one's personal, community, and world environment

Will help participants discover their current Fit to Live status. Individual Fit to Live plans will be developed by participants. Club members will challenge, learn from, and support each other. Dr. Peeke's program is reported to have helped individuals (her patients) save up to \$2,200 annually on medical bills and add at least 8 to 9 high-quality and joyful years to life. Join the SHU Fit to Live Club and discover the program that has helped thousands of people get out of survival mode and become lean, strong, and absolutely fearless – for life!

Dates: Mondays beginning June 9, 2014

Time: 2:00 pm – 3:00 pm

Place: Health Clinic

Cost: FREE

Email Nurse Marlene for questions or more information: mwaldvog@sienaheights.edu

Join the Walking Club!

Walking Clubs are a great way to get exercise and meet friends – at NO COST!

In collaboration with Lenawee County Health Network, United Way, and other area businesses, Siena Heights University will be hosting a weekly walking club. Walking clubs will begin Monday June 2, 2014 and continue throughout the "walking season."

Walking Clubs will meet at the following locations and times:

Mondays: Siena Heights University at 4:00 pm (meet in the Stadium parking lot)
YMCA at 6:00 pm

Tuesdays: Adrian Mall at Noon

Wednesdays: Human Services Building at Noon

Thursdays: The Centre at 11:30 am

Inter-Connections (110 W Maumee St, Adrian) at 6pm

Individuals are encouraged to walk at their own pace.

Additional Walking Clubs for Seniors only (Adults 60+) are also forming throughout Lenawee County

Questions? Call Lenawee United Way: 517-263-4696