

FAMILY MARTIAL ARTS • OUTDOOR ADVENTURE TRIPS

UNIVERSITY OF MARYLAND

CAMPUS RECREATION



THE OFFICIAL GUIDE TO CAMPUS RECREATION SERVICES

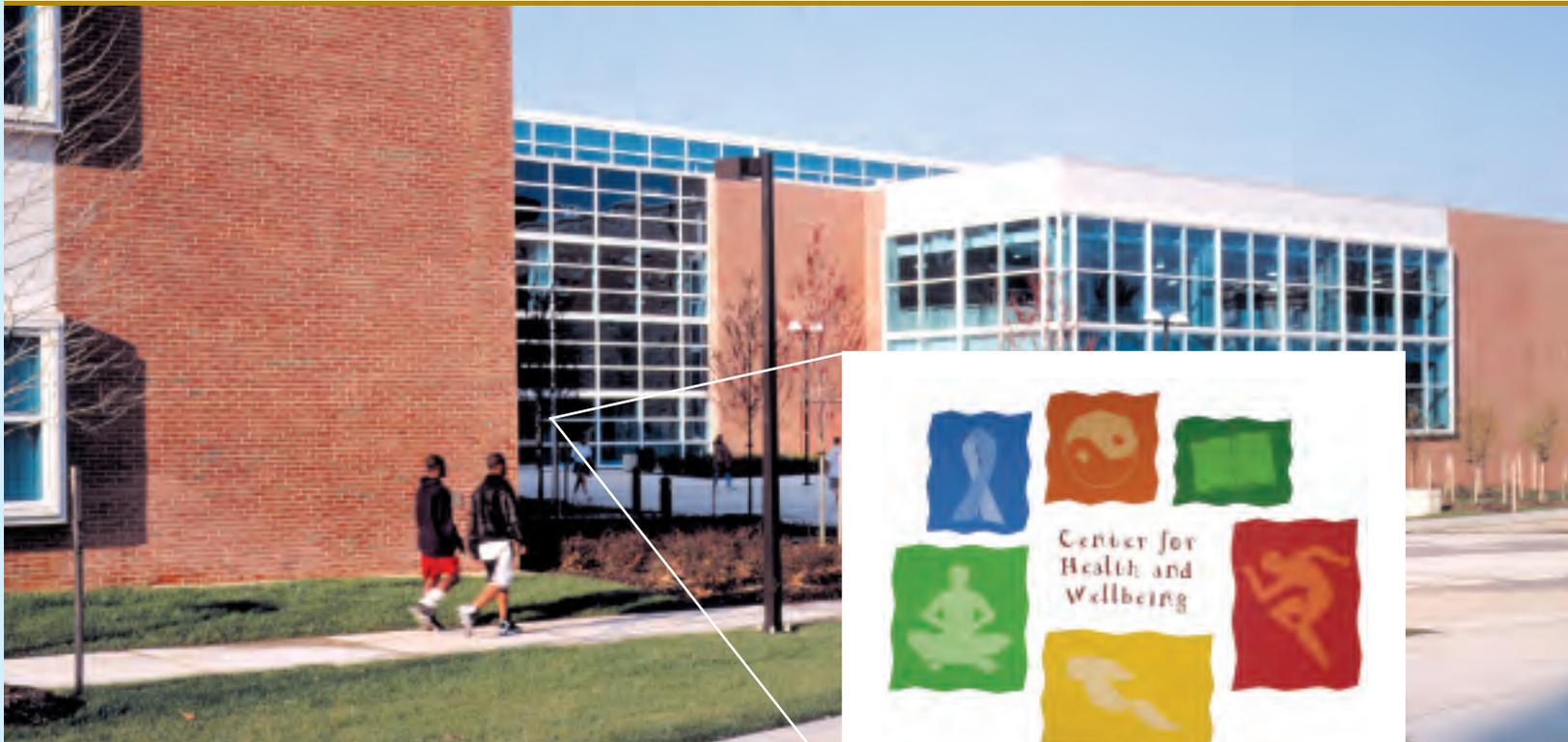


MORE NON-CREDIT COURSES

MIND • BODY • SOUL

The Center for Health and Wellbeing

There is more to healthy living than medicines and exercise.



In today's fast-paced society, the health care system has placed an over-reliance on medical care as the primary means to health. In our quest for the chemical "cure all," we frequently find ourselves traveling the unhealthy path of least resistance, neglecting the tremendous importance of physical and mental wellbeing. Fitness and healthy living are both important because neither mind nor body can function well without them. Synthetic medicines may grant temporary relief of one's illness or discomfort, but wellness (*refer to page 3*) contributes to a long and healthy life. To function with optimal mental and physical soundness and well being, it is essential that we establish habits of healthful living, including exercise, proper nutrition, rest, and recreation. At the University of Maryland, the Center for Health and Wellbeing offers students, faculty and staff some of the most rewarding wellness programs. These programs foster the idea that health and wellbeing are more than a series of activities, they are a way of life.

THE CENTER FOR HEALTH AND WELLBEING

Established in 1998, as a response to health conscious students looking for more options beside traditional exercise programs, the Center for Health and Wellbeing, an extension of the University Health Center, has emerged as one of the premiere outlets for resources and programming related to holistic living and mind-body enrichment.

Located in suite 0121 on level zero of the Campus Recreation Center, the Center for Health and Wellbeing, offers students, faculty and staff the luxury of diet analysis, lifestyle assessment counseling, and programs dealing with stress management, nutrition, meditation and even sexual health. The Center's holistic philosophy and comprehensive approach to wellness are the keys to its success when it comes to helping members of the campus community lead healthier lifestyles.

THE CENTER OF ATTENTION

For new students, or for those few who have yet to come by the Center, this semester is the perfect time to visit. This fall, the Center has an energetic new Coordinator, Tracy Zeeger, a new look, new services, such as body composition testing and blood pressure screening and fantastic new program, along with old favorites such as the Terrapin Health and Fitness Challenge, the Path to Wellness Health Fair and the Brown Bag Lunch Outreach series (*refer to page 19*). The weight management class offered during previous semesters has been such a success, that it is now being offered as a non-credit instruction course through Campus Recreation Services.

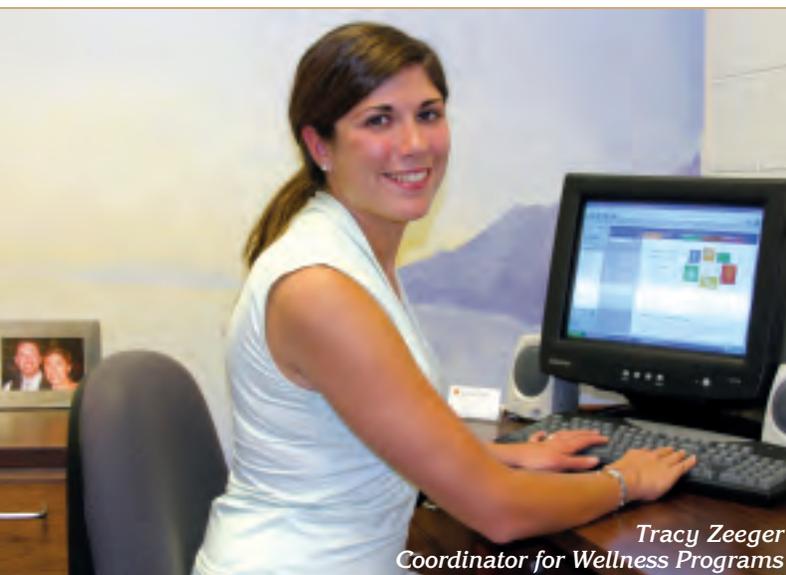


Jane Jakubczak, registered dietician, coordinates many nutrition expos and health fairs.



A new and highly anticipated program that's all a buzz is the *Wellness Matters* series. This initiative, co-sponsored with CRS, will educate all in a practical manner about the six dimensions of wellness: spiritual, physical,

emotional, occupational, intellectual, and social. Jane Jakubczak, a registered and licensed dietician, also offers drop-in hours once a week for student, faculty and staff to come in and ask those important nutritional questions.



*Tracy Zeeger
Coordinator for Wellness Programs*

COORDINATING AMBITION

Tracy Zeeger is the new and ambitious Coordinator for Wellness Programs. Hired in May to manage the Center, Tracy has been busy planning programs and activities for its grand re-opening and successful fall semester. Tracy is a graduate of the University of Maryland receiving her Bachelor of Science in Community Health Education and is a Master's

The Center's holistic philosophy and comprehensive approach to wellness are the keys to its success...

candidate in Public Health. As an alumna of the University, Tracy has unique first hand experience regarding the desires of students. She previously served as a full-time intern in the Center for Health and Wellbeing, was a peer educator in the HEALTH Works peer program, and was even a group fitness instructor with CRS. Tracy has been involved with health education for more than five years in various capacities: academic, professional, and participant. This unique situation allows Tracy to bring a wealth of practical experience and passion to this position. *"I believe there is more to wellbeing than just overall health and fitness,"* says Tracy, when asked of her philosophy. *"There are many other aspects of our life that we sometimes forget to work on..."* And of the six dimensions, Tracy states that, *"Spiritual health, the hub of the wellness wheel, is the most important (dimension) because it holds the rest together...this means having a sense of purpose in your life and knowing what your personal values and beliefs are."*

The Center for Health and Wellbeing



The Center offers a wealth of resources for healthy living.



VOLUNTEER OPPORTUNITIES IN WELLNESS

Volunteer opportunities with the Center for Health and Wellbeing and the University Health Center are very popular among the University of Maryland students. The University Health Center provides student volunteers with an opportunity to gain exposure in various health care service environments. Student volunteers help to provide much needed support in the delivery of health and wellness services throughout the campus community. The Health Center encourages students from all majors to volunteer. It's a valuable way to serve the community. Full and part-time internships are also available.



As we encounter a new school year, we all realize the importance of healthy living. We also acknowledge that participation in wellness programs, such as those offered by the Center for Health and Wellbeing, has tremendous benefits to our health, wellbeing and character that translate into real world success.

Be a part of the active process of wellness by visiting the Center for Health and Wellbeing and participating in wellness programs this semester.

