



Benedictine College
Health and Wellness Program
Employee Informational Binder
Created June, 2016

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Health and Wellness Resources

This binder was created with the intent of bringing awareness to Health and Wellness here at Benedictine College. The binder contains information and resources that are available here on campus, online, and in the surrounding area for those that need support, assistance, or information with regards to Student and Faculty health.

In addition to the excellent Health and Wellness resources available right here on our own campus, (such as the Counseling Center, Student Health Center, Student Life Office, and Campus Ministry), students may find the following faculty and staff-recommended resources helpful:

Crisis Hotlines

AIDS Hotline	800-342-2437
Alcoholics Anonymous	913-384-2770
Catholic Charities Counseling Services	800-227-3002
Child Abuse/Parent Helpline	800-332-6378
Narcotics Anonymous	888-751-6262
National Suicide Hotline	800-SUICIDE
Poison Control Center	800-332-6633
Pregnancy (24 hr. helpline)	800-712-HELP
Self-injury	800-DONT-CUT
Sexual Assault (24 hr. hotline)	800-367-7075

STUDENT HEALTH CENTER

This center serves students by providing free health and counseling services. The building is located at 1201 N 2nd, across from McDonald Hall.

NURSE'S HOURS

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am-5:00 pm	8:30 am-1:30 pm	8:30 am-1:30 pm	8:30 am-1:30 pm	8:30 am-1:30 pm

NURSE PRACTITIONER'S HOURS

Monday	Wednesday	Friday
Noon-5:00 pm	8:30 am - Noon	8:30 am - Noon

The Mission of Student Health Services is to support our Benedictine students in fulfilling their educational and personal goals by promoting health through a variety of services.

Benedictine offers information about our services on the Student Health information page, or you can call 913.360.7117. We also have various health requirements for all new students and these forms are available for downloading for your convenience. Wishing you good health.

COUNSELING CENTER

Hours:	Monday - Friday	8:30 am - 5:00 pm
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The counseling staff assists students with personal, interpersonal, academic, or emotional concerns, and can refer students to other mental health professionals as needed. To schedule an appointment, please call 913.360.7621. Services are also provided for faculty and staff on an "as time is available" basis.

STAFF

Janet L. Adrian RN, BSN Director of Student Health Services	Jackie Harris Nurse Practitioner
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For service after hours, call your health provider or the Atchison Hospital Emergency room at 913.360.5320. For emergencies on campus, dial 9 to reach an outside line and then 911.

STUDENT HEALTH SERVICES

Benedictine Student Health strives to promote wellness through education, counseling and preventive services. Good health is best achieved through a healthy lifestyle of adequate rest, daily exercise, a balanced diet, and healthy choices.

- Student Health Form

- Form must be completed and mailed in prior to arrival on campus.
- All students and athletes must complete this form.
- Please mail to:
Benedictine College
Student Health Services
1201 North Second Street
Atchison, KS 66002

Benedictine College expects each student to submit a pre-registration health history and proof of health/accident insurance. If you do not have personal health insurance, you, the student, will need to purchase health insurance before arriving on campus. The College does not endorse a specific provider, but students do need to obtain insurance coverage.

IMMUNIZATION REQUIREMENT POLICY

All new, transferring, and international students, regardless of age, must submit an accurate immunization history with validated proof of immunity signed by their health care provider before or immediately upon arrival to campus. If the student fails to submit an immunization history form with valid proof of immunity, he or she will be notified in writing of being in noncompliance with the immunization requirements and will be placed on administrative hold until the non-compliant status has been resolved by the student.

Immunization Requirements (as stated in Student Handbook):

Each student is expected to submit to Student Health a pre-registration health history, immunization history, and proof of health/accident insurance. Student health insurance information is available online.

SERVICES PROVIDED AT THE STUDENT HEALTH CENTER

- Diagnosis and treatment of minor illnesses and injuries
- Health education and counseling
- Referrals

- Maintenance allergy injections during provider clinics
- Tuberculosis skin testing
- Blood pressure checks
- Blood sugar checks
- Removal of stitches
- Peak-flow testing
- Tobacco cessation
- Student Health Services also offers crutches for loan, over-the-counter medications, first aid supplies and educational materials.

ALL SERVICES IN STUDENT HEALTH ARE FREE. STRICT CONFIDENTIALITY IS MAINTAINED.

REQUIRED STUDENT DOCUMENTATION

- Mandatory Meningitis Vaccine
 - ALL incoming students are required to get a meningitis vaccine or sign a statement saying they decline to receive it.
- Immunity to measles, mumps, and rubella by one of the following:
 - TWO shots of MMR (measles, mumps, and rubella).
 - Immunity to measles, mumps, and rubella by blood titer.
 - TWO shots of measles, one shot of mumps, and one shot of rubella vaccine.
 - Physician documentation of disease history to measles and mumps.
 - (Note: disease history for Rubella is NOT acceptable.)
- The student is asked to provide the date of their last Td (tetanus/diphtheria) booster. A booster is needed every 10 years to protect the student against tetanus should a “dirty” injury occur.
- Proof of health/accident insurance, copy of insurance card front and back

TUBERCULOSIS DOCUMENTED BY ONE OF THE FOLLOWING

- Completion of tuberculosis screening questionnaire contained in the pre-registration Student Health History and Immunization Form.

- Negative TB skin test report done within the past 12 months in the United States or in Benedictine Student Health. Those with positive skin tests will be referred for a chest x-ray and treatment recommendations.
- Negative chest x-ray report. A physician-documented summary of any treatment received should be submitted with the student's health history form.
- History of TB, date diagnosed, and physician documentation of completed treatment. Include physician summary of names of medications received and number of months treated

COMMUNICABLE DISEASES

In the event of a disease outbreak on campus, those individuals who have elected not to be immunized or those who have not provided health records may be treated as susceptible to the disease and may be barred from the Benedictine campus and all avenues of participation, until such time as it is specified by the Atchison County Health Department and Benedictine Student Health Services that the student may no longer be susceptible. This time period could involve weeks to months. No costs will be refunded to the student in the event that the student is not able to attend class because of lack of immunization.

OTHER RECOMMENDED IMMUNIZATIONS

- Hepatitis B series
- Annual flu shot
- Varicella vaccine (if not immune to chicken pox)
- Others as recommended by your physician

IMMUNIZATIONS/ FLU SHOTS AVAILABLE AT A REASONABLE COST

A Flu shot clinic is offered on campus in the fall.

Others may be obtained at the Atchison County Health Department located at 616 Commercial, Atchison; 913.367.5152.

Questions

If you have any questions, please contact Janet Adrian.

Nutrition

Eating Disorders

If you believe someone might have an eating disorder, please contact your supervisor.

National Eating Disorders Association (NEDA) – National non-profit eating disorders organization providing information, referrals, support, prevention, conferences, and newsletters; NEDA Helpline: 1-800-931-2237.

Types and Symptoms of Disorders

Atypical anorexia nervosa

Anorexia nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

Symptoms

- Inadequate food intake leading to a weight that is clearly too low.
- Intense fear of weight gain, obsession with weight and persistent behavior to prevent weight gain.
- Self-esteem overly related to body image.
- Inability to appreciate the severity of the situation.

Warning Signs

- Dramatic weight loss.
- Preoccupation with weight, food, calories, fat grams, and dieting.
- Refusal to eat certain foods, progressing to restrictions against whole categories of food (e.g. no carbohydrates, etc.).
- Frequent comments about feeling “fat” or overweight despite weight loss.
- Anxiety about gaining weight or being “fat.”
- Denial of hunger.
- Development of food rituals (e.g. eating foods in certain orders, excessive chewing, rearranging food on a plate).
- Consistent excuses to avoid mealtimes or situations involving food.

- Excessive, rigid exercise regimen--despite weather, fatigue, illness, or injury, the need to “burn off” calories taken in.
- Withdrawal from usual friends and activities.
- In general, behaviors and attitudes indicating that weight loss, dieting, and control of food are becoming primary concerns.

Bulimia nervosa

Bulimia nervosa is a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.

Symptoms

- Frequent episodes of consuming very large amount of food followed by behaviors to prevent weight gain, such as self-induced vomiting.
- A feeling of being out of control during the binge-eating episodes.
- Self-esteem overly related to body image.

Warning signs

- Evidence of binge eating, including disappearance of large amounts of food in short periods of time or finding wrappers and containers indicating the consumption of large amounts of food.
- Evidence of purging behaviors, including frequent trips to the bathroom after meals, signs and/or smells of vomiting, presence of wrappers or packages of laxatives or diuretics.
- Excessive, rigid exercise regimen--despite weather, fatigue, illness, or injury, the compulsive need to “burn off” calories taken in.
- Unusual swelling of the cheeks or jaw area.
- Calluses on the back of the hands and knuckles from self-induced vomiting.
- Discoloration or staining of the teeth.
- Creation of lifestyle schedules or rituals to make time for binge-and-purge sessions.
- Withdrawal from usual friends and activities.

- In general, behaviors and attitudes indicating that weight loss, dieting, and control of food are becoming primary concerns.
- Continued exercise despite injury; overuse injuries.

Binge-eating disorder

Binge eating disorder (BED) is an eating disorder characterized by recurrent episodes of eating large quantities of food (often very quickly and to the point of discomfort); a feeling of a loss of control during the binge; experiencing shame, distress or guilt afterwards; and not regularly using unhealthy compensatory measures (e.g., purging) to counter the binge eating. Binge eating disorder is a severe, life-threatening and treatable eating disorder. Common aspects of BED include functional impairment, suicide risk and a high frequency of co-occurring psychiatric disorders. Binge eating disorder is the most common eating disorder in the United States.

Symptoms

- Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than what most people would eat in a similar period of time under similar circumstances.
- A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).
- The binge eating episodes are associated with three (or more) of the following:
 - Eating much more rapidly than normal.
 - Eating until feeling uncomfortably full.
 - Eating large amounts of food when not feeling physically hungry.
 - Eating alone because of feeling embarrassed by how much one is eating.
 - Feeling disgusted with oneself, depressed, or very guilty afterward.
 - Marked distress regarding binge eating is present.
- The binge eating occurs, on average, at least once a week for 3 months.
- The binge eating is not associated with the recurrent use of inappropriate compensatory behaviors (e.g., purging) as in bulimia nervosa and does not occur exclusively during the course of bulimia nervosa or anorexia nervosa.

Warning signs

- Evidence of binge eating, including the disappearance of large amounts of food in short periods of time or lots of empty wrappers and containers indicating consumption of large amounts of food.
- Secretive food behaviors, including eating secretly (e.g., eating alone or in the car, hiding wrappers) and stealing, hiding, or hoarding food.
- Disruption in normal eating behaviors, including eating throughout the day with no planned mealtimes; skipping meals or taking small portions of food at regular meals; engaging in sporadic fasting or repetitive dieting; and developing food rituals (e.g., eating only a particular food or food group [e.g., condiments], excessive chewing, not allowing foods to touch).
- Can involve extreme restriction and rigidity with food and periodic dieting and/or fasting.
- Has periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling uncomfortably full, but does not purge.
- Creating lifestyle schedules or rituals to make time for binge sessions.

Emotional and Mental Characteristics

- Experiencing feelings of anger, anxiety, worthlessness, or shame preceding binges. Initiating the binge is a means of relieving tension or numbing negative feelings.
- Co-occurring conditions such as depression may be present. Those with BED may also experience social isolation, moodiness, and irritability.
- Feeling disgust about one's body size. Those with BED may have been teased about their body while growing up.
- Avoiding conflict; trying to "keep the peace."
- Certain thought patterns and personality types are associated with binge eating disorder. These include:
 - Rigid and inflexible "all or nothing" thinking
 - A strong need to be in control
 - Difficulty expressing feelings and needs
 - Perfectionistic tendencies
 - Working hard to please others

If you believe someone might have an eating disorder or may need help please contact your supervisor and explain the situation to them.

If someone comes to you for help regarding themselves or a friend, please contact your supervisor and refer them to the Benedictine Counseling Center located at the Student Health Center on campus and give them the Counseling Centers number: 913-360-7621.

This information came from the National Eating Disorder Association. For more information on eating disorders please visit: www.nationaleatingdisorders.org or call the NEDA helpline at 1-800-931-2237.

Caloric Intake

Knowing your caloric intake is important for overall health. It allows you to be aware of how many calories your body needs per day based on your bodies weight, height, and activity level.

By knowing your caloric intake, it gives you the ability to manage weight, stay fit, and keep an overall healthy body.

There are many state of the art calorie calculators that can help with knowing how many calories your body needs based off of your caloric expenditure.

Resources

Body Building Calorie Calculator: www.bodybuilding.com/fun/macronutcal.htm

Health Status Calorie Calculator: <https://www.healthstatus.com/calculate/cbc>

Body Mass Index

Your Body Mass Index is a measurement of your body weight based on your height and weight. Although your BMI does not actually "measure" your percentage of body fat, it is a useful tool to estimate a healthy body weight based on your height. Due to its ease of measurement and calculation, it is the most widely used diagnostic indicator to identify a person's optimal weight depending on his height. Your BMI "number" will inform you if you are underweight, of normal

weight, overweight, or obese. However, due to the wide variety of body types, the distribution of muscle and bone mass, etc., it is not appropriate to use this as the only or final indication for diagnosis.

Resources

Calculator.net BMI Calculator: <http://www.calculator.net/bmi-calculator.html>

Center for Disease Control and Prevention adult BMI calculator:
<https://www.healthstatus.com/calculate/cbc>

Mental Health

Counseling Services

Our Counseling Center here at Benedictine College is located in the Student Health Center and strives to offer students the best care available.

Staff

The Counseling Center staff members are professionally trained and licensed to practice independently in the State of Kansas.

Kerry Marvin, M.A. Licensed Clinical Psychotherapist Counseling Center Director 913.360.7621	Jennifer Schmidt, M.A. Licensed Clinical Professional Counselor Counseling Center Assistant Director 913.360.7621	Jennifer Samayoa, M.A. Licensed Professional Counselor 9123.360.7621
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Individual Counseling

Individual counseling provides the opportunity to gain more insight and new skills while overcoming personal challenges. The counseling process begins with a complete assessment interview and the development of a treatment plan. A brief therapy model is utilized, with most clients seeing a staff member for a total of three to six sessions. The center doesn't limit the number of sessions a client can be seen in a given year. Each counseling session is 45 to 50

minutes and most clients are seen on a weekly basis. When clients have needs beyond the scope of the services offered, staff will provide referral options.

Seeking help, although difficult, is a sign of strength. The staff are trained professionals who are able to provide specialized assistance not usually available through one's network of family and friends. The staff members collaborate closely with clients, building a partnership to help promote wellness and emotional healing. The staff member will offer his/her professional knowledge and experience, but the ultimate responsibility for reflection, growth and change is that of the clients. Clients are always encouraged to ask any questions they may have about their counselor, the techniques utilized and the direction of treatment.

Consultation

The Counseling Center staff is available to provide consultation with students, parents, faculty and staff regarding specific situations and student life concerns. If you have concerns for a particular student or group of students—or for an employee of the college—and you would like guidance on how you can best help, you are encouraged to make an appointment with Counseling Center staff. Through consultation, staff will assist you in your efforts to remedy the problem and/or prevent future problems from occurring.

Educational Outreach Children

In order to help foster a campus life that promotes and enhances overall wellness, staff is also available to provide presentations on a variety of topics to campus groups, residence halls and classes. If your group has a specific need or request for an educational program, contact the Counseling Center to make arrangements for a group presentation. Examples of the outreach programs available include workshops on study skills enhancement, test anxiety, self-defense, date-rape prevention, stress reduction, substance abuse, family dynamics, suicide risk assessment, etc...

The Alcohol/Drug Task Force

The Alcohol/Drug Task Force is a group of students, faculty and staff who organize educational programs on substance use/abuse throughout the school year. Also, this group serves as a campus clearinghouse for educational resources on substances and provide consultation to other interested parties.

Types of Struggles

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Addictions

Addiction comes in many different forms, and while some people are addicted to physical things, others can be addicted to emotional or other types of stimulation. When most people think of addiction, drugs, alcohol, or maybe even cigarettes come to mind, but addiction can take hold of many different people in many different ways.

No addiction can be treated any less than another one because they all skew the importance of something in a person's life and addictions are usually there to fill a gap or deficit of some kind.

An addiction doesn't mean someone enjoys something a lot, an addiction can be anything a person has become dependent on to get through the day or it can even be a driving force for anything a person does.

This information Came from The National Center for Addiction and Substance-
www.centeronaddiction.org

If you or someone you know might be struggling with an addiction, please contact our Counseling Center at 913-360-7621 or for more information please visit our website at www.benedictine.edu/student-life/health/counseling-center/index

Resources

For more information, please visit The National Center for Addiction and Substance Abuse at www.centeronaddiction.org

Chastity

Benedictine College follows the teachings of the Catholic Church in regards to Chastity. For those struggling with Chastity or to learn more about it please visit our Student Ministry office located upstairs in the St. John Paul II Student Center or contact them at (913) 360-7656 or our Counseling Center, located in the Student Health Center, at 913-360-7621.

- The Chastity Project - a ministry of Jason and Crystalina Evert that promotes the virtue of chastity through seminars, resources, clubs, and social media
- The Angelic Warfare Confraternity - a supernatural fellowship of men and women bound to one another in love and dedicated to pursuing and promoting chastity together under the powerful patronage of St. Thomas Aquinas and the Blessed Virgin Mary
- “To Be Someone Radiant” - a lecture by Fr. James Dominic Brent, OP; delivered as the Blessed John Henry Cardinal Newman Lecture at the Institute for Psychological Sciences, November 18, 2011

Depression and Anxiety

College can be a stressful time in one’s life. It is important to be aware that this can lead to depression and anxiety depending on what is going on in one’s life and how you react to change and stress. If you or someone you know is developing symptoms and warning signs of an anxiety disorder or depression, please contact our Student Health Center or Counseling Center at 913-360-7621.

“Depression and anxiety disorders are different, but people with depression often experience symptoms similar to those of an anxiety disorder, such as nervousness, irritability, and problems sleeping and concentrating. But each disorder has its own causes and its own emotional and behavioral symptoms.”

A major depressive episode may include these symptoms:

- Persistent sad, anxious or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities, including sex
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Low appetite and weight loss or overeating and weight gain
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and pain for which no other cause can be diagnosed.

For more information, please visit Anxiety and Depression Association of America-
<http://www.adaa.org/>

Grief and Grieving

Benedictine College’s Counseling Center is available for grief counseling. If you or someone you know is in need of our services, please contact our center at 913-360-7621.

“Many people have heard of the 5 stages of grief (denial, anger, bargaining, depression, and acceptance). It used to be thought that once someone would go through these “stages” they would be through with the process of grief. We have now learned that grief is not a process to “get over”, rather a unique journey with a mixture of emotions and reactions. There is no right or

wrong way to grieve, but there are some healthy and unhealthy coping strategies. Please continue reading for some suggestions on healthy ways to continue your grief journey.

Talk about your loved one who died with friends, family and/or a professional.”

- Grief is truly a journey, requiring time and energy. It is a very unique process and it doesn't have a set amount of time.
- Pace yourself. Grief can be hard and tiring. It takes a lot of energy to feel so intensely. Allow yourself plenty of time to do normal everyday activities. Try not to over-schedule yourself, you don't need the added stress. Rest when you can and need to, it's not a sign of weakness.
- Try to resist the temptation to “throw yourself” into work, school or other diversions. This leaves too little time for the grief work you need to do for yourself.
- Take care of yourself. Give yourself time and space to begin your grief journey. Get enough rest. Eat healthy food. Give yourself a break.
- Resist the temptation to use alcohol or drugs. These can interfere with the grieving process or cover it up – not take it away.
- If you are religious, contact your place of worship and utilize offered services.
- Talk to others who have experienced the death of a loved one. People who have been through grief can empathize with and help support you, and vice versa.
- The grief process is an individual experience. Some people like to talk about things while others prefer to grieve by “doing” something. Do what feels right for you.
- Express your grief. The best way to work with your grief is to let it out. So how do you let out your emotions? Do you: Cry, scream, and yell? Do you: express your feelings

through music, art, poetry, or journaling? Some express themselves with only one or a few trusted people, while others chose to make a display of expression. Do what feels right for you.

- Focus on your health. Grief can be a great stress on your body and mind. It can upset sleep patterns, lead to depression, weaken your immune system, and highlight medical problems. See your doctor if you are worried about your symptoms.
- Consider getting professional help if you feel overwhelmed, hopeless, or helpless. Seek professional help if you have suicidal thoughts. Grief therapy doesn't have to be long-term. Even if you don't see yourself as the kind of person who would go to therapy, it may be beneficial.
- Grief tends to go at its own rate, so allow yourself time to grieve. There is no right way and no time limit!
- Be patient. There may be days where you feel great, but there may also be setbacks. Don't expect to "Get over it" or have a deadline in mind. Reminders can trigger emotions – both physical and emotional. This is not a sign of weakness. Instead, your mind and body are telling you that your grief journey isn't done.
- Create your own ways of memorializing your loved one. Celebrate their life in whatever way feels right to you. Try supporting a cause they believed in, start a scholarship, plant a garden, make a donation in their name, etc.
- Have a little fun. Do something to make you laugh and/or smile. Many may find this difficult to do at first, but it is wonderful medicine for the grieving soul.

This information came from National Students of Actively Moving Forward Support Network-
www.activelymovingforward.org

For more information, please visit their website of contact Benedictine Counseling Center at 913-360-7621.

Healthy Relationships

Relationships are a necessary part of healthy living, but there is no such thing as a perfect relationship. Relationships, from acquaintances to romances, have the potential to enrich our lives and add to our enjoyment of life. Yet at the same time these relationships can also cause harm.

A healthy relationship is based on mutual respect, trust, honesty, support, fairness/equality, separate identities, good communication, and a sense of playfulness, fondness, and love. All of these take work and must be maintained by both people. This applies to all relationships; work relationships, friendships, family, and romantic relationships.

Signs of a Healthy Relationship

“A healthy relationship should bring more happiness than stress into your life. Every relationship will have stress at times, but you want to prevent prolonged mental stress on either member of the relationship.”

- Take care of yourself and have good self-esteem independent of your relationship
- Maintain and respect each other’s individuality
- Maintain relationships with friends and family
- Have activities apart from one another
- Are able to express yourselves to one another without fear of consequences
- Are able to feel secure and comfortable
- Allow and encourage other relationships
- Take interest in one another’s activities
- Do not worry about violence in the relationship
- Trust each other and be honest with each other
- Have the option of privacy

- Have respect for sexual boundaries
- Resolve conflict fairly: Fighting is part of even healthy relationships; the difference is how the conflict is handled.

Signs of an Unhealthy Relationship

“At times all relationships will have some of the characteristics listed below. However, unhealthy relationships will exhibit these characteristics more frequently and cause you stress and pressure that is hard to avoid. This tension is unhealthy for both members of the relationship and may lead to problems in other areas of your life.”

- Put one person before the other by neglecting yourself or your partner
- Feel pressure to change who you are for the other person
- Feel worried when you disagree with the other person
- Feel pressure to quit activities you usually/used to enjoy
- Pressure the other person into agreeing with you or changing to suit you better
- Notice one of you has to justify your actions (e.g., where you go, who you see)
- Notice one partner feels obligated to push boundaries
- Have a lack of privacy, and may be forced to share everything with the other person
- Notice arguments are not settled fairly
- Experience yelling or physical violence during an argument
- Attempt to control or manipulate each other
- Notice your partner attempts to control how you dress and criticizes your behaviors
- Do not make time to spend with one another
- Have no common friends, or have a lack of respect for each other’s friends and family
- Experience a lack of fairness and equality

This information came from The University of Washington’s Hall Health Center

www.depts.washington.edu/hhpccweb/health-resource/healthy-vs-unhealthy-relationships/

Resources

- Hall Health Center- University of Washington
www.depts.washington.edu/hhpccweb/health-resource/healthy-vs-unhealthy-relationships/
- The Ruth Institute - an interfaith organization headed by Dr. Jennifer Roback Morse, inspiring the survivors of the sexual revolution
- Emotional Virtue - Sarah Swafford's website focused on the right ordering of our thoughts, actions, and desires as they are related to our relationships

and

- "Emotional Virtue: A Guide to Drama-Free Relationships" - a book by Sarah Swafford - offers a compelling blueprint for how to navigate relationships and thrive in every stage of life—not just survive.
- Love and Fidelity Network - - The Love and Fidelity Network's mission is to equip college students with the resources, support, and arguments they need to uphold the institution of marriage, the special role of the family, and sexual integrity within their university communities.
- The Chastity Project - a ministry of Jason and Crystalina Evert that promotes the virtue of chastity through seminars, resources, clubs, and social media
- "To Be Someone Radiant" - a lecture by Fr. James Dominic Brent, OP; delivered as the Blessed John Henry Cardinal Newman Lecture at the Institute for Psychological Sciences, November 18, 2011

Homesickness

Many College students, particularly first year students, are likely to experience distress about being separated from their family and community. Homesickness is a natural occurrence and there are many ways in which to combat the symptoms of homesickness. Benedictine College is here to help, if you would like to seek counseling in which to talk to our staff please contact our Counseling Center at 913-360-7621 or visit our office located in the Student Health Center.

Tips

- **Make new friends:** Be with people. Even if you don't have a close relationship or friendship at this time, you still need other people in your life.
- **Enjoy Your Time Alone:** Whether or not you have friends around, you can still enjoy many activities. Make a list of things you'd really like to do, such as: physical exercise, reading, playing music, or starting a journal.
- **Keep a Positive Attitude:** We tend to confuse being alone with being lonely. Our usual attitude is that loneliness is miserable and something to be desperately avoided. Keep in mind that being alone is not always a bad thing.
- **Take Advantage of Campus Life:** For students living in the residence halls, the first resource should probably be to check in with their Resident Assistant but there are also many opportunities to get involved on campus: Campus Ministry, Dorm Committees, Student Government, Student Life, etc.

This information came from The University of Oregon's Counseling and Testing Center-
www.counseling.uoregon.edu

To speak with our Counseling Center please visit our office located in the Student Health Center or call us at 913-360-7621.

Post-Abortive Support for Men and Women

Both Men and Women struggle with the emotional, psychological, and relational impact of abortion. If you or someone you know is in need of counseling and support the Counseling Center here at Benedictine is available to listen and help, please contact them at 913-360-7621. See below for helpful resources.

- **Project Rachel** (www.projectrachelkc.com or www.hopeafterabortion.org) - Find joy and forgiveness through Project Rachel's free, confidential, non-judgmental counseling; Project Rachel hotline: 1-888-246-1504, 888-456-HOPE (-4673).

Same Sex Attraction

For those struggling with Same Sex Attraction and looking for resources and counseling, please contact our Benedictine Counseling Center at 913-360-7621.

- Courage - Courage Kansas City is the local chapter of the Courage Apostolate, offering spiritual support to Christian men and women with same-sex attractions who desire to live chaste lives in accordance with the teachings of Scripture and Catholic moral teaching. Courage Kansas City is a collaborative effort of the Archdiocese of Kansas City in Kansas and the Diocese of Kansas City-St. Joseph. Groups meet on both sides of the state line on a regular basis; contact Courage Kansas City by phone at 913-428-9893
- The Third Way - a documentary about the Catholic Church's teachings on homosexuality
- "Beyond Gay" a book by David Morrison
- "The Courage to Be Chaste" a book by Fr. Benedict Groeschel, CFR
- "Living the Truth in Love: Pastoral Approaches to Same Sex Attraction" a book by Janet Smith and Fr. Paul Check.

Sexual Assault

Here at Benedictine College we are committed to adhering to the guidelines and rules of Title IX. We offer self-defense classes through Ravens Care and seek to prevent sexual assault and offer support for those affected by it.

If you or anyone you know has been sexually assaulted, please contact your Resident Assistant or Resident Director in your dorm and our Counseling Center at 913-360-7621.

Resources

- Metropolitan Organization to Counter Sexual Assault (MOCSA) - MOCSA exists to improve the lives of those impacted by sexual assault and abuse, and to prevent sexual violence in our community; MOCSA 24 hour hotline: 816-531-0233.
- Women's Health - www.womenshealth.gov/publications/our-publications/fact-sheet/sexual-assault.html

Sleep

“College students, like Americans overall, are sleeping less, and if you are like most college students, chances are you are not getting enough sleep. On average, most college students get 6 - 6.9 hours of sleep per night, and the college years are notoriously sleep-deprived due to an overload of activities. Recent research on college students and sleep indicates that insufficient sleep impacts our health, our moods, our GPA and our safety.”

Sleep restores our energy, fights off illness and fatigue by strengthening our immune system, helps us think more clearly and creatively, strengthens memory and produces a more positive mood and better performance throughout the day. Sleep isn't just a passive activity and something to fill the time when we are inactive, but rather it is an active and dynamic process vital for normal motor and cognitive function.

Consequences of Sleep Loss

Lack of sleep is associated with both physical and emotional health risks. These include:

- More illness, such as colds and flu, due to a lowered immune system
- Feeling more stressed out
- Increased weight gain and obesity
- Lower GPA and decreased academic performance
- Increased mental health issues, such as depression and anxiety
- Increased automobile accidents due to fatigue caused by "drowsy driving"
- Decreased performance in athletics and other activities that require coordination

This information came from the University of Georgia Health Center. For more information, please visit their website at www.uhs.uga.edu/sleep/.

If you or someone you know is having difficulty sleeping or has a sleep disorder, please visit our Student Health Center or contact our Counseling Center at 913-360-7621.

Resources

- American Sleep Association- www.sleepassociation.org/patients-general-public/what-is-sleep/
- National Sleep Foundation- www.sleepfoundation.org

Stress

Some stress is good and can help us stay motivated to get things done. On the other hand, stress can be harmful if there is too much or we are feeling stressed too frequently. We might be stressed about our family life, friendships, relationships, and/or academics and overtime we can mentally, physically, and emotionally react to the weight of the stress. We can also create stress with our thoughts when thinking of what “should” or “could” have been and our bodies can react negatively to this stress.

Stress can cause our minds to become overloaded which can lead to us snapping at our friends, not being able to sleep, becoming reclusive, and leading to self-doubt and destructive thoughts.

In order to keep our stress levels down we need to have outlets. This might include:

- Physical exercise
- A walk in nature
- Relaxing- enjoy a good book or movie
- Going to adoration and spending time in prayer
- Set priorities and learn to say ‘no’ to reduce the sense of being overwhelmed
- Music, dance or other expressive, creative activity
- Reward yourself for work accomplished or hurdles crossed
- Express your emotions to someone, a friend or loved one – bottled up feelings are a ticket to increased baseline stress
- Avoid using drugs to lower your stress, since they can lead to other problems and limit your opportunity to grow and learn new skills
- Sleep, this gives your mind and body a chance to recover

This information came from The University of Oregon’s Counseling and Testing Center- www.counseling.uoregon.edu

If you or someone you know has a stress disorder, please contact Benedictine Colleges Counseling Center at 913-360-7621 or visit our office located in the Student Health Center.

Study Tips

College students, particularly freshman, can often times find the transition from high school to college difficult. We all of a sudden find ourselves immersed in a world where we have to manage our own time. There are a few tips:

- Organize your notes at the end of your day.
- Prioritize homework assignments
- Study in chunks with breaks in between
- Use daylight hours
- Study actively with friends and classmates
- Find the right place to study
- Know your learning style—how you learn best in and out of the classroom
- Keep a positive attitude
- Snack to keep up your energy
- Manage your time
- Take time to have fun and give your mind a break

If you need assistance, please contact our Student Success Center located between Guadalupe Hall and the Cafeteria, or contact Benedictine College Counseling Center at 913-360-7621.

Suicide Prevention

The following signs may mean someone is at risk for suicide. The risk of suicide is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change. If you or someone you know exhibits any of these signs, seek help as soon as possible by contacting a Faculty member and calling the Lifeline at 1-800-273-TALK (8255). Our Benedictine Counseling Center is also available to help at 913-360-7621.

Warning Signs

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Unplanned Pregnancy

Benedictine College is committed to the teachings and moral values of the Catholic Church and will support students who become pregnant. Consistent with its belief in the dignity of the human person, the college encourages students who do become pregnant to continue their studies and to retain their campus housing.

Jennifer Schmidt, Assistant Director of Counseling, is available as a confidential contact who can assist students in finding whatever resources are needed and/or provide professional counseling services. She can be contacted at: jschmidt@benedictine.edu or (913) 360-7621. Referrals for prenatal health care and other supportive services will also be made available through the Counseling Center, Student Life Office, Ministry Office, and/or Student Health Center as necessary and requested.

Additional local resources which provide caring, confidential support to anyone facing an unexpected pregnancy include:

- Wyandotte Pregnancy Clinic - 913-287-8287

- Advice & Aid Pregnancy Centers - 913-962-0200 or 24/7 Helpline: 1-800-712-HELP
- Pregnancy Help Center - Helpline: 1-800-712-HELP

Resources for Men and Women:

WOMEN:

- The Chastity Project - a ministry of Jason and Crystalina Evert that promotes the virtue of chastity through seminars, resources, clubs, and social media.
- Women Made New Ministries - Crystalina Evert's website encourages and supports women in need of personal healing, empowering them to become the women God created them to be.
- "Blessed, Beautiful, and Bodacious: Celebrating the Gift of Catholic Womanhood" a book by Pat Gohn.
- "Letter to Women" from St. John Paul II to the women of the world.
- "Mulieris Dignitatem" from St. John Paul II "On the dignity and vocation of women"
- Women of Grace - a Catholic apostolate whose mission is to transform the world one woman at a time by affirming women in their dignity and vocation as daughters of God and in their gift of authentic femininity.
- FEMM - a comprehensive women's health program in line with the Catholic Church's teachings on healthcare for women
- Multiple resources for Catholic, single women are referenced at "Story of a Rose: Thorns & Roses of a Young, Catholic Mama" a blog by Raquel Rose:
<http://storyofarose.com/2013/07/30/not-alone-resource-for-catholic-single-women/>

MEN:

- Truemanhood Men's Ministry - Dave DiNuzzo's ministry to spread the concept of authentic masculinity in the image of Jesus Christ.
- The Art of Manliness - features articles to help men be better husbands, fathers, and men
- The Chastity Project - a ministry of Jason and Crystalina Evert that promotes the virtue of chastity through seminars, resources, clubs, and social media

- “Into the Breach” an Apostolic Exhortation to Catholic Men from Bishop Thomas J. Olmstead, Bishop of Phoenix

Physical Wellness

Physical activity is essential to prevent and reduce risks of many diseases and improve physical and mental health. Physical activity can also help reduce anxiety, stress, and feelings of depression, as well as help prevent conditions, such as high blood pressure, coronary heart diseases, diabetes, osteoporosis, colon cancer, obesity and dying prematurely.

Workout Facilities

Student Recreation Center

The 42,000 square foot Student Recreation Center features a hanging track and a turf field along with two full sized basketball courts and multipurpose rooms for aerobics and spinning classes, as well as an extensive cardio and weight room. The Rec Center is open to all current Benedictine College students, faculty and staff, plus members of the Mount and Abbey communities, college board of directors, faculty and staff retirees and spouses. A current Benedictine College ID is required for entry.

Regular Hours of Operation

Monday-Friday	Cardio/Weight Room – 5:00 a.m.- Midnight
Saturday	6:00 a.m.—11:00 p.m.
Sunday	Noon—8:00 p.m.
Family Fun Hours	Friday 6:30 p.m.—9:00 p.m. Saturday 2:00 p.m.—4:30 p.m.
Summer Hours	
Monday-Friday	(6:00 a.m.—8:00 a.m.) (11:00 a.m.—1:00 p.m.) (5:00 p.m.—7:00 p.m.)
Saturday & Sunday	Closed

Amino Center Weight Room

Benedictine College's full-scale workout facility for athletes, the weight room at the Amino Center is used by most male athletic squads. The weight room boasts eight multi-purpose free weight stations, four squat racks and 12 muscular endurance machines. The weight room, adjacent to the Raven football team's locker room and training facility, also has three racks of dumbbells and two stationary bicycles.

Intramurals

The Benedictine College Intramural Program, in accordance with the Benedictine College mission statement, pursues the education of men and women within a community of faith and scholarship by providing safe, fun and competitive recreational activities that develop teamwork, leadership and sportsmanship that grow individuals socially, physically, mentally and spiritually.

For more information, please visit Benedictine College's Student Recreational Center or contact Pecos Miller, Intramurals Director, at 913.360.7717 or pmiller@benedictine.edu.

Types of Exercise

Endurance

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Exercises include:

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing

Strength

Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training." Exercises include:

- Lifting weights
- Using a resistance band
- Using your own body weight

Balance

Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance. Exercises include:

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Flexibility

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

Exercises include:

- Shoulder and upper arm stretch
- Calf stretch
- Yoga

Workouts

15-minute Workout

Workout Structure:

5 Groups of Exercises

20 Seconds On, 10 Seconds Off

3 Sets Per Exercise

Mountain Climber x 3

Windshield Wiper x 3

Rest

Burpee x 3

Jumping Lunge x 3

Rest

Jackknife Crunch x 3

Back Bow Crossover x 3

Rest

Seal Push Up x 3

Supine Push Up x 3

Rest

Plank Jack (Burnout 1 Min)

20-Minute Legs and Calves Workout

(rest as long as it takes in between sets to walk to the next station or set up the next exercise)

Giant Set 1 (Legs)- 1 Set 8-12 Reps Per Exercise.

Back Squats

Leg Press

Romanian Deads

Leg Extensions

Leg Curls

Giant Set 2 (Calves)- 1 Set 12-15 Reps Per Exercise

Standing Calf Raises

Seated Calf Raises

Leg Press Calf Raises

20-Minute Chest and Abs Workout

(rest as long as it takes in between sets to walk to the next station or set up the next exercise)

Giant Set 1 (Chest)- 1 Set 8-12 Reps Per Exercise

Flat Bench Press

Decline Pushups

Machine Incline Press

Peck Deck Flyes

Giant Set 2 (Abs)- 1 Set 12-15 Reps Per Exercise

Leg Raises

Crunches

Twisting Crunches

20-Minute Back Workout

(rest as long as it takes in between sets to walk to the next station or set up the next exercise)

Giant Set - 2 Sets 8-12 Reps Per Exercise

Pull ups

Barbell Rows

Wide Grip Cable Pulldowns

Seated Cable Rows

Dumbbell Rows

20-Minute Shoulders and Abs Workout

(rest as long as it takes in between sets to walk to the next station or set up the next exercise)

Giant Set 1 (shoulders) - 1 Set 8-12 Reps Per Exercise

Barbell Overhead Press

Upright Rows

Lateral Raises

Bent Lateral Raises

Shrugs

Giant Set 2 (Abs)- 1 Set 12-15 Reps Per Exercise

Leg Raises

Crunches

Twisting Crunches

20-Minute Arms and Calves Workout

(rest as long as it takes in between sets to walk to the next station or set up the next exercise)

Giant Set 1 (Arms) - 1 Set 8-12 Reps Per Exercise

Triceps Pushups

Barbell Curls

Weighted Bench Dips

Alternating Dumbbell Curls

Triceps Press downs

Machine Curls

Giant Set 2 (Calves)- 1 Set 12-15 Reps Per Exercise

Standing Calf Raises

Seated Calf Raises

Leg Press Calf Raises

AMY AND KELLY-MONDAY WORKOUT

DO EACH EXERCISE 4 SETS FOR 15 REPS!!

REST 15-30 SECONDS AFTER EACH SET THEN GO TO THE NEXT EXERCISE.

JUMPING JACK TO GET WARM

1. BENCH PRESS
2. BENT ROW
3. BELLY BLASTERS
4. DB SQUAT AND CURL
5. SPLIT SQUAT 12 EACH LEG
6. DB PULLOVERS
7. SIT UPS WITH DB
8. GOOD MORNINGS
9. RUSSIAN TWISTS

THERE ARE TWO WAYS TO DO THIS. ONE IS TO DO EACH SET BACK TO BACK (DO A SET OF BENCH WAIT A MOMENT AND DO IT AGAIN) OR GO THROUGH THE LIST ONCE AND REPEAT. YOUR CHOICE! ENJOY!

FRIDAY-REPEAT

1. RDL AND PRESS (1 LEG) 12 EACH LEG
2. CURL ON ONE LEG (12 EACH ARM AND LEG)
3. PUSH UP 12
4. SIT UP 12
5. RUSSIAN TWIST 12
6. LOW TO HIGH TWIST 6 EACH WAY
7. BENT ROW ON ONE LEG (12 EACH LEG)
8. 45 DEGREE PULSE 20
9. PLANK FOR 30 SECONDS

DO AS MANY ROUNDS AS YOU WANT OR CAN.

Battle Rope Exercises

From Shape.com.

WEIGHTED JACKS

Works: Total Body

A. Stand with feet together, holding end of rope in each hand with an underhand grip.

B. Jump feet out wide, reaching hands overhead. Extend arms as much as possible to ensure full range of motion in this weighted version a jumping jack.

Do 2 to 3 sets of 8 to 10 reps

DOUBLE OUTSIDE CIRCLES

Works: arms

A. Stand with feet hip-width apart, holding end of rope in each hand with an overhand grip.

B. Circle both arms, drawing ropes in towards one another before rotating arms up and open to create a full circle, allowing ropes to slam ground as the hands join back together.

Do 2 to 3 sets of 8 to 10 reps

SINGLE ARM SLAMS

Works: arms and core

A. Hold end of rope in each hand using an overhand grip and extend right arm toward ceiling, slamming rope as forcefully as possible into the floor while keeping core engaged.

B. Quickly repeat on the other side, extending left arm and slamming left rope into the ground. Continue alternating sides as quickly as possible, yet with control.

Do 2 to 3 sets of 4 to 5 reps per side.

GRAPPLER THROW

Works: total-body

A. Stand in a split stance with right foot forward, holding ends of rope in each hand with an underhand grip. Keep elbows bent.

B. Pivot on feet and rotate body to right as you flip ropes toward the right side of the room. Once ropes hit ground, quickly pivot and repeat to the left. Continue alternating sides as quickly as possible with control.

Do 2 to 3 sets of 4 to 5 reps per side

ALTERNATING SPLIT SQUAT WAVE

Works: butt, legs, and thighs

A. Stand in split stance with right foot forward and left foot back, holding end of rope in each hand with an overhand grip. Bend both knees, coming into a lunge. In this position, create a wave-like movement down the length of the rope by first quickly slamming right rope into ground, minimizing amount of movement in torso or lower body and then slamming left rope, moving as quickly as possible.

B. While continuing constant pattern of waves, jump switch the feet, coming into a lunge with left foot forward. Continue alternating legs while keeping ongoing wave movement with the ropes.

Do 2 to 3 sets of 4 to 5 reps per side

SQUAT THRUST POWER SLAM

Works: total-body

A. Hold end of rope in each hand, using an overhand grip. Lower into a squat, hinging hips and bending knees, keeping arms extending alongside body.

B. Perform a fast double arm slam, straightening legs and lifting both arms as high as possible then driving ropes with force into floor.

C. Once ropes hit floor and hips and knees flex once again into a squat, plant hands on floor and jump feet back to a high plank position, continuing to hold the ends of the ropes in each hand. Reverse the movement, and return back to starting squat position.

Do 2 to 3 sets of 8 to 10 reps

PLANK ROPE PULL

Works: total-body

A. Begin in plank position with ends of ropes directly in front of hands.

B. Keeping core engaged and hips and shoulders as squared to ground as possible, use right hand to pull the rope toward the body with as much force as possible while balancing on left hand.

C. Return the right hand to ground and repeat on the left side. Continue alternating sides as quickly as possible while maintaining proper form.

Do 2 to 3 sets of 3 to 4 reps per side

BEGINNING WEIGHT TRAINING FUNCTIONAL WORKOUT

WARM-UP: JUMPING JACKS, FRONT JACKS, QUICK JUMPS-10 EACH 3 TIMES

- 15/15/15 ¼ SQUAT TOP/BOTTOM/FULL SQUAT BODY WEIGHT(2 sets)
 - 1 ARM DUMB BELL BENCH PRESS 3X6 EACH ARM
 - BARBELL PULL UP 3X10
 - 2 LEG RDL 2X8 EACH LEG with 1 pound
 - JACK PUSHUPS 2X10 (clock pushups if unable to do jack)
 - PLATE LOW TO HIGH TWISTS 2X12 each direction
 - 1 LEG BICEP CURL TO PRESS 2X10 each arm
 - 10 PLANK TO PUSHUP-10 PLANK OBLIQUES-10 PLANK KNEE TUCKS (1 OR 2 SETS)
-

BEGINNING WEIGHT TRAINING WORKOUT

1. WARM-UP-JUMPING JACKS X10, FRONT JACKS X 10, QUICK JUMPS X10-DO 3 TIMES
 2. BACK SQUAT (DB OR BAR) 3X12
 3. BENCH PRESS (DB OR BAR) 3X 12
 4. BENT OVER ROW (DB OR BAR) 3 X12
 - 5 OVERHEAD PRESS (DB OR BAR) 3 X12
 6. UPRIGHT ROW (DB) 3 X 12
 7. REVERSE PUSHUP USING BENCH 3 X 12
 8. CURLS WITH DB'S 3 X 12 EACH ARM
- HIGH OR LOW PLANKING (REGULAR, SIDE, SIDE, POINTER, POINTER, REGULAR-30 sec each)
-

FUNCTIONAL PLATE WORKOUT

THIS IS DONE IN 3 SEGMENTS OF FOUR EXERCISES.

EACH SEGMENT IS DONE THREE TIMES

WARMUP=JUMPING JACKS, FRONT JACKS, QUICK JUMPS, MUMMY KICKS,
SCISSOR KICKS, HEISMAN, HIGH KNEES, WINDMILLS

WORKOUT!! EACH MOVE DONE 30 SEC.

CIRCUIT ONE

SUMO SQUAT, BENT ROW, PUSHUP ON, RUSSIAN TWIST

CIRCUIT TWO

OVERHEAD SQUAT, PRESS AHEAD, PUSHUP, SIT UP

CIRCUIT THREE

SUITCASE SQUAT (switch at 15 seconds), UPRIGHT ROW, PRESS, 45 DEGREE

COOL DOWN 4 DEEP BREATHS

Warm-Up 1:00

- Jog in Place- 15 sec.
- March- 5 sec.
- High Knees- 15 sec.
- March- 5 sec.
- Quick Feet- 15 sec.
- March- 5 sec.

Stretch 1:10

- Hamstrings (Wide Feet)- Middle, Right, Left: 10 seconds each
- Quadriceps (Pull foot to butt)- 10 seconds each leg
- Groin (Lunge right & left) — 10 seconds each direction

Work Out 15:00

Knee Crosses: 30 sec. each leg

- Be sure to have a little bounce and reach up with both arms

Side-to-side Jumps: 1 min.

- Be sure when you jump you are going from side to side and are also touching the ground w/ hands when squatting down. Don't bend your back to squat. Keep a flat back and bend at the hips and knees when squatting down to jump.

Push-Ups: 30 sec.

- Do push-ups from knees if necessary. Try not to stop. Keep a flat back and squeeze butt and abs while doing push-ups.

Mountain Climbers: 30 sec.

- Alternate legs. Keep a quick pace all while keeping your abs tight.

Split Jumps: 1 min.

- The key to this is to try and jump up off the ground.

Abs: 2 min.

(4 exercises for 30 seconds)

Sit-Ups, Fold ups, Knee curls, Crunches Burpees: 1 min.

- The key to this is to keep moving with your abs tight.

Kicks: 30 sec. each leg

- Kick straight out. Must keep abs tight.

Square Jumps: 1 min.

- Same technique as side-to-side jumps only you are going to jump forward, right, back and left; thus, making a square.

Dive Bomber Push-Ups: 30 sec.

Just keep going!

Donkey Kicks: 30 Seconds.

- Don't go to a handstand. Just extend at about a 45-degree angle. Power Jumps: 1 min.
- Same as square jumps just staying in place and jumping up reaching to ceiling.

Abs: 2 min. (30 seconds each of the following exercises)

- Russian Twists, V-Ups, Side crunch right, side crunch left
- Same as previous exercise.

Side Kicks: 1 min.

- Same as earlier kicks only these are out to the side instead of in front of you.

Cool Down

- Repeat Stretches and relax. Well Done!!! You're Done!!

Instructions for Recreation Center in case of a Tornado Warning

Please follow these instructions when we are in a Tornado Warning, I would make sure all of my staff are aware;

If you are in:	Then:
A structure (e.g. residence, small building, school, nursing home, hospital, factory, shopping center, high-rise building)	<ul style="list-style-type: none"> • Go to a pre-designated area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of a small interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. • In a high-rise building, go to a small interior room or hallway on the lowest floor possible. • Put on sturdy shoes. • Do not open windows.
A manufactured home or office	<ul style="list-style-type: none"> • Get out immediately and go to a pre-identified location such as the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
The outside with no shelter	<p>If you are not in a sturdy building, there is no single research-based recommendation for what last-resort action to take because many factors can affect your decision. Possible actions include:</p> <ul style="list-style-type: none"> • Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter. If your vehicle is hit by flying debris while you are driving, pull over and park. • Take cover in a stationary vehicle. Put the seat belt on and cover your head with your arms and a blanket, coat or other cushion if possible. • Lie in an area noticeably lower than the level of the roadway and cover your head with your arms and a blanket, coat or other cushion if possible. <p>In all situations:</p> <ul style="list-style-type: none"> • Do not get under an overpass or bridge. You are safer in a low, flat location. • Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter. • Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.