

# Wellness Week '83



## Positive Life Style Choices

UNL Wellness Week 1983: Positive Lifestyle Choices has been developed to increase campus awareness of the importance of positive lifestyle choices on the quality of an individual's life, to effect changes in attitudes and behaviors regarding individual lifestyle choices by promoting the concept of wellness to the entire university community and to increase visibility and participation in campus-wide wellness activities.

### Fun Runs

SEPTEMBER 25



NU Coliseum UNL Recreation Department  
10:00 a.m. University Health Center

Featured events will be a 2-mile predictor run and a 4-mile team predictor run. An entry fee is required. Entry blanks may be picked up at the University Health Center, UNL Recreation Department or either Union.

### Monday

SEPTEMBER 26



10:00-11:30 a.m.  
The Campbell's Institute for Health and Fitness presents: the Turnaround Workshop  
Nebraska Union- Centennial Room Dr. Richard Keeler  
Laue Metcalfe  
New directions in eating and exercising. A registration fee is required. Pre-registration materials available at the university Health Center, Room 106.  
11:30-12:15 p.m.  
Mini-session-topic to be announced  
Campbell Institute for Health and Fitness



12:00 Noon  
Cinderella Grows Here Feet  
Nebraska Union Ballroom Barbara Bush  
Kerstin VanDervoort  
A performance is a program of stories, poems, skits and slides which transforms old Cinderella stereotype into new affirmations of wholeness and growth.  
-Brown Bag Lunch-



1:30-3:30 p.m.  
UNL Club Sports Demonstrations  
UNL Recreation Department  
Learn about the club sports available on the University campus. See the various sports demonstrate their activities. Use the time to ask questions about those that interest you.



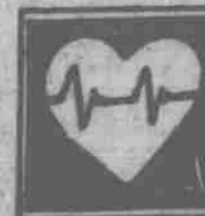
2:30-4:30 p.m.  
Alcohol Demonstration  
Midwest Speedway  
Nebraska Dept. of Highway Safety  
Budweiser/D & D Distributors  
UNL Campus Police  
The purpose of the program will be to demonstrate the effects of drinking and driving. Individuals have been chosen from UNL to participate in a designed driving course and skills test while sober and then after drinking.



7:00-10:00 p.m.  
Relaxation Through Touch and Massage  
Nebraska Union Steven E. Lux  
Message is an excellent vehicle for relaxation and communication enhancement. Participants will involve themselves in a variety of massage and other experiential activities. Specific massage will include hands, feet and face. Wear loose comfortable clothing and bring a towel and oil (baby oil or vegetable oil).

### Tuesday

SEPTEMBER 27



9:00 a.m. 4:00 p.m.  
Health Screenings  
Nebraska Union - Centennial Room  
Karen Weed  
Becky Olthoff  
University Health Center

Diet Checks Health Hazard Appraisal  
Height/Weight Stat 20/HDL/FI\*\*  
Glaucoma Vital Capacity  
Blood Pressure Oral Cancer  
Audiology Alcohol Tolerance  
Fitness Testing Diabetes?  
Anemia  
\*Eat breakfast consisting of milk, toast, jelly, glass of juice, and cereal with sugar. For lunch, eat hamburger, piece of pie, and milk or regular pop. Take test not less than one hour, or more than 2 hours, after eating.  
\*\*\*Minimal charge and 12-14 hour fasting preferred.



7:30-9:30 p.m.  
Nutrition, Fitness and Preventive Medicine  
Nebraska Union-Ballroom  
Georgia G. Kostas

Georgia is the Director of Nutrition at the Cooper Clinic, a division of the Aerobics Center in Dallas, Texas. Her areas of specialty include preventive and cardiovascular medicine, physical fitness, and weight control. She will correlate nutrition, fitness and preventive medicine as we see them in our attempt to establish a total Wellness program.



9:00-10:00 p.m.  
Non-alcoholic Bar  
Question and answer session with Georgia Kostas.

### Wednesday

SEPTEMBER 28



10:30 a.m.  
Nutrition Nonsense  
Nebraska Union Erin Caudill  
There probably is no other field which lends itself to so many self-proclaimed experts as the area of diet and nutrition. Find out how to recognize food fads and fallacies and the harm that may arise from nutrition misinformation.



10:30-12:00 Noon  
General Assertiveness  
Nebraska Union Susan E. Bukacek  
Katharine Brzezinski-Stein  
Become acquainted with the basic components of assertion theory. Learn to define and recognize different response styles. Practice using assertive skills as time allows.



12:00 Noon  
The Spirituality of Wholeness  
Nebraska Union Mary Louise Helling  
The presentation will look into living a full life with a focus on living wholly. To live with all of our gifts, our handicaps, our bodies, minds and spirits is to live in harmony with the world, and others in a creative and healthy way, a growing way.  
-Brown Bag Lunch-



1:30 p.m.  
Individual Profiles of Stress:  
Ways of Relieving Strain Responses  
Nebraska Union Wesley Sime  
Recognize the physical symptoms of stress and strain. Exercise and the quieting reflex are two very effective means of relieving stress symptoms.



2:30 p.m.  
Study Time Management  
Nebraska Union Deborah Cutcliff  
This session will help students assess how they spend their time and offer tips to set a study and living schedule. Setting priorities is an integral part of this process.



3:30 p.m.  
Test Anxiety  
Luis F. Diaz-Perdomo  
Linda S. Rivers  
Identification of test anxiety will be discussed. There will be brief descriptions of how to deal with it, a demonstration of relaxation techniques, and how much time is needed to perform these types of techniques.



7:00-9:00 p.m.  
Runners' Clinic  
Nebraska Union Craig Cisar  
Information included will be on physiological changes of the body and training considerations as related to those changes and to physical performance. Social facilitation will also be discussed.

### Thursday

SEPTEMBER 29



10:00-12:00 Noon  
Do It Yourself Cognitive Changes  
Nebraska Union Margaret Eger  
Ways to change "self-talk" that leads to stress, anger and depression.



12:00 Noon  
Wellness & Your Funny Bone  
Nebraska Union  
Sister Mary Christelle MacCluso  
Sister Christelle is a warm and humorous resource person who now devotes her time to human development and helping people feel better about themselves. She has her PhD, and is a Sister of Mercy affiliated with the College of St. Mary in Omaha.



1:30 p.m.  
Apartment Dwellers' Survival Diet  
Nebraska Union Anne Dumper  
Tips on buying and preparing food for one or two persons, nutrition information, and other pointers for apartment living will be presented.



2:30 p.m.  
You & Me = A Relationship  
Nebraska Union Barbara Kerr  
Charles Claiborn  
Examine ways to better understand and improve relationships of all kinds male/female, roommates, siblings and parents. Discover how unrealistic expectations can often cause problems.



3:30 p.m.  
Fad Diets and Weight Control  
Nebraska Union Nancy Betts  
With so many diets around it's hard to know which will ensure a safe, healthy weight loss. Types of weight loss diets will be explored and tips for choosing the best will be discussed.



7:00 p.m.  
Healthy Attitudes About Drinking  
Nebraska Union Duke Engel  
Alpha Tau Omega Fraternity  
The norm has often been for college students to drink in an unhealthy manner. Awareness of why norms are formed from unrealistic and negative attitudes that promote alcoholism will be the topic of this discussion.



8:00 p.m.  
World Health Improvements In Current Times  
Nebraska Union  
World Health Organization  
WHO is a specialized agency of the United Nations which advises member nations and actively participates with them in programs to improve public health and control disease. Following the address, a question and answer session will be held.

### Friday

SEPTEMBER 30



10:30 a.m.  
Getting To Know Me: Journal Writing  
Nebraska Union Robert T. Justis  
Shauna B. Valentine  
Discover how journal writing can become your personal record of growth and development. Learn how your life patterns and reflections can help you identify thresholds of growth to gain a better sense of "Who an I?"



10:30-12:00 Noon  
Chronic Pain Management  
Nebraska Union Thomas P. Guck  
The presentation will discuss the nature and effects of chronic pain. It will also outline various nonpharmacological strategies for managing pain.



12:00 Noon  
Do Vitamin Pills Help Stress?  
Nebraska Union Katharin Riddle  
What is it that really helps you when the pressure is on? The body's reaction to physical, emotional and mental stress will be described in nutritional terms.



1:00 p.m.  
Combative Arts Demonstration  
Nebraska Union Richard Schmidt  
See demonstration of Judo, Karate, and Kendo.



1:30 p.m.  
I'm Not What I'm Gonna Be, But Baby, I'm Not What I Was: The effect of Wellness on positive self-concept.  
Nebraska Union  
Dolores Simpson-Kirkland



3:00 p.m.  
Non-credit Fitness Activities on Campus  
Nebraska Union Stan Campbell  
Various departments of the University offer diversified non-credit fitness programs and activities. These programs are open to all of the University community. Find out what they are and how you can become an active participant.



8:00 p.m. - 12:00 a.m.  
Wellness Dances  
East Side of the Stadium  
Come dance to the "Star City Players" and celebrate Wellness with the entire University campus!