WEEK 1 / PHYSICAL WELLNESS:

is the state of well-being associated with the proper care of the human body. It encourages the combination of physical activity, well-balanced nutrition and mental health. Physical wellness strengthens bones and muscles while helping to prevent illness and reducing the risk of disease.
CSUF STUDENT RECREATION CENTER (SRC)
All CSUF enrolled students have membership to the SRC gym, which includes access to:

• Rock climbing wall
• Pool for leisure or lap swimming
• Racquetball
• Indoor jogging track
• Spin Room
• Multi-court gymnasium (basketball, volleyball, badminton, etc.)
• Drop-in classes (FREE!)
• Instructional classes ($22 fee for students)

ASI also offers a wide variety of drop-in fitness classes. For the full semester schedule of different classes and times visit: http://www.asi.fullerton.edu/src/fitnessPrograms/dropInFitness.asp

STUDENT HEALTH & COUNSELING CENTER (SHCC)
All CSUF enrolled students can access free or low cost health services through the Student Health & Counseling Center on campus. Students may receive:

• Counseling and psychological support
• Nutritionist appointments
• Health and pharmacy services
• Physical therapy and sports rehabilitation

For more information or to make an appointment visit: http://www.fullerton.edu/studentwellness/contact.php

INTRAMURAL SPORTS
For a small fee students may join intramural teams in various different sports.

For more information visit: http://www.asi.fullerton.edu/src/intramuralSports.asp
Intramural Sports office is located in MH 553.
Phone: 657-278-3631
PARKS AND TRAILS AROUND CAMPUS
There are a number of local parks and trails surrounding Fullerton. Remember to be safe anytime performing physical activity. Inform people where you intend to or hike with someone.
Some local trails and parks include:
- Craig Park
- Fullerton Green Belt
- Chino Hills State Park
- Powder Canyon
- Carbon Canyon
- Fullerton Dam
- Box Canyon
- Santiago Oaks Park
- Santa Ana River Trail

MOBILE APPLICATIONS
Technology can help simplify a number of everyday tasks, from logging your exercise routines to helping track your diet and caloric intake. Two mobile applications used by other members of Titan Warrior Wellness are:
- MyFitnessPal – Allows users to input or scan barcodes for food they eat (including nutrients and macronutrients), tracking caloric intake to lose, maintain or gain weight.
- Strava – A GPS tracking application that records speed, power output, distance, elevation and more for runs or rides.

TAKE THE U.S. PRESIDENT’S CHALLENGE
- Physical activity: You need to be active 30 minutes a day, at least 5 days a week, for 6 out of 8 weeks. As an alternative, you can count your daily activity steps using a pedometer (goal: 8,500).
- Healthy eating: Each week, you will also focus on a healthy eating goal. There are eight to choose from, and each week you will add a new goal while continuing with your previous goals. By the end of the six weeks, you will be giving your body more of the good stuff it needs.
  - Make half your plate fruits and vegetables
  - Make half the grains you eat whole grains
  - Choose fat-free or low-fat (1%) milk, yogurt, or cheese
  - Drink water instead of sugary drinks
  - Choose lean sources of protein
  - Compare sodium in foods like soup and frozen meals and choose foods with less sodium
  - Eat some seafood
  - Pay attention to portion size
TWW GROUPS

Titan Warrior Wellness supports a number of no-commitment groups that promote physical activity throughout the semester. For information on joining a team or group contact Stephen Coffey or Andy Romo at the VRC or email tww@exchange.fullerton.edu.

Fall 2016 wellness groups include:

- Vets vs. Cadets Flag Football
- Dragon Boat Rowing Team
- Mountain Biking Group
- High Intensity Interval Training
- Walking Group

TIPS & TECHNIQUES

1. Make fitness fun – if you like running, run; if you like biking, bike; if you like dancing, dance – physical exercise should be enjoyable, not draining.
2. Build physical activity into your everyday life: use the stairs instead of the elevator, park further away, and take active breaks from work or studying to go for a short walk or stretch session.
3. Stretch before physical exercise to help prevent injuries.
4. Make half of your plate fruits and vegetables.
5. Utilize technology – mobile applications to track calories and exercise, and fitness monitoring tools such as Fitbit.
6. Stay hydrated – the amount of water needed varies by individual. To calculate, multiply your weight by 2/3, or 67%, the answer is the amount of ounces you should drink per day.
7. Track your daily caloric intake to aid you in losing, maintaining or gaining weight.
8. Spice up your water by adding lemon, cucumber, watermelon, mint, or other fruits, vegetables or herbs you may enjoy.
9. Chew your food thoroughly and eat slowly, making sure to listen to your body when you are hungry.
10. Stop smoking.
11. Follow recommended portion sizes.

http://www.letsmove.gov/
http://www.geneseo.edu/cas/101-wellness-tips
https://shcs.ucdavis.edu/wellness/physical