



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

June 2012 – Volume 14:4



How to Live a Healthy Lifestyle

Want to get out of your couch potato lifestyle? All you have to do is follow a few simple steps and you're on your way!

1. Healthy food is essential.

You are what you eat, so if you eat healthy, you are healthy. If you're just starting to have a healthy lifestyle, you probably don't know healthy food.

~Food that is low in fat content is good, unless that fat is poly-unsaturated, mono-unsaturated, or omega 3. These are some of the good fats. Some of the bad fats are trans and saturated fats. These fats raise your LDL cholesterol, which is the bad cholesterol. The good fats lower your LDL cholesterol and raise your HDL cholesterol, which is the good cholesterol.

~Low sugar content is another plus. Sucrose is the bad kind of sugar. Glucose is the good kind of sugar. Both are sugar, so both are classified as sugar, on the label. For example, raisins that don't have sugar added still have a lot of sugar, but it's a naturally occurring sugar, fructose. Any ingredient on a food label ending with "ose" is a type of sugar.

~Eat a variety of food. Fruits and vegetables are high in vitamins and minerals, which you need, but you still need some other vitamins and minerals. For example, not much protein comes from fruits or vegetables. Meat, beans, and tofu are good sources of protein. If you can't get your vitamins and minerals from the food you eat, you can always take a multivitamin.

2. Exercise is good.



Exercise is key for a healthy lifestyle as well. Go to the gym every once in a while, or daily. Or take a run around your neighborhood. Even taking your dog for a walk is good. So long as it's routine, about an hour, and is at least moderately active. Frequent and routine exercise every day helps boost the immune system; helps prevent the "disease of affluence" such as: heart disease, cardiovascular disease, diabetes, and obesity. It also improves mental health and prevents depression.

3. Dedication.

It's not easy to go from a couch potato to a healthy person. Don't be discouraged if you have to satisfy your cravings for ice cream, hamburgers, etc. As long as

you don't have a steady diet of unhealthy food, it won't hurt you too much.

4. Don't yo-yo diet!



Yo-yo dieting is bad for you and even if a diet sounds healthy, once you stop that diet you can pile on the weight in just a couple of days! Stay away from soup diets and diets which you have to eat or drink

contents from a packet.

5. Don't abuse your body.

Don't abuse your body. Don't work out too much because it can cause your body to not function properly when you work out or may make you suffer a burn out. It is best to leave a day or two off to get back your energy.

6. Regulate your weight.

Being too fat or skinny isn't good for you. Your doctor can tell you if you are under- or over-weight. Exercise and the food you eat can change your weight, so keep that in mind.

7. Stay clean.

Everyone should have one shower per day. Have another if you have had a particularly hot or sweaty time. Put on an antiperspirant after your shower.

8. Enjoy yourself.

Don't stress yourself over anything. Have fun! Stress can tense your muscles, which will make you feel unhappy and unwell. If you worry too much about your health, you'll be making it worse, so just relax once in a while.

Article retrieved and adapted from: *wikiHow* web site at <http://www.wikihow.com/Live-a-Healthy-Lifestyle>.



Holifield to present "A Woman's Guide to Money Matters"

On Tuesday, June 12, 2012, **Joseph M. Holifield**, financial advisor with Edward Jones Investments in Johnson City, Tenn., will present "**A Woman's Guide to Money Matters.**" Location is the East Tennessee Room, D.P. Culp University Center, at noon.

This *Personal Finance Series Lunch Break Seminar* is designed for women of all ages to learn how to take control of their financial life by examining their values and setting specific, realistic, and measurable goals. "**A Woman's Guide to Money Matters**" also covers key strategies for



three common financial goals: preparing for retirement, living in retirement, and paying for education.

For more information on the **Holifield Personal Finance Seminar**, contact the Women's Resource Center at 423-439-5772.



Murray returns for Summer 2012 series

Join **Pam Murray, B.A., M.B.A.**, local artist and creative coach, during July 2012 for **"Visual**

Soul Journaling." This two-part series is scheduled for July 24 and 31, 2012. Start time for the series is noon and location is the Campus Center Building, Room 208.

If you are desiring to feel more joy, maybe feeling stuck somehow, or maybe wanting to illuminate your specific dreams and goals, celebrate them, or just self-express and explore, visual journaling is a wonderful tool to assist you in clarifying what is happening with you, in bringing messages and ideas, for action, out from within your true core self and soul. By going beyond just words – that sometimes are not enough to express all that is inside you – see what your thoughts, imaginations, and feelings might look like in colors, shapes, and imagery, designed to connect to your inner creative self, to open up to inspiration and messages from within.

Using both visual and written expressions – from doodles and scribbles to drawing, from poems and quotations to letters, from colors and abstract to collage – the goal is not to create a work of art, but to BE in the creative process, remembering and exploring wonderful YOU.

Reservations are required. To reserve a space for **Murray's Women's Personal Enrichment Series Workshop**, contact the Women's Resource Center at 423-439-5772.



Women's Health Series

You wouldn't try to drive your car with an empty gas tank--you know you'd never get out of the driveway. But chances are you have gone for a walk or two when you were out of gas and didn't get very far either. Unwittingly, you may have sabotaged your entire exercise program. After "I never have enough time," one of the most common excuses people give for not working out regularly is "I'm always too tired." And when exercise regulars lose focus and quit, the primary reasons are fatigue and dehydration.

Sometimes the problem is lack of sleep, but just as frequently it is diet. "You need calories and fluids to have energy and to feel good while you're physically active," says Kristine Clark, Ph.D., R.D., director of sports nutrition for the Penn State University athletic department. So whether you're walking 2 miles a day to lose weight, training for a 5-K, or trying to keep up with an active

family, **K.C. Gott** will share some dietary tips that will help you stay energized and rarin' to go.



On Thursday, July 26, 2012, **K.C. Gott, M.A., H.H.C., R.Y.T.-200**, a local and regional holistic health coach and trained yoga teacher, is guest speaker for **"Eating for Energy."** Location is Meeting Room 6, D.P. Culp University Center, at noon.

Gott is a native of East Tennessee with deep roots in the Appalachian region. She earned her master's degree at ETSU in professional communication, specializing in training and development, and earned her holistic health coach certification from the Institute for Integrative Nutrition.

For more information on the **Gott Women's Health Series Lunch Break Seminar**, contact the Women's Resource Center at 423-439-5772.

Some article contents adapted from the **Prevention** web site at <http://www.prevention.com/food/healthy-eating-tips/8-ways-eat-energy>.



Manor to present "The 7 Steps to Build and Own Your Personal Power and Influence"

What is personal power and how do we get it? Some people might think personal power and self-discipline are the same, but there are some differences to consider. The problem for many people isn't that they lack personal power and discipline; it is that they have already invested it in agreements about being powerless.

One of the most effective ways to develop personal power is to break energy-wasting habits that don't serve you. Most people have an extraordinary amount of personal power that they wake up with every day, but they are expending it in their habits and exhaust themselves by the end of the day.

During August 2012, local business coach, international consultant, and speaker, **Natalie Manor, C.E.O.**, of Natalie Manor and Associates, returns to the ETSU campus for a strategy-packed seminar about building your respective personal power that subsequently can be used to proactively influence others.

"The 7 Steps to Build and Own Your Personal Power and Influence" begins with a clear understanding that the leader in you has the potential and the power to be highly effective in all aspects of your personal and professional life. The seven simple, yet profound, steps will inspire you to take the time and a deeper look at what is really possible in your life. Scheduled for Tuesday, August 14, 2012, location is the East Tennessee Room, D.P. Culp University Center, at noon.

For more information on the **Manor Women's Professional Enrichment Series Lunch Break Seminar**, contact the Women's Resource Center at 423-439-5772.

Some article contents adapted from the **Pathway to Happiness** web site at <http://www.pathwaytohappiness.com/personal-power.htm>.

ETSU Women's Resource Center
Program Schedule

For more information on the events listed contact the **WRC** at 423-439-5772.

JUNE – AUGUST 2012
Main Campus Programs

Tuesday, June 12

“A Woman’s Guide to Money Matters” – A Personal Finance Series Lunch Break Seminar. Guest speaker is **Joseph M. Holifield**, financial advisor with Edward Jones Investments in Johnson City, Tenn. This seminar is designed for women of all ages to learn how to take control of their financial life by examining their values and setting specific, realistic, and measurable goals. See article pages 1-2.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, June 20

Book Review Group. Participants will meet to discuss ***Undress Me in the Temple of Heaven: A Memoir*** by Susan Jane Gilman. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Wednesday, July 18

Book Review Group. Participants will meet to discuss ***Looking for Salvation at the Dairy Queen: A Novel*** by Susan Gregg Gilmore. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

Tuesday, July 24

Tuesday, July 31

“Visual Soul Journaling” – A Women’s Personal Enrichment Series Workshop. **Pam Murray, B.A., M.B.A.**, local artist and creative coach, returns during summer 2012. In this two-session workshop, Murray guides participants through visual journaling. Using both visual and written expressions the goal is not to create a work of art, but to BE in the creative process.

Reservations are required. See article page 2.

LOCATION & TIME: Campus Center Building, room 208, noon.

Thursday, July 26

“Eating for Energy” – A Women’s Health Series Lunch Break Seminar. **K.C. Gott, M.A., H.H.C., R.Y.T.-200**, a local holistic health coach and trained yoga teacher, is guest speaker. Gott will share dietary tips that will help you stay energized in this timely seminar. See article page 2.

LOCATION & TIME: D.P. Culp University Center, Meeting Room 6, noon.

Tuesday, August 14

“The 7 Steps to Build and Own Your Personal Power and Influence” – A Women’s Professional Enrichment Series Lunch Break Seminar. Guest speaker **Natalie Manor, C.E.O.**, of Natalie Manor and Associates, presents this strategy-packed seminar about building your respective personal power that subsequently can be used to proactively influence others. See article page 2.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, August 15

Book Review Group. Participants will meet to discuss ***Rules of Civility: A Novel*** by Amor Towles. New readers welcome.

LOCATION & TIME: Women’s Resource Center, Campus Center Building, room 220, noon.

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.

MORE CAMPUS & COMMUNITY NEWS

Saluting the Women of ETSU



Hausman receives 2012 'ETSU Staff Woman of the Year' award

On March 20, 2012, the first-ever *ETSU Staff Woman of the Year* award was presented to **Ruth E. Hausman**, executive aide in the Center for Appalachian Studies and Services. Beginning in 2012, this annual award serves to recognize the accomplishments of one of ETSU's outstanding staff women. Dr. Brian Noland, ETSU's President, along with Ms. Theresa Marlow, chair of the *ETSU Commission for Women Standing Committee*, presented Ms. Hausman with the award plaque and \$500 award check.

Congratulations, Ruth!



HOLIDAY CLOSINGS

ETSU will be closed and classes will not be in session Wednesday, July 4, and Monday, September 3, 2012.

FALL SEMESTER 2012

Classes begin Saturday, August 25, 2012.



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