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Happy Springtime everyone!!!!
Please mark you calendar now and be sure to join us, if just for a few minutes, Thursday, May 6, 11am to 1 pm for the Gaston College Health Fair!!!! You will find us in the Myers Center breezeway.

There will be 38 plus information booths with awesome tips and answers to questions. Plus cholesterol screenings for $10, free diabetes checks, free blood pressure checks, free BMI checks, awesome chair massage, fabulous cosmetology tips and so much more!

At the same time demonstrations will continually go on with guests like Karate, Tia Chi, YMCA fitness, Dance Out and Senior Line Dance.

Please be sure to join us!!!! If you have a question or would like to see a list of participants just call or email Judy Blankenship x2257 or 704.867.7176.

Run for the Money
Jacob Surratt

The Gaston College Foundation participated in the Community Foundation’s “Run for the Money” fundraising event. The 8th annual Run for the Money was held Saturday, April 17th. Participants competed in either a 5K run (3.1 miles) or 2K FunWalk (1.25 miles).

Gifts through the Community Foundation’s “Run for the Money” will provide mini-grants for Gaston College faculty, staff, and students. Also, the Gaston College booth won the Run for the Money Booth People’s Choice Award.

Thanks to all who participated and voted for us. We look forward to have an even greater turnout next year!
You, New!: A Special Summer Wellness Series
Leonard P. Martineau, PhD, LMBT

“You, New!” is a series of 2-hour classes offered at Gaston College’s Dallas Campus during the summer of 2010. You can enroll in the whole series, or choose from any of the following classes:

- Thursday, 24 June, 11am-1pm: Vibrant Wellness
- Thursday, 1 July, 11am-1pm: yoUga: Yoga With A Capital YOU
- Thursday, 8 July, 11am-1pm: Wellness: It’s Just A Breath Away!
- Thursday, 16 July, 11am-1pm: A Touch Of Heaven
- Thursday, 22 July, 11am-1pm: Fit 4-ever!
- Thursday, 29 July, 11am-1pm: Happy, Now!

Instructor/Facilitator: Leonard P. Martineau, PhD, LMBT, LMT, NCTM

Dr. Leonard Martineau is a Fitness/Massage instructor who has been teaching/learning about High-Level Wellness for over 30 years. In addition to his Master’s Thesis and Doctoral Dissertation, Lenny has written over 25 Wellness articles and more than 500 posts on www.wellnesseducation.us. He has taught hundreds of classes and hands-on workshops in places like:

- Montreal, Canada
- Santorini, Greece
- Chaing Mai, Thailand
- Alajuela, Costa Rica
- Kuata Island, Fiji; and
- Honolulu, Hawaii.

The “You, New!” Series Synopsis:
“Vibrant Wellness” is an introductory class into Halpert Dunn’s original concept of High-Level Wellness. Alternatively titled “WELLNeverthelESS,” this class stresses that you are Perfectly Perfect, just the way you are. At the same time, this class highlights a few small changes that anyone can make — if the goal is to experience unparalleled bliss on a daily basis.

“yoUga: Yoga With A Capital YOU” is a gentle, introductory workshop that emphasizes the Yoga Sutras of Patanjali while practicing a full-body yoga flow that will leave you totally relaxed — yet begging for more.

“Wellness: It’s Just A Breath Away!” is a workshop that focuses on our most important physiological function: respiration. We’ll practice Dr. Andrew Weil’s Healing Breath Technique, which will provide the foundation for simple (yet profound) breath-centered meditation. Experience body-mind transformation in less than 30 seconds.

“A Touch Of Heaven” is known as a “fan-favorite” — a massage therapy playshop that will cause others to love you, forever. Learn to give and receive a seated mini-massage that emphasizes safe, nurturing, therapeutic treatment. Get in touch with your Inner-Knowing — that giving and receiving are One in the same.

“Fit 4-ever!” brings you into the Gaston College Fitness Center to experience more hands-on learning. Emphasis will be placed on the five components of physical fitness as the foundation for your lean, toned and flexible physique.

“Happy, Now!” teaches us how to take the “bad” things in life and to use them as “superfoods” to fuel increased happiness. When we practice now-moment awareness, we tap into our unlimited reservoir of love and well-being. In-Joy
Massage Clinics
By Kandy Penley

This spring our Therapeutic Massage students have been conducting massage clinics, where they have offered one-hour full body, or 20 minute chair massages. The response has been wonderful.

We offer 4 different times during the day with 12 appointments at each scheduled time. The clinic welcomes anyone wanting to get an hour of pampering and relaxation. The charge for general public is $25.00, Faculty/Staff $20.00 and students at $15.00. Chair massages are $7.00 each for 20 minutes. Can’t beat those prices.

The last day for the clinic is this Friday, May 7th. If anyone is interested please contact Kandy Penley at 704/922/6377 to schedule your appointment.

Improve Nutrition from Ground Up
Provided by Juanita Gunnell

It is never too late to begin a healthy lifestyle. Just start with the basics and begin from the ground up.

Toby Smithson, spokesperson for the American Dietetic Association, suggests several ways to improve your nutrition from the ground up. Some of these are:

- **Focus on Fruits and Vegetables:** Adding more fruits and vegetables is important regardless if they are fresh, frozen, natural or organic.
- **Look Locally:** Don’t forget about shopping at the local Farmer’s Markets in your community. These farmers provide many fresh options and this is one way you can provide support to the local agriculture.
- **Make Calories Count:** It is one thing to always be aware of the caloric intake you consume. The really important thing is to evaluate the foods you eat for the most “nutrient dense” foods. These are the ones that have the highest vitamin and mineral content. Sometimes foods with the lowest calories aren’t always the healthiest.
- **Test Your Taste Buds:** There is a wide range of food options for us to choose from. We should force ourselves to expand our horizons from time to time and try something new, such as a healthy fish, chicken or vegetable combination.
- **Trick Yourself With Treats:** It is not wise to deprive yourself of certain food items. Make fruits or yogurts your “sweets” that follow your meal. Use nuts or trail mix for that afternoon snack. Remember, portion/serving size is the key to weight control. Often depriving ourselves only makes us “crave” that food more.

For more information on nutrition and diet visit www.eatright.org and click on “For the Public”.

For Your Information

Shingles Vaccine

The shingles vaccine is covered by our health insurance.

Administering the shot may possibly have a fee but the vaccine itself at the drug store -available by prescription - is free.
Eat Smart, Move More, Weigh Less

Eat Smart, Move More, Weigh Less is a weight-management program that uses strategies proven to work.

The classes will be held every Wednesday from 12:30 to 1:30 in DBC 170 beginning September 1 through December 8. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. The program provides opportunities for participants to track their progress and keep a journal of healthy eating and physical activity behaviors.

Lesson Titles:
1. Introduction
2. Make Your Commitment
3. Re-Think Your Drink
4. Eat Fewer Calories
5. Move More
6. Check The Facts
7. Enjoy More Fruit and Vegetables
8. Right-Size Your Portions
9. Plan, Shop, Fix, and Eat
10. Eat Out Less
11. Move Strong
12. Start Smart
13. Tame the Tube
14. Pack Smart Lunches
15. Keep Your Commitment

Each lesson includes:
- In-depth information about why the behavior is important for weight loss and weight maintenance
- Strategies for adopting the behavior
- 3-5 minute physical activity break
- Ways concepts can be adopted by the whole family
- Opportunity for sharing and celebrating
- Suggestions for living mindfully
- Guided discussion of strategy for the week
- Time for each participant to assess body weight in privacy

Each participant receives:
- *Eat Smart, Move More, Weigh Less Magazine* - a full-color magazine that contains the most salient points from each lesson, recipes and more.
- *Eat Smart, Move More, Weigh Less Journal* - a small booklet that helps participants keep track of their weight, food eaten and physical activity.
- *Invitation to participate in the Eat Smart, Move More - Maintain, Don’t Gain Holiday Challenge* - a campaign that encourages participants to maintain their weight during the busy holiday season. The Holiday Challenge helps participants learn how to enjoy the holidays without adding extra pounds.