

# HEALTH & WELLNESS: TAKE CARE OF YOUR SELF, YOUR HEALTH

Ideas to keep your mind, body and spirit strong

*ECAC-SIDA Table Topic • June 9, 2010 • Cape Cod, Mass. • Kevin Beattie, RPI*

## MENTALLY:

- Turn off the mobile phone when you get home (or at a reasonable time)
  - Checking your e-mail on your phone keeps you too connected.
- Keep the home computer off
  - If necessary to turn it on for post-game responsibilities, shut it down when you are done
- Take time to read or meditate or anything that is not work related
  - Enough mental power is spent on work – give your brain something else to comprehend
- Challenge yourself
  - Take courses
    - They are right there on campus and should be FREE

## PHYSICALLY:

- Get checked up
  - Visit your physician for an honest assessment, especially of weight, blood pressure and cholesterol
- Exercise
  - Every campus has a fitness center, athletic fields and most have pools
    - TAKE ADVANTAGE
      - Don't be shy in asking someone to help familiarize you with the equipment
      - It might mean you are in the office a little later but you will be energized
      - You may also have some work to do at home
        - We have computers at home but we do not have fitness centers
- It is amazing how a person's demeanor and self-confidence rise with getting more fit
- Develop a program that suits your needs
  - Work with your strength & conditioning coach or athletic trainer

## DIETARY:

- Pay attention to what you are putting in your body
  - Keep healthy snacks in your office
    - Especially when you start working out
- Eliminate soda
  - Even diet soda is hard on your health!  
<http://health.yahoo.net/experts/drmao/what-soft-drinks-are-doing-your-body>
  - Choose fresh water, fruit juice or tea
- Be cognizant of portion sizes
- Cut back on desserts
- Do not eat too late consistently

#### SUPPLEMENTS:

- Consult your physician about simple options
  - Vitamins
  - Fish oil
  - Red yeast rice

#### DILIGENCE

- Spend some time doing some research and using your resources
  - <http://www.mypyramidtracker.gov/planner/launchPage.aspx>
    - Runs reports on your food choices for the day
    - Gives tips on better choices to make
    - Fast food options built in to it

#### STAY POSITIVE AND BE CONSISTENT

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