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Happiness Made Simple
Secrets of the Brazilian Diet
Hitting the Gym in Our Golden Years
Healthy Eating is an Inexpensive Choice
Embodied Mind

Lourdes Perez
Her Title Here
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To NSU Family Members and Friends:

As congress passed landmark legislation to overhaul the nation’s health care system, we must be cognizant about our own responsibilities in changing our health care culture. Health care, at its core, starts with you and me. It begins long before checkups, physicals, and exams at our doctor’s office. It starts with each of us making the right choices in life that will strengthen our bodies and our minds.

We need to eat right, exercise, and take measures to identify and reduce our risk factors to prevent diseases and other ailments that impact our health. This will result in a higher quality of life and perhaps a longer one. By being more responsible for our health, we are also helping our fellow Americans. The healthier we are, the more money we will help save the nation’s health care system. This is money that can be spent furthering education, building roads, helping small business, etc.

As always, Wellness Made Simple is designed to provide our students and faculty and staff members with the latest health information to enrich their lives. Our aim is provide stories with practical knowledge that readers can apply to their own lives and further their wellness endeavors. We hope to facilitate discussions on current and future health and wellness initiatives.

This magazine is written by our students and faculty and staff members who have a wealth of knowledge and experience with health and wellness. In addition, they have used the different dimensions of wellness to achieve healthier lifestyles.

Finally, as we have in the past, we list the services and opportunities NSU offers to help you achieve your health and wellness goals.

We thank our wonderful sponsors for their generous support. We hope you enjoy this latest edition, and we welcome your feedback.

Robert S. Oller, D.O.
Chief Executive Officer, Division of Clinical Operations
Professor of Family Medicine, College of Osteopathic Medicine

This issue of Wellness Made Simple explores healthy eating and the six dimensions of wellness: social, occupational, spiritual, physical, intellectual, and emotional. We bring stories that matter most to you in your quest to live a healthy lifestyle and experience the joy of wellness.

While many people understand that eating a healthy diet is essential to wellness, not too many practice it. Their busy lives leave them little time to cook nutritious meals, opting for fast-food and TV dinners, which are easy options for harried lifestyles. Still, there are others not eating healthy because of a stereotype that healthy eating is too expensive, compared to eating less nutritious meals. This issue shines the light on eating right, so you can make better choices in the supermarket and in your kitchen.

We also explore happiness and whether anyone knows the true meaning of happiness. Perhaps there is not a concrete definition for happiness. Maybe what defines happiness is all around us. Instead of focusing on the destination, focus on the journey. In doing so, we can appreciate the special moments in our lives that we often overlook.

Our dependence on technology is making our lives busier than ever. We take work home, constantly answer emails, and always check our social pages. Isn’t it time for us to slow down and focus on wellness, so we don’t become workaholics? Meditation might be worth trying to help us de-stress and free our minds. A tried and true practice since the beginning of time, meditation promotes calmness and helps further spiritual development.

As usual, Wellness Made Simple brings you the latest wellness tips and events for you to enjoy as a member of the Nova Southeastern University family. We have everything from the NSU Biggest Loser challenge, the NSU Health and Wellness Fair, and A Day for Children, to the Shark Shuffle 5k Run/Walk, to name a few. Take advantage of these activities designed to foster healthier lifestyles. Also, don’t forget to take advantage of university resources such as the NSU Health Care Centers, RecPlex fitness center, Sports Medicine Clinic, campus recreation, and student counseling, among others.

As your managing editors, we hope to enlighten your health and wellness journey. Healthy bodies and healthy minds lead to healthy and productive students and faculty and staff members. While you flip through the pages of Wellness Made Simple, absorb the material and apply it to your life. We don’t just want you to be, we want you to be well!
Linda Maurice
I am the community relations manager for the Lifelong Learning Institute in the Farquhar College of Arts and Sciences at NSU. For most of the past 25 years, I have been a wife, mother, and career woman. Whether it was trudging through the Middle East on a television news assignment, representing the Lifelong Learning Institute, or managing the busy lives of three children, I attribute my daily sanity to regular exercise. Better than caffeine, it’s a no-fail cure for my morning, soporific trance!

Richard Toumey, M.F.A.
I am an adjunct professor of writing in the cross-disciplinary studies master’s program at NSU’s Graduate School of Humanities and Social Sciences. I’ve made good use of the spectrum of health practices. As a result, nothing is alternative medicine to me. Natural remedies, yoga, meditation, regular checkups, and daily walks are essential for me. Another big help is my job, which keeps me on the move and stops me from sitting behind my desk all day.

Arlene Brett Gordon
Ph.D., LMFT
I am the director of the Brief Therapy Institute at NSU’s Graduate School of Humanities and Social Sciences. I’ve made use of the spectrum of health practices. As a result, nothing is alternative medicine to me. Natural remedies, yoga, meditation, regular checkups, and daily walks are essential for me. Another big help is my job, which keeps me on the move and stops me from sitting behind my desk all day.

Annarely Rodriguez
I am an NSU junior majoring in communications. I am also the news editor at The Current. With a busy, stress-filled schedule of school, work, and the newspaper, what keeps me healthy is music. Whether it’s playing the keyboard or listening to my favorite group, music is always a part of my life. It relaxes me when I feel tense and makes me happy when I feel down.

Richard Heller
M.Ed., Ph.D. (ABD), LMFT
I am a practicing psychotherapist in Plantation, as well as a doctoral student of marriage and family therapy at NSU’s Graduate School of Humanities and Social Sciences. I enjoy a multitude of activities, both personally and professionally, with spending time with my daughter. My passion is working with people of all ages to facilitate their movement toward happiness.

Serena Mann
I am currently pursuing my master’s degree in business entrepreneurship at NSU’s H. Wayne Huizenga School of Business and Entrepreneurship. As the editor in chief of NSU’s student newspaper, The Current, life can get crazy. A good de-stressor for me is dancing, particularly zumba. I love to dance, which I have done my whole life, and enjoy bollywood, hip-hop, soca, and reggae. Dancing is my favorite form of cardio.

Paul D. Giles, D.O.
I was an osteopathic family practitioner and a primary care sports medicine fellow at NSU’s Sports Medicine Clinic. I am now working at the Johns Hopkins Community Physicians group. Through my training, I have observed how my sleep directly affects my personality, patience, and health. I have also found that exercise helps my body deal with the stress of life and provides physical fatigue to match the mental exhaustion.

Yineth Sanchez
As a freshman at NSU majoring in legal studies, I frequently see peers using energy boosters in order to get through their days. My caffeine for the day is laughter. Once I step out of my house, I make a personal commitment to enjoy my day and find as many reasons as I can to be happy.

Contributors

Heather McCarthy, D.O. (not pictured)
As an assistant professor of osteopathic principles in NSU’s College of Osteopathic Medicine’s practice and sports medicine departments, I believe wellness encompasses mind, body, and spirit. For mind, I learn something new every day. For body, I focus on exercise and try to exercise each day, whether that involves taking an aerobics class, lifting weights with my husband, or walking to a destination instead of driving. For spirit, I try to have a positive outlook on life.

If you would like to be a contributor for the next issue, please contact Marcela Sandigo, at (954) 262-4055.
It’s 11:30 a.m. and I know I must gather my brothers and go home. It’s time for lunch. My father would be arriving soon for his lunch break and my mother would be waiting for us with a hot, delicious meal she prepared that morning. My siblings and I would stop what we are doing—as most kids did in our small southeastern Brazilian town—and run home. This is our time—family time—that we know we just can’t miss.

Although I have a treasure chest of wonderful childhood memories, the best ones revolve around my Brazilian food culture: the simple practice of eating delicious, healthy meals while enjoying quality time with family. What I learned as a child in South America’s largest country helped shape my family values. It also provided me with a foundation to sustain the same healthy and nurturing lifestyle in South Florida today.
Sundays were extra special. It was when my entire extended family—grandparents, uncles, aunts, and cousins—gathered for a special meal and to catch up. We ate roasted chicken and homemade pasta with tomato sauce, which was one of my favorites. On special occasions, my grandfather made grilled steak with potato salad, and chicken. For variety, my mom prepared baked zucchini stuffed with rice, onions, peppers, and, occasionally, ground beef. My brother’s favorite dish was charuto, cabbage leaves stuffed with rice and ground beef in a fresh tomato sauce.

Our meals varied, depending on what was fresh that week in the farmer’s market.

Saturday mornings, my mom would wake me at dawn to go with her to the farmer’s market. I loved going! It was a rainbow of colors. Everywhere you looked were hues of green, orange, yellow, and red. The enticing smell of ripe mangoes, grapes, passion fruit, and guava made my nose sing. Fruits and vegetables, however, were not the only good eats at the market. At a sweet stand there was homemade jam and pe de moleque, a soft peanut brittle, as well as a variety of other desserts such as doce de leite, a milk dessert, and a coconut dessert called cocada.

At the bread stand, where large crowds gathered to smell the aroma of freshly baked breads, you could choose from French bread, sweet bread (pao doce), milk bread (pao de leite), or sweet bread braided with raisins and nuts. The selection was endless. Even though the smell was irresistible, my mom passed by without hesitation because each day she made her own bread. Every morning she also headed to the local meat market to purchase fresh cuts of meat for the dish she was going to prepare. Our food was always fresh and delicious—no supermarket pre-packaged meals. My mom put time into our meals, but more importantly, she put in love, which made a huge difference in taste, quality, and wholesomeness.

When people find out that I am from Brazil, they often ask about the Brazilian diet and the secret behind it. The secret may seem obvious to you: it’s the way we approach our meals. I don’t have one memory of eating in the car, microwaving frozen dinners, or ordering fast-food. Those ideas did not exist in our minds. We didn’t have a television near the dining room, nor were we distracted by portable videogames, cell phones, or anything else for that matter. Our meals were a time for sharing. Here’s where the best conversations of my life started.

When I look back, I find that we had simple, affordable meals. We ate black beans, rice, collard greens, tomato salad, and chicken. For variety, my mom prepared baked zucchini stuffed with rice, onions, peppers, and, occasionally, ground beef. My brother’s favorite dish was charuto, cabbage leaves stuffed with rice and ground beef in a fresh tomato sauce.

Our meals varied, depending on what was fresh that week in the farmer’s market.

Sundays were extra special. It was when my entire extended family—grandparents, uncles, aunts, and cousins—gathered for a special meal and to catch up. We ate roasted chicken and homemade pasta with tomato sauce, which was one of my favorites. On special occasions, my grandfather made grilled steak with potato salad. On really special occasions, we had soda. Soda was a rare treat back then—a one-liter bottle was enough for five—not like it is in today’s world.

Twenty years later, and a continent away, we still find time for Sunday family get-togethers in Coral Springs. Each week, we gather at my mom’s house for Sunday dinner. None of us make other plans for Sunday because, to us, it is still a sacred day. It is our family time—time to laugh, eat, and enjoy each other’s company.

Much has changed since my early days in Brazil. My brothers and I, all of us now married, find it difficult to have the same quality time together that we enjoyed in our youth. Though our lifestyles run at a faster pace, we cherish what has remained the same—our food culture and family time. As the cooks in each of our households, we share a passion for cooking, inspired both by our love for food and the love we felt in each meal brought to the table.

So you want to know the secret of the Brazilian diet? It is enjoying your meals together, eating fresh foods, and establishing family traditions that will last a lifetime.
But times are changing. Staying in shape isn’t just for the young anymore. Growing numbers of silver-haired folks are working out in gyms side by side with younger adults and teenagers. Now, more than ever, it’s our nation’s senior citizens who are hitting the gym hard and signing up for exercise classes in droves.

At Nova Southeastern University, the demand for exercise by older adults is being met in several ways. Located at the Don Taft University Center, a state-of-the-art, 110,000-square-foot RecPlex houses a fitness center with multipurpose gyms, studios, and ongoing exercise schedules. Of the gym’s 1,162 active members, 112 are age 55 or older.

“There is definitely a trend of seeing an older age demographic at the gym,” said Tom Vitucci, director of campus recreation at NSU. “Improved cardiovascular health has so many positive effects and helps in disease prevention. I believe as [older] people become more educated about the benefits of cardiovascular exercise, we’ll see more of them in the gym.”

One of these mature adults found regularly in the NSU fitness center is Abraham Fischler, Ed.D., NSU’s president emeritus. At 82 years old, Fischler credits exercise with maintaining his clarity and physical ability.

“Exercise is important at any age,” Fischler said. “As you get older, it becomes even more important. It helps you keep the muscle tone of your body; it helps your heart stay stronger; and it delays atrophy from settling in. It also gets more oxygen to your brain, helping you retain your mental capacity.”

Not far from the RecPlex, the NSU Lifelong Learning Institute (LLI), a part of the Farquhar College of Arts and Sciences, offers exercise classes specifically tailored for older adults. For more than a year, the Enhance Fitness© program has been well attended three afternoons a week by a quarter of the LLI’s members. The LLI is one of 200 sites nationwide offering Enhance Fitness©, which was developed from years of scientific research and hands-on experience geared toward level-appropriate physical exercises for older adults.

The hour-long Enhance Fitness© class includes a 5-minute warm-up, 20-minute cardiovascular workout (dancing or walking to lively music), 5-minute cooldown, 20-minute strength-training workout with soft ankle and wrist weights (0–12 lbs), and a 10-minute stretch and balance session. Participants are able to regularly follow their own progress through instructor-administered testing and evaluations.

According to Barbara Norgren, exercise has come a long way.

“I think the physical aspects, the balance training, and the flexibility training, as well as strength training, are all great for older people. We see positive results all the time,” Norgren said. “It is definitely not your grandmother’s exercise class.”

This sentiment is echoed by class participants.
Bennie Berman, 84, walks with the assistance of a walker, but is a faithful attendee. He also has quite a sense of humor when it comes to including exercise in his daily routine. "I don’t like it, but I know it is good for me and the doctor also thinks it is good for me. I have seen improvements in my flexibility since I started [last year]," Berman said.

At 83, Edith Bergman has been an LLI member for almost 20 years. According to Bergman, when she was a girl and young adult, she did not exercise at all, never even learning to ride a bike. "It was a cultural and timing thing," she said. "Girls didn’t do sports things. Girls walked, jumped rope, played hopscotch, played outside with friends. Boys played the traditional sports, but there were certainly no gyms like there are today."

Gender roles in exercise are certainly different today. Bergman has become an exercise devotee, joining her YMCA 10 years ago for aqua exercise classes, as well as cardio and light-weight exercise classes, which she attends five days a week. When Enhance Fitness® started at the LLI, Bergman added the extra three hours of exercise to her weekly routine.

All this exercise helped Bergman grow stronger for when she needed it most. A few months ago, she suffered a fall. She did not break any bones, but did have residual balance problems. However, a mere six weeks after her fall, she was able to resume the LLI Enhance Fitness® classes. She credits her quick recovery with her exercise routine. "It is definitely possible that I made an easier recovery because of my improved physical strength. I was recently in the doctor’s office, and when the nurse called me, I stood up without using the chair arm rests for support. An elderly man sitting next to me said, ‘Wow!’" Bergman said.

Cecilia Rokusek, Ed.D., M.S., is the executive director for education, planning, and research at NSU’s College of Osteopathic Medicine. She believes that the notion of positive aging, which includes recognition of good health and wellness throughout the life span, has taken off in America and is spreading throughout the world. "People no longer view the aging process like they did 30 or 40 years ago. The new middle age now includes those who are 50–70 years old. This group, and those beyond 70 years, view aging in a more positive way," Rokusek said. "In addition, because of the Internet, older adults are far more knowledgeable about the benefits of good health, including exercise, than ever before."

For anyone in doubt, heed the wise words of Bergman, the octogenarian. "If you don’t exercise, I suggest you try it. It makes you feel better and makes you more flexible. Definitely a good feeling, and the results are great!"

*Editor’s note: Bennie Berman died on June 11, 2010, prior to the publication of this article. Despite health challenges, Berman repeatedly came back to the LLI’s Enhance Fitness classes. Those who knew him best believe that his commitment to exercise most certainly extended and added to the quality of his life.

“If I knew I was going to live this long, I'd have taken better care of myself.”

-Mickey Mantle

New York Yankees Outfielder
People say I smile more and seem happier because I feel better about myself mentally and physically. The benefits of the program are absolutely incredible! In addition to losing 55 pounds, dropping 52 points off my cholesterol, and shedding 27 inches from my waistline, I also took 14 years off the age of my body.

I am back running 5ks and recently completed the A1A half marathon. Taking the Biggest Loser challenge helped me to lose weight and gain a new, healthy lifestyle. My new lifestyle is enriched with medical, physical, nutritional, and mental development—growth that will stay with me forever. Through the Biggest Loser program, I gained confidence and learned that, with the right mindset and support group, anything is possible. The program’s trainers, nutritionists, coordinators, healthy lifestyle coach, and other participants played an important role in my life. Ironically, a year ago I was unaware any of them existed, but now I keep in touch with them for support, which is why I continue to be successful on my wellness journey.

Lourdes Perez, my personal trainer from the program, continues to be an excellent friend and motivator. In addition to attending her group workout classes, such as spinning and sculpting, I also train solo with her. We run 5ks together and are signed up for the April 2010 Corporate Challenge. Like any good trainer, she pushes me when I don’t want to go any further. She’s my guardian angel, who continues to watch over me to make sure I don’t gain back the pounds.

I am forever grateful to NSU for their wellness support and to those who helped me along my journey. These people, my new family, listened and encouraged me at each step. Without them, I would not be where I am today. Thanks!

By Mary Friel, 39
NSU Director of Undergraduate Recruitment

As a personal trainer for NSU’s Biggest Loser challenge, I learned a lot about the 18 participants. During the five-month challenge, I watched the amazing changes they made and the obstacles they faced. I also watched them finish the program strong. I’m still training the 2009 Biggest Loser winner, Mary Friel, who lost 55 pounds and has kept the weight off for 11 months.

Most recently, I spent time in the Farquhar College of Arts and Sciences’ Lifelong Learning Institute (LLI), working with the enhance fitness class. The 25 members who attend this group exercise class truly want to be strong and healthy. These members, all of whom are over the age of 60, want to sweat, laugh, and live life to the fullest. It’s remarkable to watch the members who are over 90 keep pace with the others.

My fitness experience at NSU has come full circle. It ranges from group exercise classes for students and faculty members, to people who want to change their lifestyles, to preventative health issues in the Biggest Loser program, and to LLI members who require occupational and physical training. As I share my thoughts with you today, I realize that not only have I motivated and inspired people of all ages through the years, but they have truly inspired me!

By Lourdes A. Perez
Certified Group Fitness Instructor

Nova Southeastern University’s Biggest Loser program helped me change my life forever.
Fitness and eating healthy are the group’s top priorities. Some of us have personal trainers and workout several times a week at the gym. We also use workout buddies to help motivate us toward our wellness goals. Some of us perform mini-workouts during our work breaks. A fitness body ball is available to strengthen our abs, and we do push-ups and high-repetition shoulder and arm exercises.

To inspire and rejuvenate each other, we use positive energy and positive reinforcement techniques. For example, to relieve work-related stress, we cite motivational quotes to each other. We also help each other stay physically fit and resist temptation by offering healthy options—such as fruit or healthy homemade cakes—during birthday celebrations.

As a group, we took advantage of the NSU Shark Shape-Up program. During this program, a trainer came to our department twice a week, for six weeks, to train us. For $60 a person, our training included two nutrition sessions, in addition to 10 personal training sessions.

NSU has made it easy for our office to live a healthier lifestyle by creating the Plus 30 program. This initiative allows employees to workout before work, during their lunch breaks, or after work. In exchange, employees either come in for their shift a half hour earlier or leave a half hour later. The Plus 30 program really helped us to improve our fitness level and health, as well as the office’s productivity and morale. Those of us working out regularly have experienced increased energy and less fatigue.

The Plus 30 program benefits both NSU and its employees. Numerous studies have shown that fit, healthy employees are happy workers who are more productive, find their work more enjoyable, and take fewer days off due to sickness.

Our office is also concerned about the health of the planet, too. We recycle paper, plastics, cans, and glass bottles. Last Christmas, our boss gave everyone green bags as gifts, so we can use them for grocery shopping. Using green initiatives in and out of the office has made us more conscientious about our personal habits and saving the environment.
The Six Dimensions of Wellness

Wellness Made Simple magazine serves NSU staff and faculty members and students in learning about current topics and resources available at the university that help fulfill the National Wellness Institute’s six dimensions of wellness.

**Emotional**

Awareness and acceptance of one’s feelings

Emotional wellness includes the degree to which you feel positive and enthusiastic about yourself and your life. It includes the capacity to manage your feelings and related behaviors, including the realistic assessment of your limitations, development of autonomy, and ability to cope effectively with stress.

**Intellectual**

One’s creative, stimulating mental activity

Intellectual wellness includes expanding your knowledge and skills while discovering the potential for sharing your perspective with others. As you develop your intellectual curiosity, you’ll actively strive to expand and challenge your mind with creative endeavors.

**Occupational**

One’s personal satisfaction and enrichment in one’s life generated through work

At the center of occupational wellness is the premise that occupational development is related to your attitude about your work. Traveling a path toward your occupational wellness, you’ll engage your unique gifts, skills, and talents in work that is both personally meaningful and rewarding.

**Physical**

Conditioning of the body and mind through regular physical activity

Optimal physical strength, flexibility, and endurance are achieved through a combination of good exercise and thoughtful eating habits. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination, and a sense of direction. You’ll grow to appreciate the relationship between sound nutrition and how your body performs.

**Social**

One’s contribution to the environment and the community

Social wellness includes one’s recognition of the interdependence between others and nature. You’ll take an active part in improving our world by encouraging healthier living and initiating better communication with those around you. You’ll actively seek ways to preserve the beauty and balance of nature as you discover the power to make choices that enhance personal relationships and important friendships and build a better living space and community.

**Spiritual**

One’s search for meaning and purpose in human existence

Spiritual wellness includes the development of one’s deep appreciation for the depth and expanse of life and natural forces that exist in the universe. Your pursuit of spiritual wellness will be characterized by a peaceful harmony between the internal (your emotions, ideas, and beliefs) and the external (your physical body, your relationships, and the world in which you live, work, and contribute).
Happiness has been defined as the quality or state of being happy, having good fortune, finding pleasure, enjoying contentment, and experiencing joy. Since the beginning of time, many people have considered whether happiness is a state of being or a result of doing.

So what does it take to be happy? What does it really mean? Could it mean very different things to different people? If that is true, is there a way for everyone to truly experience happiness? As a psychotherapist, these questions cross my path and my mind several times a day.

Many people find themselves in pursuit of happiness, in a partner, in a career, in financial security, or in the mirror. For many, it seems there will always be something more to look for, to want, and to strive for. In my mind, the pursuit of happiness is an ongoing process.

Clients come into my office in fear that they can’t be happy until they’ve reached a goal they have defined for themselves. They tell themselves that life will be better when they get an advanced degree or a better job, have more money in the bank, find a lover or spouse, or when their child is born. Could these people find simple delight in the present moment? What would it take to achieve that?

Shelley Green, Ph.D., professor of family therapy at NSU’s Graduate School of Humanities and Social Sciences, cautions people about making a plan to be happy. “You can only be unhappy with something based on what you had decided it needed to be,” she said.

Green encourages people to consider how things could turn out if they didn’t plan for it to happen. She shared an experience in which she was acutely aware of being happy. “It wasn’t anything I had to make happen,” she said. “I was just feeling the pure undiluted pleasure in the moment. I wasn’t thinking about the next thing.” It seems that working at being happy may take the pleasure away. Perhaps the idea is just to be.

“The more active and involved I am, and the more I surround myself with positive influences, the happier I am,” said Ayala Winer, M.S., LMHC, director of marketing for NSU’s Psychology Services Center and The Brief Therapy Institute. Winer, an NSU doctoral student of family therapy, said because of her involvement and her positive influences, she looks forward to most everything she does, and feels happy doing it. She thinks of happiness more as a way of being.

Doreen Gaines, operations manager of support services for NSU’s Psychology Services Center, said she tries to find positive things in everyone, and looks at the good instead of the bad. “That keeps me happy,” said Gaines, who describes her happiness as “contagious.”

Happiness may not be something that one finds, but rather something one notices. It’s something that can surprise us at any moment in time. The trick is to know when these intense moments of happiness are happening, and to embrace them just as they are.
Besides the obvious external benefits of having a muscular physique, weight lifters often find dynamic rewards that occur inside the body, including increased metabolism and disease prevention.

Gaining muscle helps burn fat even away from the gym, during everyday activities. Consider the impact of placing a larger engine in a car. On the track, the engine increases power and speed. Off the race track, the engine exhausts extra fuel to get you to work and back. That larger engine increased the car’s metabolism.

In other words, muscular people have an easier time maintaining their weight, not just because they work out, but because exercise raises their resting metabolic rate. This allows them to burn more calories than a couch potato if the two are watching a movie together.

While the stress of lifting weights does small amounts of damage to muscles and bones, this damage triggers natural healing mechanisms, allowing tissue to heal and grow back improved. Physicians, therefore, recommend resistance training to treat and prevent osteoporosis.

A common condition, especially in women, osteoporosis results in the slow loss of bone. The loss itself is not harmful. The result, however, is an increased possibility of an injury after a fall or accident. Think of it in terms of saving for retirement. By building bone mass through weight training in your 20s, you put money in the retirement fund, or bone bank. Continued weight training then slows the rate of loss—or decreases spending during retirement.

Physicians also suggest weight lifting for those with diabetes, high cholesterol, and high blood pressure. Diabetes necessitates the control of blood sugar levels. The major hormone involved is insulin. The body produces too much, not enough, or insulin that simply does not work. Because muscle tissue responds to insulin, and this response is more profound during exercise, exercise lowers blood sugar levels by moving the sugar from the blood into the muscle cells.

By comparison, the body uses cholesterol to transport fats. Although it comes in many forms, certain kinds of cholesterol clog small blood vessels, leading to strokes and heart attacks. As a proven method of lowering these harmful forms of cholesterol, physicians often recommend strength training. Similar to the way it helps the body with diabetes and high cholesterol, weight training lowers the risks and dangers associated with high blood pressure—a risk factor for stroke and heart disease. Patients with high blood pressure should consult a doctor before starting an exercise program; however, as blood pressure elevates during resistance exercise.

How much to lift depends on individual goals and abilities. Using lighter weight and increased repetition, for example, is associated with toning and preventing bulk. But you cannot ignore genetics, which plays a primary role in determining muscle mass. One should consider injury prevention as well. Although the key is stressing muscles and bones, too much stress leads to injuries. Picking a weight that you can lift for approximately ten repetitions should stress the bone appropriately.

The benefits of lifting weights extend beyond physical appearance. Those benefits multiply even farther when resistance training is used in conjunction with a healthy lifestyle regime of diet, exercise, stress management, and rest. Time to hit the gym, and not just for those guns.

*Editor’s note: Information for this article came from the American Heart Association; Preventive Medicine; eMedicine; Medicine and Science in Sports and Exercise; and the Institute of Biomedical and Life Sciences, University of Glasgow, Glasgow, Scotland, United Kingdom.
On a conference call in my office, I text someone on my cell phone while I hear an email alert from my Microsoft Outlook and surf Nova Southeastern University’s Web site. Multitasking using technology has become a vital part of many jobs today.

A generally accepted attitude toward technology is that its purpose is to make life simpler, but at times, technology can be overwhelming. Being too connected with technology has had a tendency to make us work more, unconsciously or otherwise.

For every employee, student, or faculty member, it’s essential to take the necessary precautions to manage technology. Determining the shortcomings of being plugged in will benefit employees and help them to effectively perform their jobs. “What technology has done is take away a bit of our freedom,” said Carlos Sande, a digital media producer at NSU’s Innovation Zone. “People can find you anywhere.”

Technology has made us more accessible to individuals than anything else. Anyone can send an email to someone’s cell phone and expect to receive a response immediately. Monitoring your usage of technology is crucial to maintaining a healthy work-life balance.

Here’s some sage advice to maintain that critical balance.

Chetachi Egwu, Ph.D., an assistant professor in the division of humanities in communication studies at NSU’s Farquhar College of Arts and Sciences, recognizes that email and text messaging allows her students 24-hour access to her. However, she neutralizes this by letting her students know they can only expect a response during hours that correspond with her office hours.

“You, as an individual, have to set parameters,” said Egwu, who admits to having her personal email hooked up to her Blackberry. “For instance, I let my students know that if they email me at 9:00 p.m. on a Friday night, I will most likely not get back to them until I return to the office Monday morning.”

If you are unaware of how much time you are online. Keep an activity log for one week. Write down when you are online, on the phone, searching the Internet, and so on, and for how long. Add up the total hours you have spent, and you may get a reality check on how much time you have spent answering emails or texts.

Jennifer Reem, M.S., a communications studies major chair and communications program coordinator at Farquhar College of Arts and Sciences, manages her online tools a little bit every day. “Some people tend to let their email build up and answer it in blocks,” she said. “But sometimes, this creates a worse situation because you get tired of responding to emails and you may not communicate effectively.”

Setting a schedule for the time you spend online, Reem said, is also a good idea. “I like to set out a block of time,” she said. “For example, I will tell myself that from 9:00 p.m. to 11:00 p.m., I will be online, because time flies, especially when I am doing something I enjoy.”

Although technology has its benefits, it’s important to manage your time online. Take time to unplug yourself from your computer or cell phone, and find time to connect with your coworkers, clients, and students on a more personal level.

For every employee, student, or faculty member, it’s essential to take the necessary precautions to manage technology. Determining the shortcomings of being plugged in will benefit employees and help them to effectively perform their jobs.
Physical dimensions of wellness

The Domino Effect of Physical Health

By Yineth Sanchez

What’s the significance of the domino effect? Is it to watch the dominoes fall down or to see how the action of one single domino triggers the overall effect?

Each domino sets off a chain of events that leads to an ultimate goal. Using this logic, physical health is seen as the ultimate goal, but the steps leading up to that goal provide a person with many benefits.

One of them is mental health. A physically fit person is more calm, focused, and confident in making decisions; while a person who is not physically fit is generally more hesitant in such situations, said Robert Grosz, Ed.D., course director in the physician assistant program at NSU’s College of Allied Health and Nursing and adjunct professor at NSU’s Shepard Broad Law School and Center for Psychological Studies.

“When exercise is performed, the chemistry of the brain gets a great boost. Exercise gives you a sense of fitness that translates into more self-confidence and a better attitude toward challenges.”

When talking about physical health, we can’t avoid the man in the mirror. Do we like what we see, and how much of it are we willing to change? “Love the person that you are, but never be satisfied with who you are,” said Matt McMillin, a personal trainer and supervisor of NSU’s state-of-the-art gymnasium, known as the RecPlex.

“A combination of exercise and healthy eating will help people reap the maximum benefits of physical and mental health. Just ask Isaac Hicks. The third-year NSU legal studies student defines his workout as ‘the caffeine that keeps me active the whole day.’ He goes to the gym every day before classes and does cardio on the treadmill for 30 minutes. ‘Exercise is better than coffee.’

Physical health should not be seen as an ultimate goal, but rather as a necessary domino that would set off positive reactions in other areas of our lives. Next time you are at the gym, consider that each workout will help make you more calm, focused, and confident.
staying by their side

Since doctors must see about 40 to 50 patients a day, and their time with one specific patient is limited, the responsibility to accommodate and help patients often falls on the shoulders of family and friends.

By Annarely Rodriguez

“Being supportive and finding ways to help are simple things that can mean a lot”

~Joseph S. DeGaetano, D.O., M.S.Ed.

Therefore, it’s important for families and friends to learn good bedside manners for comforting loved ones, even knowing that they may not get the details of the patient’s condition.

It’s also important to keep in mind that all patients are different. “Some people, when they are in the hospital, appreciate others being around, even if they are not talking or doing anything, but there are other patients who do not want to discuss their illnesses. I have seen families drive patients crazy,” Ownby said.

To avoid uncomfortable situations and even conflict, a loved one should check in with the patient to see what his or her needs are.

“A day in the life at the hospital can be stressful, and we all have different coping mechanisms,” Ownby said. “Some people love the attention, while others want to be left alone.”

Katell said to be careful not to do everything for a patient to the point of making him or her feel incompetent. When someone goes into the hospital for a procedure, they get treated in a different way, not only by the hospital staff, but also by their loved ones.

Receiving support is critical for a patient’s well-being, said Joseph S. DeGaetano, D.O., M.S.Ed., assistant dean and associate professor in the College of Osteopathic Medicine. “Being supportive and finding ways to help are simple things that can mean a lot,” DeGaetano said. “Don’t say you understand, because you don’t, unless it has happened to you. Nobody can understand.”

DeGaetano has dealt with his own tragedies. Almost two years ago, his four-year-old niece nearly drowned. The little girl survived, but the accident put her in a persistent vegetative state. “It has widened the gap with the rest of the family. This is a huge drain on [my brother] and his nuclear family,” he said.

When the incident occurred, DeGaetano traveled to Texas where his brother lives. He plans to visit again in January. By doing that, Katell said, family members like DeGaetano bring a welcome contrast to what a patient must deal with at the hospital. “Family members can say, ‘We’re here for you because we love you,’” he said.
Spiritual dimensions of wellness

embodied mind

achieving mental clarity and spiritual development

Advice and instructions on meditation appear in Patanjali’s Yoga Sutras, dating from 150 to 400 BCE. Various forms of meditation existed for many centuries before that, as people sought to focus and alter their states of mind. Researchers speculate that meditation began with early tribal societies in which people gazed into fires and achieved trance-like states.

Traditionally, meditation has been a means of achieving mental clarity and spiritual development. Yet it also serves to diminish stress and anxiety. According to medical research, meditative approaches lower the heart and breathing rates, which often relaxes the body and supports increased mental acuity.

There are many styles of meditation for centering the self, creating calm, and furthering spiritual development. Because most include slowing the breath and minimizing movement, physical benefits of steady practice include lower blood pressure and support for the immune system.

Isaac Farin, a family therapy doctoral student at NSU’s Graduate School of Humanities and Social Sciences, practices mindful meditation, which he describes as actively or intentionally inviting the present moment into one’s life. This practice focuses on noticing thoughts and actions as they occur without analyzing or judging them.

Family therapy professor Douglas Flemons, Ph.D., director of NSU’s Student Counseling Clinic said that during normal conscious awareness, people attempt to protect themselves from negative experience by fighting against or recoiling from painful thoughts and sensations. “In meditation, safety is created not by countering, but rather by encountering, what we fear and hate,” Flemons said. For him, meditation can help dissolve the sense of a split between the mind and body, creating “an embodied mind and a mindful body through which we can feel balanced, whole, safe, enlivened, and grounded.”

While most forms of meditation require regular practice, many newcomers report benefits such as relaxation in as little as a single session. And while a qualified teacher can help, many books, DVDs, CDs, and Web sites can get you started. Finding the patience, free time, or concentration can be hard at first, but it is possible to weave meditation into daily life in little time.

If you haven’t meditated before, try a simple exercise. Begin by choosing a quiet place where you’ll be free of distractions for a little while. Sitting is the best posture. Gently close your eyes. Take deep, slow breaths. Not too slow, though. It helps to be comfortable and not overdo any techniques. You can focus on a single word or other sound, a color, or just your breath. Be patient and accept that your mind might wander readily at first.

Keep at this for as long as you find it comfortable. Then try again tomorrow. Once you become used to making the time and space for your meditations, see if you can extend your sessions to 20 or 30 minutes at a time.

Be fair to yourself, though. Any day that you can only spare five minutes for meditation will likely be a better day than if you do without it.

By Arlene Brett Gordon, Ph.D., LMFT, and Richard Toumey, M.F.A.
So, you think eating healthy is only for those with deep pockets?

Think again.

healthy eating is an inexpensive choice

Eating three healthy, nutritious meals every day is possible, and it can be done for less than $6 a day. All it takes is a little time and effort to select the right ingredients and prepare meals that are not only good for you, but taste good, too.

A Wellness Made Simple analysis of healthy meals found an abundance of snacks and meals that are relatively inexpensive. Consider that for the price of a meal at your local fast-food restaurant, you can make a sandwich with peanut butter, banana, and honey for breakfast; a lean turkey burger topped with lettuce and tomato, and baked potato chips for lunch; and chicken, rice, and beans for dinner. The price is $5.30. The ingredients are fresh and nutritious. The benefit is good health.

Eating healthy is inexpensive but, though it sounds easy enough, a majority of Americans are not doing it. The reasons are plentiful: low income neighborhoods, cultural and parental influences, mass marketing, and convenience. Our society is addicted to fast food, large fries, large sodas, cheeseburgers, processed meats, candy bars, and frozen foods. The list goes on. As a result, the United States is the most overweight country in the world, according to the Organization for Economic Cooperation and Development, an international economic organization of 30 countries. America is followed by Mexico, the United Kingdom, Slovakia, and Greece. “It’s more socially acceptable to be obese in America,” said Robert Hasty, D.O., an assistant professor of internal medicine at Nova Southeastern University College of Osteopathic Medicine. “The amount of marketing pumped into fast food and sugary foods legitimizes them for folks, especially the young. It’s dramatically greater than marketing for healthy foods.”
**Spending money on bad choices**

Hasty, a leading obesity researcher, said marketers are targeting children at an early age, when they are most impressionable, with a barrage of junk food advertisements. Aside from marketing, children are also influenced by the decisions their parents make—both for themselves and the kids. Parents who allow their children to routinely eat junk food are setting a bad example that could cause their kids to form unhealthy eating habits, said Deborah Mulligan, M.D., an emergency room pediatrician and director of NSU’s Institute for Child Health Policy. “Children are little ducks,” she said. “They are learning what you are showing them.” Meanwhile, kids that are fed healthy foods from day one, Mulligan said, will make healthier food choices when they grow up.

But sometimes making the right choice can be difficult for someone who is surrounded by temptation and poverty. Companies spend millions of dollars pushing foods that have high fructose corn syrup—a sugar substitute made from corn that is loaded with bad carbohydrates—such as sodas and candy bars. The ubiquitous advertisements are hard to avoid. If a person lived in an impoverished neighborhood, those type of junk foods are sometimes more accessible than fresh foods with high nutritional value, Hasty said. That’s because low-income neighborhoods tend to have a higher concentration of convenient stores than supermarkets.

“Some folks in poor neighborhoods have no transportation to get to supermarkets, which creates a challenge for them to buy fresh foods,” Hasty said. Supermarkets and specialty stores, he said, target middle-class and wealthier neighborhoods because those areas are more profitable.

This is not to say that middle- and upper-class citizens always eat healthy. They might have better access to markets, but the majority does not make their health a priority. “Many do not see the relationship between their food choices and their current and future health status,” Marilyn Gordon, Ed.D., R.D., CSSD, LD/N, a registered dietician at NSU.

They also are eating much more food today than their parents did a generation ago. According to the U.S. Department of Agriculture, the average woman consumes 335 more calories per day today, compared to 30 years ago. The average man consumes 168 more calories than he did three decades ago, the data shows. Perhaps an insatiable appetite to purchase food in bulk is a contributing factor. “The mindset is that bigger is better,” Gordon said. “But buying in bulk encourages excessive consumption, whether it’s food or toilet paper.”

Add an unhealthy diet to overeating and the results are a slew of health problems. Consuming foods with high fructose corn syrup and unhealthy foods in general can lead to high blood pressure, high cholesterol, and obesity, which brings on a host of other health-related issues on its own. Those problems include diabetes, hypertension, heart disease, and stroke, just to name few. About 65 percent of all Americans are overweight, which is defined as having a BMI, or body mass index, between 25 and 29.9, according to the Centers for Disease Control and Prevention. BMI measures a person’s weight in kilograms divided by the square of their height in meters. Thirty percent are obese (BMI between 30 and 39.9), and 5 percent are morbidly obese (BMI of over 40).

“If you put all the morbidly obese people together in two states, it would equal the populations of New Jersey and Tennessee, which have a combined 15 million residents,” Hasty said.

**Affordable benefits**

These suggested meals are just the tip of the iceberg of all the inexpensive healthy meals you can prepare on your own. “Cooking your own meals at home is always more affordable and nutritious than dining out,” Gordon said. There are many free recipes, she said, that are available online, and those that contain rice, beans, and vegetables are always among the healthiest.

Eating right is not only good for your body, but it can also lead to a healthier lifestyle. Gordon said. “Often when people begin to make healthier food choices and become more active, their need for prescription medications decrease and that results in cost savings,” Gordon said. “Healthy eating saves money in the long run.”

It may also save the U.S. a ton of money, Hasty said. According to the National Center for Health Statistics, our country currently spends approximately $178.6 billion on obesity-related problems each year. That amounts to 9.4 percent of all health care expenditures. “That comes out to about $1,600 for every man, woman, child,” he said. “It’s amazing, if you really think about it.”

NSU doctoral student Casey Zagaria has thought about it. She thinks the country needs a change. “We make it so inconvenient to eat healthy. Our portion sizes are disgusting,” she said. “In order to help more people healthy, the American culture needs to change.”

**Eating right**

With so many consequences associated with an unhealthy diet, why not eat healthier foods? You don’t have to shop at a specialty food store to find delicious foods that help your body and your wallet. But you do have to make the meals yourself. The following snacks and ingredients for individual meals were purchased at a local supermarket and prepared at home.

**Let’s start out with snacks.** You can buy fruits that are in season for dirt-cheap prices. An apple is about 24 cents; a banana is about 20 cents; an orange is about 48 cents; and a pear is about 75 cents. That’s a healthy snack any time of day without have to spend more than one George Washington bill.

Now, if you want more than just a snack, there are plenty of affordable individual meals you can make.

**For breakfast,** you can have a sandwich made with egg, turkey or ham, and provolone cheese, on a 100 percent whole wheat English muffin, served with a glass of orange juice for $2.66; or oatmeal with banana, served with orange juice and milk, for 72 cents.

**At lunch,** you can have a tuna salad with romaine lettuce, cranberries, carrots, Roma tomatoes, onions, lemon, light mayonnaise, and light Italian dressing for $3.35. A three-ounce salad option is a tilapia filet with brown rice, cauliflower, broccoli, and lemon for $2.05; or wild mushroom couscous, boneless chicken breast with panake breadcrumbs, zucchini, and squash for $2.77.
Health and Wellness Initiatives

A Day for Children
September 2010
Each September, more than 10,000 children and their families attend a day of free health care screenings and informative exhibits at the NSU Alvin Sherman Library, Research, and Information Technology Center. Health care screening services include dental, dermatology, general medical, hearing, pharmacy, physical and occupational therapy, psychological, speech and language, and vision. NSU doctors and professors will provide consultations in each discipline. Programs and counseling will be offered in areas such as family violence and adolescent drug abuse. Approximately 150 community organizations offering services for children in South Florida will participate. Over 1,000 children who attend will receive free bicycle helmets, and parents may have their children fingerprinted by the Davie Police Department as part of a child safety program. Children without health care coverage may be enrolled on-site in Florida’s Kid Care program. Over 1,000 children who attend will receive free bicycle helmets, and parents may have their children fingerprinted by the Davie Police Department as part of a child safety program. Children without health care coverage may be enrolled on-site in Florida’s Kid Care program. Over 1,000 children who attend will receive free bicycle helmets, and parents may have their children fingerprinted by the Davie Police Department as part of a child safety program.

NSU’s Biggest Loser
January–May 2011
The 17-week Biggest Loser challenge is a comprehensive approach to motivating employees and students looking to make positive life changes. It brings together NSU’s personal training and Campus Recreation staff members, Sports Medicine physicians, and the Guided Self-Change Clinic at the Center for Psychological Studies to provide emotional, mental, occupational, physical, and social services that will facilitate changing habits and lifestyles. The NSU employee crowned the Biggest Loser, due to his or her loss of the greatest percentage of body weight, serves as the program spokesperson the following year.

Lunch and Learn with the Dietician
This interactive lecture, given by NSU’s dietician during lunch hours, focuses on nutritional topics of interest including being a savvy supermarket shopper, demystifying the food label (learn how to read and interpret food labels), diabetes meal management, dietary approaches to stop hypertension, dietary strategies for healthy peri- and post-menopause weight, eating to enhance sports performance, family meal planning, healthy eating, healthy weight management (nondiet approach), Nutrition 101 (learning the basics of healthy eating), preventing cancer with a knife and fork, preventing child and adolescent obesity, portion distortion (learning about portion control), and vegetarian nutrition.

Successful Champion Initiatives

- Know Your Numbers
  -Knowing your numbers is the first step to a healthier lifestyle. According to WebMD, three numbers can save your life: (1) blood pressure (2) cholesterol levels (3) waist circumference. NSU is committed to providing a healthy environment and wants to offer this service to all employees a free assessment.

- Shark Shape-Up
  -This six-week initiative was designed to help departments work as a team to get fit and stay fit! It provides that extra “push” with workout routines and nutritional choices. Included are 12 sessions with a personal trainer and two group lectures with our registered dietician/nutritionist. Sessions are conducted during the lunch hour with a trainer and dietician coming to you!

- Maintain, Don’t Gain, During the Holidays
  -Everyone needs a little extra motivation during the holidays! NSU helps you stay motivated with a friendly competition to see which department can maintain their weight collectively throughout the holidays. Fitness and nutrition tips are provided along with a six-week trial membership to the RecPlex. At the end of the holiday season, prizes are awarded to those that maintained.

For more information, log on to www.nova.edu/wellness.
NSU Wellness Calendar 2010–2011

October 2010
- NSU Health and Fitness Expo
- Alcohol Awareness Month
- National Breast Cancer Awareness Month
- Step-Out: Walk for Diabetes
- Vegetarian Awareness Month

November 2010
- American Diabetes Month

December 2010
- World AIDS Day

January 2011
- Biggest Loser Kick-Off
- Community Fest
- Take Back the Night

February 2011
- American Heart Month
- Black History Month
- National Wear Red Day
  [Go Red for Women’s Heart Disease]

March 2011
- Boomers and Beyond
- Heart Walk
- National Nutrition Month
- Wellness Day

April 2011
- Earth Day
- National STDS Education Month
- Occupational Therapy Month
- Walk Now for Autism
- World Health Day

May 2011
- Employee Health and Fitness Day
- National Blood Pressure Month
- National Physical Fitness and Sports Month

June 2011
- Family Awareness Day
- Student Safety Month

July 2011
- Dental Awareness Month
- Eye Injury Prevention Month

August 2011
- National Immunization Awareness Month
- NSU Welcome Week

September 2011
- A Day for Children

Wellness Resources

Athletic Training Education
http://undergrad.nova.edu/divisions/mst/athletictraining

Blue Cross-Blue Shield of Florida
(Medical Insurance Provider)
www.bcbsfl.com
Customer Service: 800-664-5295
24-hour Nurse Line: 877-789-2583

Campus Recreation
www.rec.nova.edu
(954) 262-7301

College of Pharmacy
http://pharmacy.nova.edu/home.html
(954) 262-4550

Department of Athletics
http://nauathletics.nova.edu/
(954) 262-8250

Health Care Centers
www.nova.edu/healthcare
(954) 678-2273

Healthy Lifestyle Guided Self Change
www.nova.edu/gsc/
(954) 262-7568

Housing and Residential Life
www.nova.edu/reslife/
(954) 262-7052

Human Resources
www.nova.edu/hrd/
(954) 262-7678

ICUBA Benefits MasterCard
(HRA/HCSA/DCSA Administrator)
http://icubabenefits.org
Customer Service: 866-377-5102

Magellan Health Services
(Employee Assistance Program)
www.magellanhealth.com
24-hour Customer Service: 800-416-0835

NSU Wellness
www.nova.edu/wellness
(954) 262-5242

Student Counseling
www.nova.edu/studentcounseling
(954) 262-7050

Student Health Insurance
www.nova.edu/smc/health_insurance.html
(954) 262-4060

Student Medical Center
www.nova.edu/smc
(954) 262-1242

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http://undergrad.nova.edu/divisions/mst/athletictraining

Blue Cross-Blue Shield of Florida
(Medical Insurance Provider)
www.bcbsfl.com
Customer Service: 800-664-5295
24-hour Nurse Line: 877-789-2583

Campus Recreation
www.rec.nova.edu
(954) 262-7301

College of Pharmacy
http://pharmacy.nova.edu/home.html
(954) 262-4550

Department of Athletics
http://nauathletics.nova.edu/
(954) 262-8250

Health Care Centers
www.nova.edu/healthcare
(954) 678-2273

Healthy Lifestyle Guided Self Change
www.nova.edu/gsc/
(954) 262-7568

Housing and Residential Life
www.nova.edu/reslife/
(954) 262-7052

Human Resources
www.nova.edu/hrd/
(954) 262-7678

ICUBA Benefits MasterCard
(HRA/HCSA/DCSA Administrator)
http://icubabenefits.org
Customer Service: 866-377-5102

Magellan Health Services
(Employee Assistance Program)
www.magellanhealth.com
24-hour Customer Service: 800-416-0835

NSU Wellness
www.nova.edu/wellness
(954) 262-5242

Student Counseling
www.nova.edu/studentcounseling
(954) 262-7050

Student Health Insurance
www.nova.edu/smc/health_insurance.html
(954) 262-4060

Student Medical Center
www.nova.edu/smc
(954) 262-1242

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- A Day for Children
Motivation to Ditch Bad Habits
Free motivational counseling is available at the main campus to help you eat healthier, exercise regularly, procrastinate less, and stop smoking. Services are offered through the Healthy Living Guided Self Change Program of the Center for Psychological Studies.

Sign up at the RecPlex, call (954) 262-5969, or visit www.nova.edu/gsc.

RecPlex Fitness Activities
Students, faculty and staff members, and their families have ample recreational options at the 110,000-square-foot RecPlex at the Don Taft University Center:
• children’s swimming, tennis, gymnastics, and dance classes
• equipment rental
• group exercise schedules for yoga, pilates, spinning, and instructional programs
• heated outdoor swimming pool
• indoor basketball and volleyball courts
• indoor racquetball and squash
• indoor rock climbing wall
• men’s and women’s saunas
• personal training
• state-of-the-art fitness center with cardiovascular and strength equipment

Students are RecPlex members by virtue of tuition and fees paid. Faculty and staff members, as well as family members of employees and students, are eligible to become RecPlex members at modest rates.

For further information, call (954) 262-7323.

Shark Dining and Healthy Eating
Healthy, satisfying meal choices are available at the Food Court at the Don Taft University Center. Shark Dining is proud to announce Meatless Mondays at the Culinary Table in the center’s Food Court and the Chef’s Table in the HPD Dining Center. Meatless entrées will be available every Monday as a weekly start to a healthier you. Meatless Monday is not a weight loss plan or a vegetarian campaign. Rather, these offerings encourage the NSU community to adopt a more balanced approach to nutrition by limiting meat and saturated fat intake and incorporating more fruits, vegetables, and whole grains into their diets. These choices can help prevent cancer, diabetes, heart disease, and stroke.

For more information on Meatless Monday, visit www.meatlessmonday.com.

For more information on on-campus food options, visit www.dineoncampus.com/nova/

NSU’s Health Care Services
In Broward County, call (954) NSU-CARE (678-2273). In Miami-Dade County, call (305) 949-4000.

Smoking Cessation Program
It’s Never Too Late! The Healthy Lifestyles Guided Self-Change and the NSU AHEC programs offer FREE smoking cessation programs and nicotine replacement therapy in both individual and group format.

To schedule an appointment or for more information, call (954) 262-5860.

Medical Care
• endocrinology
• family medicine
• geriatrics
• internal medicine
• nephrology and hypertension

Most insurance is accepted.

Main Campus
Sanford L. Ziff Health Center
3200 South University Drive
Monday–Friday, 9:00 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

Dental Care
• cosmetic dentistry
• dental services for patients with special needs
• endodontics
• general dentistry
• implants
• oral and maxillofacial surgery

Main Campus
College of Dental Medicine
3200 South University Drive
Monday–Friday, 9:00 a.m.–5:00 p.m.

Optometric Care
• comprehensive eye examinations
• corneal and contact lens service
• electrodiagnostic service
• emergency eye care/after hours
• geriatric services
• glaucoma services
• low-vision rehabilitation
• macular and diabetes service

Most insurance is accepted.

The Eye Care Institute
Main Campus
Sanford L. Ziff Health Center
Second Floor
3200 South University Drive
Monday, Tuesday, Thursday, Friday, 8:30 a.m.–5:00 p.m.
Wednesday, noon–7:00 p.m.
Saturday, 8:30 a.m.–noon

Optical Care
• optical services (glasses)
• pediatric and binocular vision
• primary eye care
• treatment of eye diseases and injuries
• vision therapy
• visual development and perceptual testing

Downtown Fort Lauderdale
NBHID Specialty Care Center
1111 South Broward Boulevard
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

North Miami Beach
1750 NE 167th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

NSU Pharmacy
3200 South University Drive
Monday–Friday, 9:00 a.m.–6:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Pharmacy Services
• compounding tailor-made medicines
• disease management: diabetes, hypertension, anticoagulation, hyperlipidemia, osteoporosis
• dosage monitoring for patients with multiple prescriptions
• herbal and nutritional counseling
• medication therapy management services
• prescription dispensaries
• wellness screenings

NSU Pharmacy
3200 South University Drive
Monday–Friday, 9:00 a.m.–6:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

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North Miami Beach
1750 NE 167th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

Rehabilitative Services
• balance and fall prevention
• neuromuscular coordination
• occupational therapy
• physical therapy
• sports and accident injuries
• treatment of movement disorders (Parkinson’s disease, multiple sclerosis)

Medical Care
• endocrinology
• family medicine
• geriatrics
• internal medicine
• nephrology and hypertension

Most insurance is accepted.

Main Campus
Sanford L. Ziff Health Center
3200 South University Drive
Monday–Friday, 8:30 a.m.–5:00 p.m.

Pharmacy Services
• compounding tailor-made medicines
• disease management: diabetes, hypertension, anticoagulation, hyperlipidemia, osteoporosis
• dosage monitoring for patients with multiple prescriptions
• herbal and nutritional counseling
• medication therapy management services
• prescription dispensaries
• wellness screenings

Main Campus
Sanford L. Ziff Health Center
NSU Pharmacy
3200 South University Drive
Monday–Friday, 9:00 a.m.–6:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Call the pharmacy at (954) 262-4550.

Optometric Care
• comprehensive eye examinations
• corneal and contact lens service
• electrodiagnostic service
• emergency eye care/after hours
• geriatric services
• glaucoma services
• low-vision rehabilitation
• macular and diabetes service

Most insurance is accepted.

The Eye Care Institute
Main Campus
Sanford L. Ziff Health Center
Second Floor
3200 South University Drive
Monday, Tuesday, Thursday, Friday, 8:30 a.m.–5:00 p.m.
Wednesday, noon–7:00 p.m.
Saturday, 8:30 a.m.–noon

Optical Care
• optical services (glasses)
• pediatric and binocular vision
• primary eye care
• treatment of eye diseases and injuries
• vision therapy
• visual development and perceptual testing

Downtown Fort Lauderdale
NBHID Specialty Care Center
1111 South Broward Boulevard
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

North Miami Beach
1750 NE 167th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

NSU Pharmacy
3200 South University Drive
Monday–Friday, 9:00 a.m.–6:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Pharmacy Services
• compounding tailor-made medicines
• disease management: diabetes, hypertension, anticoagulation, hyperlipidemia, osteoporosis
• dosage monitoring for patients with multiple prescriptions
• herbal and nutritional counseling
• medication therapy management services
• prescription dispensaries
• wellness screenings

Main Campus
Sanford L. Ziff Health Center
NSU Pharmacy
3200 South University Drive
Monday–Friday, 9:00 a.m.–6:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Call the pharmacy at (954) 262-4550.

NSU Pharmacy
3200 South University Drive
Monday–Friday, 9:00 a.m.–6:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Pharmacy Services
• compounding tailor-made medicines
• disease management: diabetes, hypertension, anticoagulation, hyperlipidemia, osteoporosis
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• medication therapy management services
• prescription dispensaries
• wellness screenings

Main Campus
Sanford L. Ziff Health Center
NSU Pharmacy
3200 South University Drive
Monday–Friday, 9:00 a.m.–6:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Call the pharmacy at (954) 262-4550.
Family Therapy and Conflict Resolution
• brief therapy services
• children’s development issues
• chronic illness
• community and conflict resolution services
• divorce adjustment
• family and marriage counseling
• family conflicts
• parenting challenges
• school and behavior problems
• violence prevention
Main Campus
Maxwell Maltz Psychology Building
3301 College Avenue
Monday–Thursday, 9:00 a.m.–9:00 p.m.
Friday, 9:00 a.m.–5:00 p.m.
Saturday, 9:00 a.m.–3:00 p.m.

The Clinic for Speech, Language, and Communication Services
• accent modification
• articulation, phonology, and language problems
• augmentative and alternate communication clinics
• developmental, congenital, and acquired disorders of communication and swallowing
• evaluation and treatment for children and adults
• specialized voice, resonance, and fluency services
Most insurance is accepted.
6100 Griffin Road
Davie, Florida
Monday, Wednesday, Friday, 8:00 a.m.–5:30 p.m.
Tuesday and Thursday, 8:00 a.m.–7:00 p.m.
Saturday, 8:00 a.m.–2:00 p.m.

Autism and Early Childhood Development Services
• autism assessment services
• Baudhuin Preschool (ages 3–5, with autism)
• Family Center Infant and Toddler Program (birth–age 2)
• Family Center Preschool (ages 2–5)
• parent consultations and support
• Parenting Place (newborn–age 5): parent/child classes, enrichment classes, after-school activities
• Starting Right program (18 months–age 3, with learning and communication disorders)
Malimian Segal Institute
Jim & Jan Moran Family Center Village
7600 SW 36th Street
Davie, Florida
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Psychology Services Center
• biofeedback
• counseling for older adults
• neuropsychological assessments
• parent skills training
• psychoeducational evaluations for gifted and school-related issues
• testing and treatment for ADHD
• treatment for adolescent drug abuse and prevention
• treatment for adults with issues resulting from traumatic experiences
• treatment for alcohol abuse, smoking, gambling, and overeating
• treatment for anxiety, excessive fears, and worry
• treatment for children and adolescents experiencing behavioral and emotional issues
• treatment for depression, anxiety, and emotional disturbances
• treatment for eating disorders and body image issues
• treatment for victims and children affected by domestic violence
Main Campus
Maxwell Maltz Psychology Building
3301 College Avenue
Monday–Thursday, 8:30 a.m.–9:00 p.m.
Friday, 8:30 a.m.–5:00 p.m.

Assessment and Intervention Services
• assessment and group therapy for autism spectrum disorders
• assessment and intervention for attention difficulties/ADHD
• assessment and treatment for survivors of torture
• assessment of specific learning difficulties
• developmental assessments
• parent training
• psycho-educational assessment of children and adolescents
• school-based consultation services
• testing for intellectual giftedness
• vocational testing
North Miami Beach
1750 NE 167th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.
For more information, call (954) 262-1262.

Preventive Care
As an NSU member of the ICUBA health plan, you have access to a host of preventive benefits. After you pay for your office visit, the screenings for preventive services are covered at 100%, with no cost to you when you use an in-network provider.
Services Include
• 100% coverage for lab work performed at an in-network provider
• $5 co-payment for all generic drugs at all participating pharmacies
• $5 co-payment for all generic drugs at all participating pharmacies
• blood test screening
• bone mineral density test
• colonoscopies/sigmoidoscopies
• echocardiograms/electrocardiograms
• general health blood panels (including glucose and lipid levels)
• immunizations (adult and pediatric)
• mammograms
• pap tests for women
• PSA tests for men
• urinalysis
• venipuncture services
There may be additional services not listed here that are covered at 100%. You will be financially responsible for your office visit co-pay or coinsurance for any office visit consultations to discuss these procedures.
For more information, call Blue Cross-Blue Shield of Florida at 800-664-5295:
Monday–Thursday, 8:00 a.m.–6:00 p.m.
Friday, 9:00 a.m.–5:00 p.m.

Free Care Coordination
If you are an ICUBA-enrolled employee recovering from an illness, skilled nurses can speed your post-hospital recovery by serving as your advocates at no charge. They will coordinate instructions from multiple physicians and juggie medical claims and prescriptions for you. Nurses are not affiliated with NSU, and they provide services on a confidential basis.
Call the Blue Cross-Blue Shield 24-hour nurse line at 877-789-2583.

Employee Urgent Medical Care
An NSU College of Osteopathic Medicine physician can attend to your urgent medical needs. Appointments are required.
Employee Health Center
Main Campus
Sanford L. Ziff Health Center
3200 South University Drive
Monday–Friday, 8:00 a.m.–11:00 a.m.
To schedule an appointment, call (954) 262-2181.

Hearing Aids
If you are an ICUBA-covered employee, you are eligible for up to $1,500 in hearing aid benefits per plan year, subject to the out-of-pocket provisions of your plan.
MHNet - Behavioral Health and Employee Assistance Program
• Because your employer is concerned about the quality of your life both at work and at home, EAP and Work-Life services are available to you and your eligible dependents.
• Members covered by our group health plan also receive behavioral health services through MHNet. Below is a list of services MHNet provides through telephonic consultation.
• child care resources
• credentialed network of counselors
• eldercare resources
• financial resources
• individual and family therapy
• legal services and financial counseling
• life coaching
• referrals to community resources
• return-to-work assistance
• supervisor training
Services are provided confidentially and include six free counseling sessions per issue, per plan year.
To schedule a session, call 877-398-5816, or visit www.mhnet.com for more information.
Receive Your $25 Incentive

Once each year, ICUBA-enrolled employees may complete a personal wellness profile and receive a $25 incentive for doing so. Additionally, if you are an ICUBA-enrolled employee expecting a child, you may complete a maternity wellness profile and receive an additional $25 incentive. If you have a Health Reimbursement Arrangement (HRA), this amount will be credited to your ICUBA Benefits MasterCard balance. If not, you will receive a $25 gift card to be used for eligible medical expenses at www.drugsourceinc.com.

Complete the personal wellness profile online at www.bcbsfl.com or contact the Blue Cross-Blue Shield Health Dialog Line at 877-789-2583. Complete the maternal wellness profile by contacting Healthy Additions at 800-955-7635 [and press 6] to request a form that you will complete and mail back.

For NSU Students

Health Care Services

Board-certified physicians and physician assistants can provide NSU students with primary care services including:

- dermatology
- general medical care
- immunizations
- minor surgical procedures
- OB/GYN services
- physical exams
- preventive care
- women’s health care

Student Medical Center
Sanford L. Ziff Building
3200 South University Drive, First Floor
Monday–Thursday, noon–6:00 p.m.
Friday, 9:30 a.m.–6:00 p.m.

To schedule an appointment, call (954) 262-1262.

Student Counseling Services and Student Counseling

Services are available at the Henderson Student Counseling Center at 3528 South University Drive at the University Park Plaza just east of the NSU Bookstore. The center provides confidential counseling and behavioral support services to all full-time and part-time students enrolled at Nova Southeastern University. In addition to regular office hours, a crisis hotline is available 24 hours a day, seven days a week to provide support and direction by phone.

To make an appointment or speak with a crisis counselor (24/7), call (954) 424-6911 or (954) 262-7050. Monday, Thursday, and Friday, 9:00 a.m.–5:00 p.m. Tuesday and Wednesday, 9:00 a.m.–8:00 p.m.

For more information or to schedule an appointment, call (954) 262-5860 or visit www.nova.edu/gsc

NSU’s Healthy Lifestyles Smoking Cessation Program

- 6 individual 60-minute sessions
- For more information or to schedule an appointment, call (954) 262-5860 or visit www.nova.edu/gsc

NSU’s Clinic Pharmacy Smoking Cessation Program

- 5 individual 30 to 60-minute sessions
- Call (954) 262-4550

Free 6-week supply of Nicotine Replacement Therapy (gum, patches) while supplies last