
Wellness Magazine

Office of Recreation and Wellness

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Wellness Magazine 2013 Issue

Office of Recreation and Wellness

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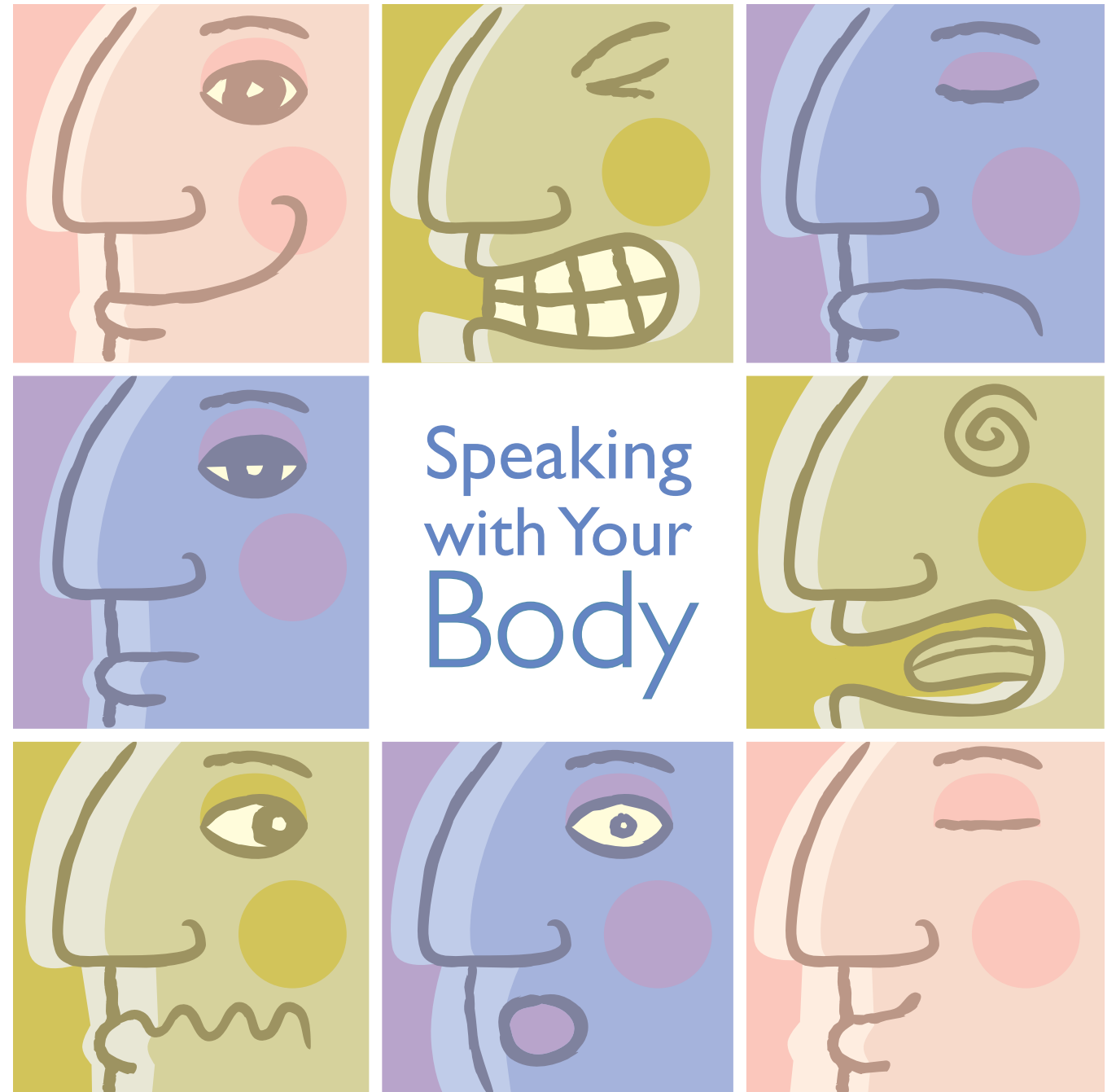
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Speaking
with Your
Body

Table of Contents



6



10



22



18



26



28

Features

- 6 Under Pressure
- 10 It Takes Two
- 14 The Six Dimensions of Wellness
 - Emotional*
 - 16 Finding Your Passion
 - Intellectual*
 - 18 Speaking with Your Body
 - Occupational*
 - 20 Love What You Do
 - Physical*
 - 22 A Super-Intense Workout
 - Social*
 - 26 The Social Media Dilemma
 - Spiritual*
 - 28 Are You Too Busy for Religion?

Departments

- 32 Health and Wellness Initiatives
- 34 NSU Wellness Calendar
- 35 Wellness Resources
- 36 What's at NSU for You

To NSU Family Members and Friends

Welcome to the fourth edition of our award-winning wellness magazine, *Wellness Made Simple*. This issue will once again focus on articles written by our Nova Southeastern University family that promote healthy lifestyles, while spotlighting the vast array of health resources provided by the university to our students and faculty and staff members. We are proud of the university's commitment to promoting a healthy and caring environment on campus.

Health care issues were in the forefront of the 2012 presidential campaign. Whether you are an advocate of the Patient Protection and Affordable Care Act or not, the entire paradigm of health care coverage has changed from a culture of treating disease and accidents, to advocating prevention through health and wellness promotion.

We are proud of our efforts over the past few years to participate in this change through our health and wellness program, under the direction of our university's health and wellness committee and our champions of wellness. This is evident through our numerous programs to promote healthier lifestyles, as well as our partnerships with insurance vendors to develop opportunities to improve our university's health while reducing costs. We have created programs for employees, such as no copayment for generic drugs when filled at NSU's pharmacy, and the wellness program at NSU medical clinics, which removes out-of-pocket costs when using our clinics for health care. Programs such as these have provided our employees, who are insured through ICUBA, with financial incentives to use medication or visit the doctor without worrying about copayments. As NSU reduces its health care expenditures to ICUBA, it is helping to hold down large increases in premiums many companies are experiencing on a national level.

Looking ahead, we are working with ICUBA to develop further incentives for those employees who take advantage of our healthier lifestyle programs and hope to expand it to all employees, no matter which health care provider they choose.

We would like to thank the sponsors of NSU health and wellness events and *Wellness Made Simple*. A special thanks goes out to Blue Cross/Blue Shield of Florida for their generous support of our programs. Please acknowledge our partners with your support and thanks, as you see their representatives at NSU events.

Please enjoy our latest edition. And as always, we welcome your feedback.

Sincerely,



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



Editors' Note

The 2013 issue of *Wellness Made Simple* will bring you intriguing articles that are hot topics in the media and water-cooler discussions. We explore complex and nuanced issues that impact your daily life. These thought-provoking stories will tease your curiosity and challenge your intellect as they aim to ultimately help you make better decisions and achieve a healthier lifestyle, regardless of your mental or physical state.

As always, our magazine delivers a balanced approach to help you reach your wellness goals through our six dimensions of wellness: social, occupational, spiritual, physical, intellectual, and emotional.

This issue also will bring you the latest health and wellness tips and a calendar of wellness events for you to enjoy as a member of the NSU community. These resources include everything from the NSU Slimming with the Sharks challenge and the NSU Health and Fitness Expo, to A Day for Children health fair and the Shark Shuffle 5k Run/Walk, just to name a few. We invite you to take advantage of these activities designed to foster healthier lifestyles.

If you want to be a happier student or faculty or staff member, you will need to build a healthier body and mind. It's easy to start. Read *Wellness Made Simple*, consume the content, and use it. Don't stand on the sidelines—be an active participant on your road to health and wellness!



Ken Ma Signature

Ken Ma, M.B.A.
Managing Editor
NSU Associate Director
of Public Affairs

Marcela Sandigo Signature

Marcela Sandigo, M.B.A.
Managing Editor
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of Campus Recreation

Contributors

Stephanie Guedj

I am a doctoral student in the clinical psychology program at NSU's Center for Psychological Studies. Graduate school can be stressful at times, which is why I'm thankful for the close friends and family in my life. They brighten up my day and keep me striving. I also enjoy teaching a few spin classes each week and taking classes in Vinyasa yoga or Reiki, a Japanese technique used for stress reduction and relaxation.

Yineth Sanchez

As a senior at NSU's Farquhar College of Arts and Sciences double majoring in legal studies and philosophy, I am used to seeing peers depend on all kinds of energy boosters in order to get through their days. For me, a few spoons of laughter are my caffeine for the day. Once I step outside my house, I make a personal commitment to enjoy my day and find as many reasons as I can to be joyous.

Randy Heller Ph.D., LMFT, LMHC

I am a psychotherapist in private practice in Davie and an adjunct faculty member in the Department of Marriage and Family at NSU's Graduate School of Humanities and Social Sciences. I am passionate about living a full life and making a difference in the lives of others. I find myself the happiest when I am pursuing my dreams, both in my personal and professional life, and am grateful for the opportunities to do so. My 23-year-old daughter is my greatest passion and source of inspiration. She is pursuing her master's degree in marriage and family therapy at the University of San Diego.

Christopher Garcia

I am pursuing a master's degree in marriage and family therapy at NSU's Graduate School of Humanities and Social Sciences, and I work as a teacher's aide at NSU's Baudhuin Preschool. I am also a personal trainer for NSU's RecPlex and teach a group exercise class. I choose to lead by example when it comes to wellness and try to stay in peak physical condition through exercise and nutrition. Whether it's mountain biking with my little brother or running an obstacle course marathon dressed as a superhero, the key is having fun.

Stephanie Fleming

I am a student in the Qualitative Research Graduate Certificate program at NSU's Graduate School of Humanities and Social Sciences and a writing tutor for NSU's Office of Academic Services. I have a J.D. from NSU's Shepard Broad Law Center and an M.A. in Writing from NSU's Farquhar College of Arts and Sciences. Having a baby recently changed my life and made me realize the importance of staying healthy. I'm working to find new ways to fit in exercise and healthy eating, for myself and to set a good example for my son.

Casey Elise Zagaria, M.B.A.

I am a doctoral student at NSU's Abraham S. Fischler School of Education. Like a hummingbird, I'm always moving—whether it's dancing in the club, diving in the ocean, or navigating the mixed martial arts workout on my Kinect. I get bored easily, so variation is the key to my nutrition and fitness. Do I sleep? Sometimes.

Susan Lycett Davis, Ed.D.

I am a full-time faculty member at NSU's Abraham S. Fischler School of Education and a partner in the firm Para Davis and Associates LLC, a workplace mediation and training business. My purpose in life is to serve others. As I pursue this passion in my professional, social, and personal activities—coupled with my daily reflection, devotion, and exercise schedule—I manage to enjoy a happy, balanced, content, and fulfilled life.



If you would like to be a contributor for the next issue, please contact Marcela Sandigo at (954) 262-7018.

Are you stressed out?
Chances are the answer is yes.
The good news is that's normal.
But is it safe?

UNDER PRESSURE



By Casey Elise Zagaria, M.B.A.

“ALMOST EVERYONE HAS SOME STRESS,” said Jeff Kibler, Ph.D., professor at Nova Southeastern University’s Center for Psychological Studies.

According to the American Medical Association (AMA), stress is responsible for 80 to 85 percent of all human illness and disease. The AMA also states that 95 million Americans are taking medication to relieve stress-related symptoms. Further, stress is reported to be the number one killer of Americans. Though considered a fact of life, unmanaged stress can cause a variety of psychological and physical problems, ranging from allergies to heart disease.

At NSU, students and faculty and staff members experience stress from a variety of sources: poor communication from their colleagues, organizational change, dealing with colleagues who do not take responsibility for their actions or follow directions, and multitasking. For students, stressors might include tight deadlines, information overload, long class hours, changing class schedules, balancing work and school, weekend assignments, and not having enough time to exercise, according to a recent survey by NSU’s College of Nursing.

In order to manage our stress, we need to better understand it.

Stress Defined

Hungarian endocrinologist Hans Selye, Ph.D., D.Sc., originally coined the term “stress” in the 1930s, according to Timothy McCartney, Ph.D., distinguished professor of management and clinical psychologist at NSU’s H. Wayne Huizenga School of Business and Entrepreneurship.

Selye defined stress as anything to which the body or mind must adapt.

Your mind and body, McCartney said, are always striving for a state of equilibrium. “When this equilibrium becomes disrupted, the result is stress.”

Selye defined two types of stress: eustress and distress. Eustress is positive stress. It energizes you and is the force that motivates and challenges you. Conversely, distress is negative stress and drains you of energy. Anything that triggers a stress response is called a stressor.

Eustress is a healthy amount of stress and refers to normal amounts of low-level anxiety or concern that guide us in making decisions about important tasks. An example of this is paying bills. While paying bills is generally considered to be less than enjoyable, unpaid bills eventually add more stress. Thus, anxiety tells us to pay those bills now, rather than later.

Stress becomes distress when a person continually struggles with elevated stress. This may lead to physical and mental health issues. Selye identified three stages of how the body adapts to stress. The first stage is alarm, which is more commonly known as fight-or-flight syndrome. If the stressor persists, the second stage of adaptation is resistance. The final stage is exhaustion.

"The body has depleted its resources to adapt. The body and immune system are now at risk for long-term damage and illness," said McCartney.

Students naturally feel pressure to excel in their programs of study. But what happens when anxiety permeates other areas of their day-to-day living?

"When I let stress affect me, it also harms my health," said Lauren Adames, a sophomore psychology major at NSU's Farquhar College of Arts and Sciences. "Recently, I was so concerned about my schoolwork, it literally made me sick."

"Students may experience stress regarding how well they interact with their peers," said Kibler. "If something else is going on in their lives, these stressors may seem easier or more difficult to cope with."

Worry about students and the pressure of a busy schedule can lead to occupational stress in faculty and staff members.

Stress Management

Once our stress has been identified, how do we manage it? While living stress free sounds appealing, many think it is not a realistic goal.

According to Kibler, there are many ways to effectively cope with stress. When stress becomes overwhelming, assistance from a health care and mental health professional can help. For those who wish to seek alternative methods, finding a new hobby, learning relaxation techniques, and adopting a more positive outlook can make these challenging situations easier to handle.

But, perception is an important first step to keeping stress in check. "People very rarely seek to stress other people out. How individuals choose to cope, and how they think about their stressful situations, is important to identifying and managing stress," Kibler said.

Another coping method is to make the extra effort to slow down a busy lifestyle and take it easy. "We all go through times where we are physically and emotionally exhausted. But, realize your stress not only affects you, it affects everyone around you," McCartney said.

His advice is to become creatively selfish. "Take time to do something you enjoy, something that reinforces your eustress." McCartney's cooking hobby provides him with a relaxing diversion from the day's stressors.

To relieve occupational stress, Mary Ellen Mitchell-Rosen, R.N., M.S.N., assistant professor at NSU's College of Nursing, believes in the healing power of physical activity. She also said there is strength in numbers. "At work, I find walking to meetings with a colleague is a great way to relieve stress. By the way, all talk on the walk has to be positive and not work related."

NSU students and institutional advancement employees Roger Roa and Elena Trowell agree. "Walking around campus provides me with the opportunity to take in some fresh air," said Roa, a graduate student who is studying leadership at NSU's H. Wayne Huizenga School of Business and Entrepreneurship. "The physical activity helps to clear my mind from the morning hassle. It also exposes me to the sun, which provides me with a natural boost of energy."

Trowell, a graduate student majoring in international business at the Huizenga Business School, also believes physical activity helps relieve stress. "When I am feeling stressed from everyday life, work, and school, I walk around Gold Circle Lake on NSU's main campus. Sometimes, I will walk over to the Don Taft University Center. Walking helps me unwind after sitting in my office for hours or studying at the library."

Stress can accumulate in specific areas of our bodies, according to Michael Reed Gach, Ph.D., director of the Acupressure Institute in Berkeley, California. He advises clients try acupressure exercises at home to release stress. David Sobel, M.D., physician at Kaiser Permanente hospital in San Jose, California, recommends shaking your hands vigorously for 10 seconds. Increasing circulation brings instant calm.

Another method is to listen to something our mothers always told us: Stand up straight! According to San Francisco clinical psychologist Robert Cooper, Ph.D., "Poor posture increases muscle tension and anxiety. Straightening the spine combats those negative effects."



"When I am feeling stressed from everyday life, work, and school, I walk around Gold Circle Lake on NSU's main campus. Sometimes I will walk over to the Don Taft University Center. Walking helps me unwind after sitting in my office for hours or studying at the library."

—Elena Trowell

Under stress, many of us neglect our nutrition. But, some experts say you can eat away stress. According to Cooper, carbohydrates assist in the release of serotonin. Found in the brain, this chemical helps us experience calm. Snacks such as pretzels and crackers are examples of carbohydrate-rich foods. To help with nourishment that may be missing from our bodies when stress attacks, nutritionist and author Elizabeth Somer, R.D., advises taking a daily multivitamin and mineral formula that contains between 100 percent and 300 percent of the recommended dietary allowances.

To deal with demanding work and school schedules, many of us turn to caffeine for an extra burst of energy. However, this can lead to dependence on a quick fix. Ethnobotanist and author James A. Duke, Ph.D., studies how native plants can be used in everyday living. He

recommends coffee drinkers slowly add a decaffeinated brand to their regular cup over a period of several weeks. For soft drinks, he recommends choosing a decaffeinated brand or switching to sparkling mineral water. Finally, while many of us are familiar with the soothing properties of chamomile tea, Duke suggests trying other herbal blends that may have similar qualities.

In the end, when it comes to dealing with our stressful lives, it all comes down to restoring balance. "The more in sync we are with our lives, the happier we are," said McCartney. "The trick is finding your own happiness and working toward developing a good quality of life."

The next time you are stressed out, try something new to turn your distress into eustress.

It Takes Two



By Stephanie Fleming, M.A.

RELATIONSHIPS ARE COMPLICATED.

When two unique people come together, they create a complex entity. And just like no two people are exactly alike, no two relationships are exactly alike. What works for one couple may not work for another couple. When conflicts arise, there is no magical solution that will work for everyone.

“People come from diverse backgrounds and think the way they were raised is the norm, and they revert to that,” said Shelley Green, Ph.D., professor of family therapy at Nova Southeastern University’s Graduate School of Humanities and Social Sciences.

A relationship is a conscious decision—to date or not to date. There are pros and cons of being single and having someone special in your life. When you are a pair, the uniqueness and needs of two individuals that become one require a certain amount of work and understanding to become successful.

Green and her husband of 21 years, Douglas Flemons, Ph.D., professor of family therapy at NSU’s Graduate School of Humanities and Social Sciences, supervise the student therapists at NSU’s Brief Therapy Institute, the training clinic for students who are working toward their master’s or doctoral degrees in family therapy. The couple met during graduate school and have a private practice for individual, couples, and family therapy. Green and Flemons work together, live together, raise children together, and nurture a unique and interesting relationship together. Surprisingly, they don’t analyze each other. “Neither of us has accused the other of doing therapy on the other,” said Flemons. They clearly love what they do, and they make couples therapy sound like the promising, beneficial endeavor that it should be.

Couples Therapy

According to Green, couples in therapy must come with an open mind and be prepared to hear things about themselves that are less than perfect. “There is no special key to being happy,” said Green. Rather, it is about what works for each couple.

Michelle Manley, M.S., a doctoral student in family therapy at the Graduate School of Humanities and Social Sciences and assistant director of NSU’s student media, said that each relationship is different and what works in one may not work in the other.

“I view the individuals within a relationship as the experts in understanding what works and what does not work,” Manley said. “As a therapist, I assist clients in looking beyond the dominant story [which may center around infidelity or other conflicting issues], by helping them to identify other stories that might also be true,” she said.

When there is a conflict, Flemons said, it is important not to talk about the big issue right away. Often that big issue involves money, sex, and family, but not necessarily in that order. The couple has to be able to separate themselves from the big problem. “It’s amazing how resilient people can be,” Flemons added.

Laura Mantell, D.M.F.T., an alumna of the Graduate School of Humanities and Social Sciences, saw clients for many years at the school’s Brief Therapy Institute, and now has her own practice. She said one of the main things couples need in order to overcome problems or challenges is flexibility with themselves and with their partners.



Shelley Green, Ph.D., a professor of family therapy at NSU's Graduate School of Humanities and Social Sciences (SHSS), and her husband of 21 years, Douglas Flemons, Ph.D., also a professor of family therapy at the school.

“Respect is important. Each person has to assume there is a legitimate reason for what the partner is doing or saying. Trust is also an essential ingredient in a relationship, as is an open mind and a sense of humor.”

—Shelley Green, Ph.D., professor of family therapy at Nova Southeastern University's Graduate School of Humanities and Social Sciences

“Often, couples get caught up in patterns or cycles that are detrimental to their relationship,” Mantell said. “Offering each other the flexibility to break those patterns, and utilizing their resources, helps to create new patterns that work for them as a couple.” Couples in therapy, she added, have been able to work with her and work through their difficulties. “However, ‘success’ is defined differently for each couple. Many of the couples that I have worked with have been able to use their existing skills and resources to overcome things such as infidelity, mental illness, and financial difficulties,” Mantell said.

Green advises that the first step in opening up communication in therapy is to listen more and talk less. Using this technique, a couple can learn to overcome complications and develop a successful relationship. “Respect is important,” Green said. “Each person has to assume there is a legitimate reason for what the partner is doing or saying. Trust is also an essential ingredient in a relationship, as is an open mind and a sense of humor.”

Mantell reiterates the need to be flexible with a partner, especially in a long-term relationship.

“People tend to change over time, and it is important to be able to grow and change within your relationship,” she said.

Going Solo

Despite the possibility of success as a couple, some people still choose to be single. There are benefits to going solo, at least for some people. According to Green, research has shown that men in relationships have longer life expectancies, but that women are not so lucky. “Married men are healthier, but married women are not,” said Green.

Even if the single lifestyle isn't the best choice for an individual, it has its benefits for the eventual healthy relationship. “In order to begin a relationship, it helps if you can live alone,” Flemons said.

But, that might depend on the person. “I find some individuals seek out companionship and might struggle to be single if they did not have a supportive network of family and friends,” said Mantell. “And there are others who prefer the freedom of being single and thrive in that independence.”

Ageless story

Many people wait until they are older to get married or enter a serious relationship. According to Green, our culture is changing, and age differences don't seem to matter as much anymore. People are still going through some of the same challenges at 40 as they were at 20. They also tend to start second careers in their 40s, which can lead to the same problems as a new career for a couple in their 20s.

Mantell has found that similarities and differences exist among various age groups. “At different stages in a couple's life or relationship, they might encounter different types of challenges, but it remains consistent that working with a couple to utilize their existing resources to solve their relationship problems is something that goes across age groups,” said Mantell. One difference, cited by Flemons, is that older couples, who may be in their second or third marriages when they seek therapy, are keen to make things work and invest in the therapy.

Welcome the complexities of a relationship. Don't try to fit it into a normal category. There is no such thing. If relationships were simple, we would all be bored. Happy dating!

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).

Finding Your Passion



Randy Heller, Ph.D., LMFT, LMHC, an adjunct faculty member in the Department of Marriage and Family at NSU's Graduate School of Humanities and Social Sciences, is very passionate about teaching her graduate students.

By Randy J. Heller, Ph.D., LMFT, LMHC

IT WAS THE SUMMER OF 2006, and my 50th birthday was soon approaching. My only daughter was heading off to college, and I was not at all sure how I was going to manage my empty nest. I thought about the very thing that I talk to my clients about when they are feeling scared, lonely, distressed, or confused about a pivotal time in their lives—find something you're really passionate about and dive into it head first!

AS A PSYCHOTHERAPIST practicing for more than 25 years, I have discovered that one of the best things people can do when they are going through a difficult time, at a crossroad, or looking for direction, is connect to people, activities, and circumstances that are meaningful to them. Doing so helps them to redirect their thoughts and find fulfillment in ways they did not know they could.

To that point, I listened to my own voice and filled out the application for the doctoral program in the Department of Marriage and Family Therapy at the Nova Southeastern University Graduate School of Humanities and Social Sciences. Returning to school in pursuit of my Ph.D. degree was a dream of mine since I graduated with my master's degree in 1988. I have always had a passion for learning, joining with diverse groups of people, and making a difference in the lives of others.

Being a doctoral student at NSU provided me with the opportunity to do all of those things. The people at NSU soon became my extended family and being here became my passion. As an alumna, I am now an adjunct professor in the Department of Marriage and Family Therapy, following my dreams and passions. To my mind, being passionate about anything you do is the key to unlocking your full potential and, ultimately, your happiness.

What is this thing called passion? How do we discover our passion? To me, it's anything we become focused on, entrenched in, and do not want to do without. Passion is a powerful emotion that makes our adrenaline flow, our hearts pound, and keeps our minds active. Take some time and consider what it is you are curious about. What interests you, drives you, inspires you, challenges you, motivates you, and leads you to look forward to the day? Ariel Enisman, a first-year law student at the NSU Shepard Broad Law Center, is finding her passion on a multitude of levels. Enisman told me about her interest in the law, the meaning it holds for her, and the way she believes she will be able to utilize her knowledge

and skills to help people. She suggested that her passion feeds off of the passion of her fellow students and professors.

"Everyone here is in it together, so you are able to share your passion with your friends and colleagues. We support and motivate each other and get through the really challenging times together," Enisman said. "NSU is intimate and small, so you get to know everyone you're with. The professors know all of their students by first name, and it is easy to get involved."

Elena Rose Minicucci, J.D., director of alumni relations at the Shepard Broad Law Center and a 1996 graduate, said she decided to enter NSU's law school to be closer to home and to her mother, who at the time was ill. It wasn't until 2002 that Minicucci, who was serving as assistant city attorney in Hollywood, Florida, began to combine her passion for the law and teaching. "I was lucky enough to have an opportunity to teach Lawyering Skills and Values III and IV, and I haven't stopped since," said Minicucci. "It's what I love to do." She also teaches a new Law Center course, Collaborative Family Law. As director of alumni relations, Minicucci creates law alumni programs related to promoting professional development, student mentoring and engagement with alumni, and alumni networking.

Minicucci also met her husband, Adam Scott Goldberg, when they were law students at NSU. Now, both are attorneys and adjunct faculty members at the Law Center, where they share their love and interest for the law, teaching, charity work, and each other.

Every day is exciting for someone as passionate as Minicucci.

I invite you to take the challenge of finding your passion. How will you transform your life and enjoy doing it every day? Create a vision, and consider what needs to be in place in order for you to realize your dreams. You'll be surprised to find that the answer lies inside you.



Speaking with Your Body

By Stephanie D. Guedj

COMMUNICATION IS THE BASIS for our closest social relationships. The associations we formed with others—friendships, romances, even enmity—are the products of social interactions. So does what we say make or break our personal relationships? To some extent, the answer is yes. But, as the old proverbial saying goes: “It’s not what you say; it’s how you say it.” And guess what? Your body language has something to do with it.

“Communication is more than an exchanging of words,” said Stacie Davidson, a second-year student in the clinical psychology program at Nova Southeastern University’s Center for Psychological Studies. “How we react to others, nonverbally, sends messages.” In fact, there is a strong behavioral component that shapes the dynamic of our relationships.

“In our everyday social situations, we use and interpret nonverbal signals unconsciously,” said Barry Nierenberg, Ph.D., ABPP, professor at the Center for Psychological Studies. “The messages we send and receive can have profound effects.”

Our body language can determine the significance of our conversations, which, in turn, impact our social roles

and relationships. Body language, nonverbal, or paralinguistic communication adds meaning to our words. Our facial expressions, hand gestures, posture, and tone of voice convey things that go unsaid. Consistency between our words and behavior in conversation may reflect genuineness and honesty. For instance, making eye contact and uncrossing arms and legs may indicate that you’re being open and receptive to what someone has to say to you.

However, the nuances of nonverbal behavior are so delicate that even when someone’s body language and words correspond, they may still communicate dishonesty. An example is bad acting. An actor may cry during a sad scene, but if his nonverbal actions are too exaggerated, we may not believe he’s really upset.

How we react to others, nonverbally, sends messages.

Deceit may also be communicated when our speech is inconsistent with our body language. A disconnect between our verbal and nonverbal actions may suggest we are being insincere or hiding our true feelings. That doesn’t necessarily mean it’s a bad thing. Sometimes, we intentionally contrast what we say and what we do to bring humor to a situation. The use of sarcasm is an example. But, ultimately, context is key. What you say, how you say it, and the social situation in which you say it is pertinent to what your nonverbal actions mean. Whether someone is being honest or dishonest is contingent upon those variables.

There is some bad news. You can’t accurately or reliably tell if someone is lying by simply observing their body language. There is no universal body language or set of behavioral patterns that can lend insight into a person’s mind.

“In some ways, I think body language is a misnomer, because it gives you the idea that it works like spoken language,” said Douglas Flemons, Ph.D., professor of family therapy at NSU’s Graduate School of Humanities and Social Sciences. “With written language, you find verbs, you find grammar, nouns, and so on. Nonverbal

communication doesn’t have grammar or signifiers. It doesn’t have components that you can take apart in the same way.” One reason why there is no universality among body language is because it is culture specific. For instance, a thumbs-up gesture may be an innocent signal in one culture, but obscene in another.

While knowing a person’s thoughts based solely on mannerisms or facial expressions might not be possible, there is still much to get out of understanding body language. “Body language provides us with a snapshot of what a person is experiencing emotionally,” said Michael Pusateri, a third-year student in the clinical psychology program at the Center for Psychological Studies. “Nonverbal cues are an excellent gateway into understanding a person’s emotional state.”

When we become more sensitive to a person’s emotional state, we can build understanding and compassion for that person. Learning to interpret how others may be feeling at a particular moment can enhance our relationships. “The more we understand and appreciate how nonverbal cues are an important part of communication and how they can send unintended messages, the less likely we will have miscommunication,” Nierenberg said.

Love What You Do

10 Most Enjoyable Jobs at NSU

By Yineth Sanchez

As you got up this morning, what motivated you to go to work? Was it the prospect of going to a job with a good work environment, minimal stress, great flexibility, and the potential for personal and professional satisfaction? These factors were the main variables considered in finding the most enjoyable jobs at Nova Southeastern University.*

10 Executive Assistant

"This is a constantly encouraging and diversifying position," said Sheryl A. Spencer, a junior psychology major in NSU's Farquhar College of Arts and Sciences. Spencer has worked as the executive assistant for academic review/new program review for five years. "This full-time position offers unique benefits, such as access to the Weight Watchers program, flexibility to attend classes, and mentorship from high-ranking university leaders," said Spencer.

9 Program Coordinator

"This job gives me autonomy to do what I want to do, which is to help students succeed," said Russell Garner, program coordinator of NSU's Institute for the Study of Human Service, Health, and Justice. In this position, Garner wears many hats, since he assists students from admissions to graduation. This position also has helped Garner develop professionally. "I have an excellent supervisor who encourages me to take on increased responsibilities and get out of my comfort zone," said Garner.

8 Staff Member, Shark Dining

"In this service-oriented job, the managers not only focus on the consumers, but also on their employees," said Anna Arias, a senior marine biology major at the Farquhar College of Arts and Sciences. For their employees, Arias' managers organized an Easter egg hunt, which was held on Easter Sunday. "As an international student, I felt that this was truly a bonding experience," she said. "I felt like I was part of a true family. This position offers access to health care benefits, great flexibility, and cell phone plan discounts."

7 Public Safety Coordinator

"The law enforcement and public safety field is something I have always admired since I was young," said Michael Walsh, field operations coordinator for NSU's Public Safety Department. Walsh is privileged to work in an area that he always has loved. In this position, he enjoys the team of people he works with and the support that he receives from administrators. "The environment is excellent. I have the opportunity to work with a good group of people who are team players," said Walsh. "I enjoy what I do."

6 Student Ambassador

"My job is to share the NSU experience," said Reshma Daniel, junior legal studies and communication studies major at the Farquhar College of Arts and Sciences. "As a student ambassador, I help prospective students get information about the university," said Daniel. The position, one she has held for nearly a year, has helped to develop her social and communication skills. Daniel has been able to manage her class schedule and campus involvement thanks to the flexibility and stress-free attitude offered by this position. "We are always willing to help one another. It feels as if we are a family and that includes our boss," said Daniel.

5 Faculty Member

"This job is never boring. I am constantly looking for something new and exciting," said Gary Gershman, J.D., Ph.D., associate professor of history and legal studies at the Farquhar College of Arts and Sciences. In his 12 years at NSU, Gershman has taught a variety of courses, including a travel-study class to Poland, Hungary, Serbia, and Bosnia and Herzegovina to study genocide in the 20th century. "Some of the benefits that make this job enjoyable," said Gershman, "are its low overall stress level, great work environment, and flexibility."

4 Assistant Director of Operations

"In this position, you are able to learn true community values and pay it forward to the next person," said Kimberly Cronin, M.S., assistant director of operations at NSU's Office of Institutional Effectiveness and program representative of GoArmyEd, an online portal for active and reserve soldiers to manage their college education at NSU. According to Cronin, her job is very rewarding and she truly enjoys the privilege of giving back to a community of heroes. "The great benefits of this job are the circle of mentors it creates and the opportunity to help others develop professionally," she said.

3 Laboratory Assistant

"As an organic chemistry laboratory assistant, you get paid to learn," said Anita Singh, senior biology major at the Farquhar College of Arts and Sciences. Singh struggled to find the right job for her. Prior to this, she had four other jobs on campus. In this position, she found the flexibility and work environment to help advance her personal and professional goals. "I have finally found the job that combines both of my interests. I get paid to review and stay informed on the subject matter," she said.

2 Personal Trainer

"This job gives you the freedom that no other job gives you," said Christopher Garcia, first-year family therapy student at NSU's Graduate School of Humanities and Social Sciences. Garcia has been a personal trainer for two years and enjoys the job's nurturing environment. He is able to choose the number of clients he works with and make his own schedule. "Once competition is out of the question, the work environment is much better," he said.

1 Radio Station Manager

"This job is the best of both worlds," said Ashley Schwartz, the station manager at Radio X, NSU's student-run radio station, and a first-year M.B.A. student in the H. Wayne Huizenga School of Business and Entrepreneurship. As station manager, Schwartz, who started at the radio station as a student worker, gains real-world insight into the entertainment industry by working with outside vendors and meeting new bands and artists. "In this position, I am constantly establishing connections for the future," said Schwartz. "This job has helped me grow professionally."

A **SUPER-INTENSE** Workout

By Christopher Garcia

THERE'S A REASON why the high-intensity training fad continues to swell: because of quick results for an Adonis-like body. Unlike the housing-market, this bubble will never burst.

High-intensity training involves a principle that the body should never be allowed to get accustomed to an exercise or training regimen. This training involves completing quality weight training repetitions to the point at which muscle failure is experienced. To maximize the amount of muscle fibers used, consider the amount of repetitions, weight, and time that the muscle is exposed to tension.

Efficiency plays a huge role in high-intensity training results, because it requires the body to perform both strength and conditioning exercises in unison with cardiovascular training. This is executed by performing a number of short bursts of intense exercise with short recovery breaks in between.

Any sport or fitness discipline that requires the body to perform at an increased heart rate for the duration of the exercise is considered high intensity. That's because you accomplish more work in less time, which translates into

more calories burned and enough of a stress response to the muscles for the body to see great results.

Some high-intensity programs and sports that use such principles include CrossFit, P90X, Insanity, and mixed martial arts (MMA). They promote the same concept: to create well-rounded athletes capable of performing a wide variety of strength and cardiovascular feats.

An advantage of high-intensity training is that you spend less time at the gym. One hour or less is usually all you need for high-intensity training. Here at the NSU RecPlex, several group exercise classes fall under the high-intensity criteria. The classes that average 45 minutes to an hour include Tabata, Extreme Fitness, and Circuit Blast.

Although high-intensity training seems to have been invented and popularized overnight, it has been around for a while. Military forces and martial arts enthusiasts have practiced high-intensity training for centuries. Arthur Jones, the founder of Nautilus and a marketer, developer, and manufacturer of health and fitness products, popularized modern high-intensity training in the 1970s.



▼ RecPlex Extreme Fitness Class

▲ RecPlex Circuit Blast Class





Over the last 20 years, the training evolved and branched off into other disciplines including high-intensity interval training (HIIT), Tabata, CrossFit, P90X, and MMA. High-intensity training didn't reach the peak of its popularity until the movie *300*, during which moviegoers were in awe of the actors' stunning physical condition and physiques.

The results of high-intensity training are impressive. Imagine having a chiseled body that looks like it was sculpted by Michelangelo: well-defined muscles in your arms, legs, back, and midsection. The 20 pounds you've been trying to lose are gone! And you suddenly become stronger with more endurance.



◀ ▲ RecPlex Extreme Fitness Class.

As a personal trainer at NSU, I believe high-intensity training will yield the fastest results for creating a more toned and chiseled physique. However, the risk of injury is high because of the precision needed to execute the heavy lifts and technical Olympic lifts most high-intensity disciplines have adopted. Because of this, be sure to learn the proper basics before starting a high-intensity program. Moreover, with so much abuse being inflicted on your body, the success of high-intensity training begins with your commitment to proper nutrition and rest.

If you are considering high-intensity training, conduct research to learn more about the gym you want to join, the trainers they employ, and the training disciplines they follow, because each gym and high-intensity exercise class will be different.

Here's what a high-intensity workout might look like:

- rowing warm up—1,000 meters
- dumbbell or kettlebell swings—3 sets of 25 swings using 15–30 pounds
- explosive push-ups—4 sets of 10
- tricep dips from a bench or chair—4 sets of 10
- squat thrusts or jump squats—1 set of 50

If this super-intense workout is right for you, try it. If not, don't abandon your current routine.

The Social Media Dilemma



By Casey Elise Zagaria, M.B.A.

People glued to their social networks should take a page from *PC World's* "Social Media Sins." According to the article, behaviors such as nonstop phone interaction are antisocial, rather than prosocial, which are voluntary behaviors intended to benefit another person. *PC World* also states that while you might think you're being social by interacting with your myriad online friends, people around you likely think you're rude.

However, social networking can be used for prosocial purposes. Take, for example, Hurricane Sandy. From the time the storm warning was announced to the relief efforts of today, social networkers felt like they were in the eye of the storm. Through Facebook, YouTube, Twitter, and Instagram, everyone from government officials to those affected by the storm shared photos, stories, fears, and news clips instantly. On the day of the storm, Instagram CEO Kevin Systrom revealed that 10 pictures with the hashtag Sandy were uploaded every second. In this case, the instant gratification that comes with social networking and content sharing was a comfort to those affected by the storm, because they knew help was on the way and they were not alone.

Ultimately, social media is neither good nor bad. It holds no inherent morality or value, until we put it to use. Simply put, social media is what we make of it. The vast potential it holds rests with us, the users. Fostering our social skills and interactions rests entirely upon our own ability to rise above self-promoting and antisocial behaviors.

We can never replace the unique experiences and memories that we make in person, no matter how hard technology tries to replicate them. We can try to share them, but those feelings can't be announced on Twitter, displayed on Facebook, or captured via Instagram. That's why it is important to be truly present for each other in our social lives—online and in person.

THE PHENOMENON OF SOCIAL MEDIA has grown exponentially. Web sites like Facebook, Twitter, YouTube, and Instagram are blowing up with new social landscapes. Recent statistics illustrate our voracious appetite for social networking sites. The Social Skinny, a Web site that posts impartial social media news and tips, recently published that every minute of the day 100,000 tweets are sent via Twitter; 684,478 pieces of content are shared on Facebook; 48 hours of video are uploaded to YouTube; and 3,600 photos are shared on Instagram.

Nova Southeastern University has caught the social media buzz. With more than 19,000 "likes" on the official NSU Facebook page and approximately 10,000 combined followers on the university's YouTube, Twitter, Pinterest, LinkedIn, and Google+ sites, students, faculty and staff members, administrators, alumni, and friends are getting connected.

But, while social media seems to be the most prolific way of communicating these days, is it really good for us? Does social media create superficial connections that break communication skills rather than build them?

While the five laws of ecology tell us everything is connected, social media tells us that virtually everyone is connected. According to a study from the content management company Mindjumps, there are more mobile devices (4.8 billion) than toothbrushes (4.2 billion) on the planet!

Social media has undeniably changed the way we interact. Today, 40 percent of people spend more time socializing online than they do face to face, according to the Web site AllTwitter. Through social media, we discover our friends' hidden talents, and make connections with long-forgotten friends and family.

Social media is popular for a variety of reasons. The first reason is simple: social networking requires little effort. Free from the constraints of personal contact, we can communicate without being fully present. For many people, especially those that are shy, social networking gives the illusion of safety. Perhaps this is why, per The Social Skinny, 83 percent of us believe that using social networks will help us make new friends. We can interact online without emotion, but personal contact

runs a risk of much greater judgment, because accountability is higher.

Another reason for social networking's popularity is instant gratification. Online, there is little room for patience as we message back and forth with our friends and family. More significantly, social networking gives us freedom. Free from accountability, we may not be as truthful online as we are face to face. The Social Skinny reports that 25 percent of us admit to stretching the truth when we are online. Further, if we're not satisfied with our online relationships, we can block users or unfriend them on Facebook. In person, we are forced to resolve our conflicts through engagement.

Think about your last social outing. Were you at a club, concert, the beach, the mall, or a restaurant? How many people were on their phones taking pictures, texting, or updating their social media statuses? Were you one of them? The Social Skinny estimates that 24 percent of us missed out on important life events this year because we were too busy chronicling them on social networks.

Are You Too Busy for Religion

By Susan Lycett Davis, Ed.D.

In today's hurried, hustled, and now technology-driven world, we have to switch our focus and priorities in an effort to buy time.

OUR LIVES ARE RIFE with numerous challenges such as work, child care, social networking, emails, and keeping up with family and friends. We also try to make time for personal wellness and community service. To meet all of these demands, we seem to be sacrificing one thing: religion.

Are we losing it? Have we neglected to practice our faith meaningfully to satisfy our busy lives?

"Oftentimes, I realize that my busy lifestyle is trying to get me to stop my time with God," said Elizabeth Burlingame, a Christian who is a graduate student at Nova Southeastern University's Center for Psychological Studies.

Abdulrahim Charif, a Muslim student at NSU's Graduate School of Computer and Information Sciences, said that he doesn't go to the mosque anymore these days because of his busy schedule. "I used to go once or twice a week," he added. Charif's current lifestyle causes him to pray and practice his faith less. "Faith always has time in a man's life, but the condition and situations I am in do not really help me practice it," he said.

Given the frequent use of technology such as smartphones and social media among NSU students and faculty and staff members, it would seem our lives have gotten a lot busier. Mark Seldine, Ed.D., director of judicial affairs at NSU's Abraham S. Fischler School of Education, said technology (such as a smartphone, which he often uses in both his personal and professional life) has "definitely" made his life busier. Although he is praying and practicing his Jewish faith less, he stresses that these actions do not affect his faith.

For some people, technology actually aids their religious experience. "My use of technology and social media enhances my spiritual practice, as these gadgets

provide increased opportunities for me to gain access to various spiritual ideologies," said Andrea Shaw, Ph.D., professor of English and cultural studies at NSU's Farquhar College of Arts and Sciences.

Burlingame, the Center for Psychological Studies graduate student, supports the notion that technology and religion can work hand in hand. "At my church, my pastor owns many media devices that help him reach out to our congregation."

When asked if she prayed less these days, Burlingame emphatically denied it. "No way, I pray more than I did when I started at NSU. No matter how tired, how drained, or how many classes I have, I will not go to bed without reading my daily devotions and praying to thank God for letting me live and progress through another door for that day."

Clyde Bailey, Ph.D., who is a Christian pastor, family therapist, and professor at the Fischler School, said that because of their busy lives, people sometimes only turn to religion when they are in need.

"I notice that many people are likely to turn to religion when they are facing a huge crisis, but otherwise, they go about their business without actively practicing religion," he said. "Interestingly, people in developing countries are more likely to be religious all year round than people in a developed nation such as the United States."

No matter what smartphone, iPad, application, or social media network you may be on, religion is a personal thing. Using technology and living a busy life may be a distraction. But in the end, making time for faith is a personal choice. Whether you choose to find your religion or not will ultimately depend on where you find fulfillment—your faith or your gadget.



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www.collegiaterisk.com
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NSU's Health Professions Division (HPD) houses the College of Osteopathic Medicine, College of Pharmacy, College of Nursing, College of Optometry, College of Dental Medicine, College of Health Care Sciences, and College of Medical Sciences.

Health and Wellness Initiatives

made simple

Lunch and Learn with a Dietician

Available All Year

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

NSU's Slimming with the Sharks

January–June 2013

The 20-week Slimming with the Sharks challenge is a comprehensive approach to motivating employees and students looking to make positive life changes. It brings together NSU's personal training/Campus Recreation staff members, Sports Medicine physicians, NSU's registered dietician, and the Guided Self-Change Clinic at the Center for Psychological Studies to provide physical, social, mental, emotional, and occupational services that will facilitate changing habits and lifestyles. The NSU employee crowned the winner, due to his or her loss of the greatest percentage of body weight, serves as the program spokesperson the following year.

NSU Boomers and Beyond: A Day for Health and Wellness

March 2013

This event, formerly the NSU Healthy Aging Expo, has been expanded to include adults of all ages. It provides the information and resources needed to live longer, healthier lives. Expect a diverse presentation of wellness-related lectures, health care screenings, health and aging information, healthy snacks, raffle prizes, and more.

Wellness Day

March 2013

Wellness Day focuses on a day with fun activities that promote health, wellness, and fitness. It takes place on the outside lawn in front of NSU's Alvin Sherman Library, Research, and Information Technology Center. Participants will have the opportunity to explore NSU's wellness dimensions and participate in activities such as fitness challenges and assessments, nutrition games, relay races, and much more.

A Day for Children

September 2013

Each September, more than 10,000 children and their families attend a day of free health care screenings and informative exhibits at NSU's Alvin Sherman Library, Research, and Information Technology Center. Health care services include general medical, vision, dental, hearing, speech and language, psychological, dermatological, pharmacy, and physical and occupational therapy. 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. Nearly 150 community organizations offering services for children in South Florida will participate. Approximately 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. When health issues are discovered, referrals may be made to NSU's clinics for follow up. Families can expect to enjoy rides, games, free food, theater productions, and library services.

University Employee Health Fair September/October 2013

The annual health fair, held in late September, kicks off fall semester on a healthy note. Faculty and staff members participate in health screenings, attend fitness demonstrations, view exhibitor booths, receive body fat assessments, and more.

Shark Shuffle 5k Run/Walk October 2013

The annual Shark Shuffle brings professional and recreational runners from the community together with NSU's students and staff and faculty members to participate in an officially sanctioned 5k race. More than 800 runners participate. Parents can choose to walk the course with their children to model positive wellness and fitness behavior. As an incentive for student participation, a \$500 scholarship drawing is conducted after the race. Last year, there were 32 lucky student winners.

For more information, visit www.nova.edu/wellness.

Become a wellness champion!

We are currently looking for new wellness champions! As a wellness champion, you will serve as the contact person to facilitate wellness events specific to your department. You will also be part of planning university-wide wellness events. If you are interested, contact Marcela Sandigo, M.B.A., associate director of campus recreation, at pmarcela@nova.edu.

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: blood pressure, cholesterol levels, and waist circumference. NSU is committed to providing a healthy environment and offers this free service to all employees.

• Shark Shape-Up

This six-week initiative was designed to help departments work as a team and help each other get fit and stay fit. It provides that extra push with workout routines and nutritional choices. It consists of 12 sessions with a personal trainer and two group lectures with our registered dietician/nutritionist. Sessions are conducted during the lunch hour with trainers and a dietician sent to you.

• Maintain Don't Gain During the Holidays

Everyone needs a little extra motivation during the holidays. NSU helps you to stay motivated by providing a friendly competition between departments to see which department can maintain their collective weight throughout the holidays. Fitness and nutrition tips are provided along with a six-week trial membership to the RecPlex. Prizes are given at the end of the holidays to those that maintained!

NSU Wellness Calendar 2013

March

- Boomers and Beyond
- Health Promotions Week
- Heart Walk
- National Nutrition Month
- Wellness Day

April

- Counseling Awareness Month
- National STDs Education Month
- Occupational Therapy Month
- Walk Now for Autism
- World Health Day

May

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

June

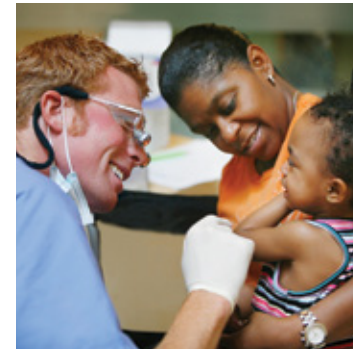
- Family Awareness Day

July

- Dental Awareness Month
- Eye Injury Prevention Month



Dental Awareness Month



NSU's A Day For Children

September

- A Day for Children
- Slimming with the Sharks—Applications Open

October

- Alcohol Awareness Month
- National Breast Cancer Awareness Month
- Shark Shuffle 5k Run/Walk
- Vegetarian Awareness Month

November

- American Diabetes Month

December

- World AIDS Day



Walk Now for Autism

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://nsuathletics.nova.edu>

(954) 262-8250

Health Care Centers

www.nova.edu/healthcare

(954) 262-4100

Healthy Lifestyle Guided Self Change

www.nova.edu/gsc

(954) 262-5968

Henderson Student Counseling

www.nova.edu/healthcare/studentcounseling.html

(954) 424-6911 or (954) 262-7050

Housing and Residential Life

www.nova.edu/reslife

(954) 262-7052

Human Resources

www.nova.edu/cwis/hrd

(954) 262-4748

ICUBA Benefits MasterCard (HRA/HCSA/DCSA Administrator)

<http://icubabenefits.org>

Customer Service: 866-377-5102

MHnet

Behavioral Health and
Employee Assistance Program

www.mhnet.com

24-Hour Customer Service: 877-398-5816

Shark Dining

www.dineoncampus.com/nova

(954) 262-5304

Student Health Insurance

www.nova.edu/smc/health_insurance.html

(954) 262-4060

Student Medical Center

www.nova.edu/smc

(954) 262-1270



What's at NSU for You

For All Members of the NSU Community

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 Lifestyles Guided Self-Change Program at NSU's Center for Psychological Studies.

For more information, 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
- equipment rental
- group exercise schedules for yoga, Pilates, spinning, and instructional programs
- heated outdoor swimming pool
- indoor basketball and volleyball
- 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-training 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—Healthy Eating

Healthy, satisfying meal choices are available at the food court at the Don Taft University Center. Shark Dining is committed to sourcing local produce, sustainable seafood, cage-free eggs, and fresh dairy products free of growth hormones. We are always in search of new ways to provide diners with healthy food options. Greens Etc., located near Subway, is a new concept recently added to the food court. At Greens Etc., you can build-your-own salad with fresh and healthy choices from the salad station, enjoy Au Bon Pain soup, or choose a delicious gourmet flatbread sandwich. We also invite you to stop by Outtakes C-Store and check out our new healthy offerings. We've added organic and gluten-free items to our frozen section and Greek yogurts and organic dairy selections, as well as fresh-cut fruits and sushi. Fuel your body with foods that make you feel and look great!

For more information about on-campus food options and educational tools, 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 Program and the NSU Area Health Education Centers (AHEC) 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

- dermatology (general and cosmetic)
- endocrinology
- family medicine
- geriatrics
- internal medicine
- nephrology and hypertension
- obstetrics/gynecology
- osteopathic manipulative medicine
- pediatrics
- sports medicine

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Saturday, 8:00 a.m.–noon

North Miami Beach Campus
1750 NE 167th Street
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
- oral facial pain center
- orthodontics
- pediatric dentistry
- periodontics
- prosthodontics

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

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

Optometric Care

- comprehensive eye examinations
- corneal and contact lens services
- electrodiagnostic services
- emergency eye care/after hours
- geriatric services
- glaucoma services
- low-vision rehabilitation
- macular and diabetes services
- optical services (glasses)
- pediatric and binocular vision services
- primary eye care
- treatment of eye diseases and injuries
- vision therapy
- visual development and perceptual testing

Most insurance is accepted.

Main Campus
The Eye Care Institute
Sanford L. Ziff Health Care Center
Second Floor
3200 South University Drive
Monday, Tuesday, Thursday, Friday,
8:30 a.m.–5:00 p.m.
Wednesday, 9:00 a.m.–6:00 p.m.
Saturday, 8:00 a.m.–noon

North Miami Beach
1750 NE 167th Street
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

Downtown Fort Lauderdale
North Broward Hospital District
Specialty Care Center
1111 West Broward Boulevard
Fort Lauderdale, Florida 33312
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 8:00 a.m.–noon

Optometric Care (cont.)

Lighthouse of Broward
650 North Andrews Avenue
Fort Lauderdale, Florida 33311

For more information, call (954) 463-4217.

Wilton Manors
Kids In Distress
819 NE 26th Street
Building C
Wilton Manors, Florida 33305
(954) 567-5640

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)

Most insurance is accepted.

Main Campus
Don Taft University Center
3301 College Avenue

NSU Pharmacy

ICUBA members can fill generic drug prescriptions for free!

- 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 dispensing
- wellness screenings

Main Campus
Sanford L. Ziff Health Care 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.

Hearing and Balance Services

- evaluation and management of balance disorders
- evaluation of children with auditory processing and learning disorders
- hearing aids and assistive listening devices
- management of patients with tinnitus (head noise)
- pediatric and adult hearing evaluations

Hearing and Balance Clinic
3600 South University Drive
Monday–Friday, 8:30 a.m.–5:00 p.m.

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.

Speech, Language, and Communication Disorders 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.

Speech, Language, and Communication Disorders Clinic
6100 Griffin Road

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)

Mailman Segal Center for Human Development
Jim & Jan Moran Family Center Village
7600 SW 36th Street
Monday–Friday, 8:30 a.m.–5:00 p.m.
Saturday, 9:00 a.m.–1:00 p.m.

Psychology Services

- 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.
Saturday, 9:00 a.m.–1:00 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
- psychoeducational assessment of children and adolescents
- school-based consultation services
- testing for intellectual giftedness
- vocational testing

Mailman Segal Center for Human Development
Jim & Jan Moran Family Center Village
7600 SW 36th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.

For more information, call (954) 262-8620.

Veterans Services

- bereavement counseling
- couples and family counseling
- parent training
- psychological and psychoeducational assessments
- treatment for depression and anxiety
- treatment for difficulties associated with traumatic experiences
- vocational testing

Services are free for all military service members, veterans, and their family members (provided by funding from the United Way).

Main Campus
Mailman Segal Center for Human Development
Jim & Jan Moran Family Center Village
7600 SW 36th Street
Monday–Friday, 9:00 a.m.–5:00 p.m.

For more information, call (954) 262-8620.

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 percent, with no cost to you when you use an in-network provider.

Services Include

- \$5 copayment for all generic drugs at all participating pharmacies
- all generic drugs dispensed with no copayment for NSU’s ICUBA members who get their medications from NSU’s pharmacy at the Sanford L. Ziff Health Care Center

- 100 percent coverage for lab work performed at an in-network provider
 - abdominal aortic aneurysm screening (ages 60 and above)
 - blood stool tests
 - bone mineral density tests
 - colonoscopies/sigmoidoscopies
 - echocardiograms/electrocardiograms
 - general health blood panels (including glucose and lipid)
 - 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 also covered at 100 percent. You will be financially responsible for your office visit copay or coinsurance for any office visit consultations to discuss these procedures. There is no copay or coinsurance for in-network wellness office visits.

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 advocates at no charge. They will coordinate instructions from multiple physicians and juggle medical claims and prescriptions for you. Nurses are not affiliated with NSU, and services are provided on a confidential basis.

Call the Blue Cross/Blue Shield 24-hour nurse line at 877-789-2583.

Employee Sick Call Clinic

An NSU College of Osteopathic Medicine physician can attend to your urgent medical needs. Appointments are required.

Main Campus
Employee Health Center
Sanford L. Ziff Health Care Center
3200 South University Drive
Monday–Friday, 8:00–11:00 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
- elder care 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.

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 can complete and mail back.

Wellness Made Simple Program

The Wellness Made Simple program is a partnership between NSU and ICUBA to provide comprehensive primary health care in a setting that facilitates communication, healthy lifestyle decisions, and treatment or prevention plans. The goal of the program is to promote preventive medicine, identify patient health risks, provide treatment, and prevent a more serious condition in patients with health risks. The program is available to all employees and

family members insured by ICUBA who are 18 years of age or older. Register by calling (954) 262-VIPS (8477) to make your appointment today!

For NSU Students

Health Care Services

The Student Medical Center is staffed by board-certified physicians and physician assistants who 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 Health Care Center
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

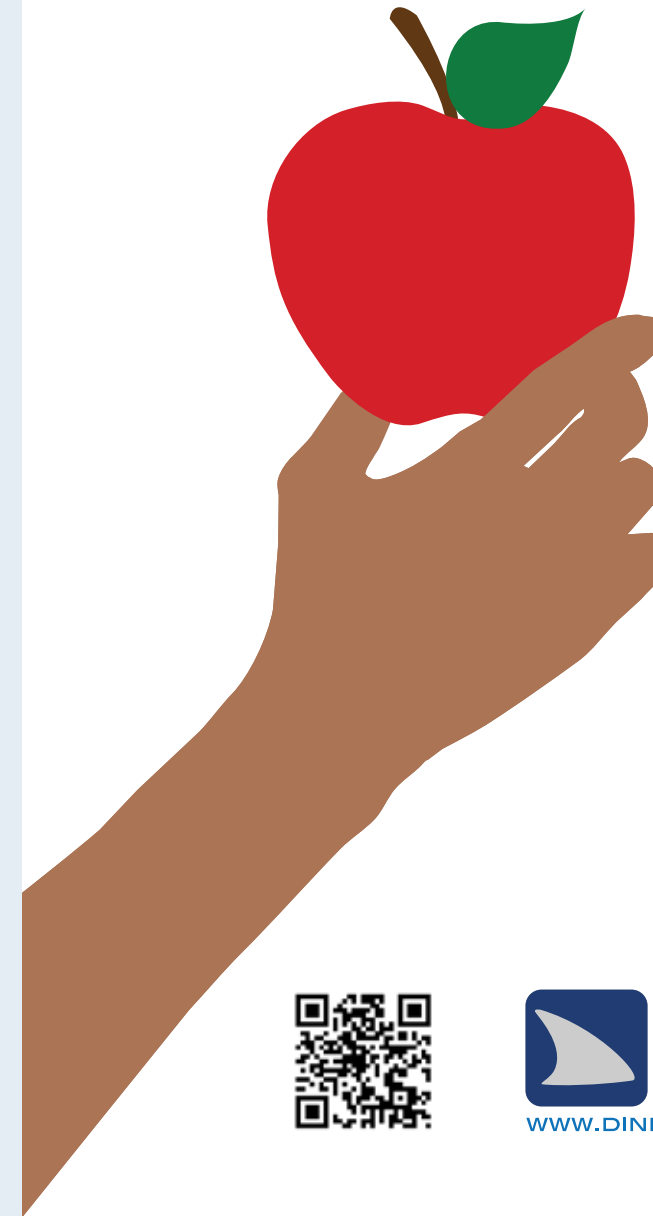
Individual, couples, family, and group counseling services are provided in an office setting for all full- and part-time enrolled students. In addition, telephonic triage sessions occur if the students are logistically unable to come into the office. Service delivery utilizing a brief therapy model is used, and each student is eligible for 10 free counseling sessions per year. If seeing a psychiatrist, students are charged a nominal fee that may be covered by many insurance companies. The office manager will assist in determining eligibility and fees. The counselor's goal is to build upon the student's current skill sets for positive behavioral change. Services are provided by licensed counselors, a licensed psychologist, and a psychiatrist.

Location
3538 South University Drive (in University Park Plaza)

Phone Numbers
Office: (954) 424-6911 • Fax: (954) 424-6915
Hotline: (954) 424-6911 (available 24 hours a day, 7 days a week)

Hours
Monday, Thursday, Friday, 9:00 a.m.–5:00 p.m.
Tuesday and Wednesday, 9:00 a.m.–8:00 p.m.

“The journey to wellness begins with one step”



Our commitments to you:

Sourcing fresh yogurt & milk that is free of artificial growth hormones.

Purchasing poultry produced without the routine use of human antibiotics.

Buying local products to support American family farms.

Promoting Certified Humane cage-free eggs™.

Featuring social and ecological certified coffee.

Serving seafood that comes from sustainable sources.

Offering packaging made from renewable resources.

Implementing waste reduction practices to minimize environmental impact.

Providing a large variety of healthful options and educational tools encouraging our customer to make healthier choices.

