

Wellness is the process of being aware
of and actively working towards better
physical, mental, and emotional health.
B-Well

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What does it mean to B Well?

The B Well program strives to support the individual health of the members of the Bates Community by providing educational resources and motivational programming. As individuals, we all have a personal responsibility to keep our bodies, minds, and souls vital. Here are some baseline suggestions for achieving that vitality:

Know your Numbers: Have a physical with your Primary Care Physician once per year and keep track of your biometric results. This includes weight, blood pressure, and cholesterol for examples. Learn what the healthy ranges are and talk to your Doctor about ways that you can get to / stay in those ranges with lifestyle.

Be Active: On most days, you should designate at least 20 minutes where you are moving. This could include walking, dancing or weight training. There is no one size-fits-all type of exercise, so choose the one that is best for you!

Be conscious about the food you eat: There is no magic diet that we could all eat and thrive from the same. We are all individual and metabolize foods differently. In general, foods that are natural (fruits, vegetables, whole grains, consciously raised meats and fish) have been shown to be most beneficial for our health.

Manage Stress: Stress is inevitable, but how we cope with stress varies. Learn the best ways for you as an individual to manage it.

B Well Online

The B Well program keeps updates of programs, events, and educational resources on its website and Facebook page. They can be found by navigating to these sites:

<http://www.bates.edu/b-well.xml> -general website

<http://www.facebook.com/bwell.bates> - Facebook page

Who is Mike Milliken?

Mike Milliken is the College Wellness Coordinator and director of the B Well program. Mike is a certified Personal Trainer by the American College of Sports Medicine and has a degree in Community Health Education with concentrations in Nutrition and Exercise Science. He is your resource for developing an individual wellness program.



Start or Re-energize Your Personal Exercise Program

We all can agree that having some form of exercise in our lifestyle has personal health benefits. As individuals, the right form of exercise for you may be much different than that of your colleague. All members of the Bates Community are eligible to receive an individualized exercise program and exercise advice free of charge from Personal Trainer and Wellness Coordinator Mike Milliken. This service can range from revamping an old program, starting a brand new routine, or asking for advice on core training. Mike is available to meet with you up to two times per exercise program.



Personal Training Program

An extension off of the exercise prescription program, Personal Training at Bates is a program offered to the entire Bates Community as well. By enrolling in this program, you will receive a personalized exercise program and have one on one sessions with Mike Milliken. In addition, you will receive a fitness evaluation. Prices for this program will vary depending on the packages you select. The following are the packages:

Individual	1 Hour	1/2 Hour
5 Sessions	\$140	\$90
8 Sessions	\$220	\$140
12 Sessions	\$320	\$180
Buddy 2-on-1 Packages		
5 Sessions	\$100	-
8 Sessions	\$150	-
12 Sessions	\$200	-

Exercise Opportunities

In addition to the resources of Personal Training, there are opportunities to participate in group exercise classes and Faculty / Staff open gym sessions. Exercise classes range from Yoga to Circuit Training and are offered at various times of the day (morning, noon and afternoon). Open gym sessions occur during the early morning hours at Davis Fitness Center and is an open time to work out or get advice on beginning or revamping your exercise program. Be on the watch for class schedules and announcements at the website, Facebook page and through email.

**Knock...
Knock...**

Fitness Facilities

Bates College has terrific fitness facilities that are available to all employees and any dependants that have an affiliate card. The facilities include an indoor track, aerobic exercise room, and pool in Merrill Fitness Center. Also, next door in Underhill Arena is a full weight room and an ice skating rink. Located behind Merrill and Underhill is an outdoor track. The hours of the Facilities can be found on the Athletics webpage (<http://www.bates.edu/bulding-hours.xml>)

Merrill Gymnasium houses a 200-meter, six-lane Ruba-Turf track; an eight-lane, 25-meter-long swimming pool with one- and three-meter diving boards; four tennis courts; and squash and racquetball courts. New for 2004: the Bert Andrews Room, which is a cardiovascular fitness center, and the Marcy Plavin Dance Studios.

Underhill Skating Rink (In season) offers open skate hours from 11-1 on weekdays.

Davis Fitness Center is host to over 15 weight machines, full set of dumbbells and free weights, medicine and gym balls. Davis is located on the second floor of Underhill Arena.

Russell Street Track was built in 2001 and features a polyurethane surface. With eight lanes, the track is a great place for walking or jogging.

Wellness Lunch and Learns

Generally, on the third Tuesday of each month, there is a Wellness Lunch and Learn. Topics of the Lunch and Learns range from Nutrition to Eye Health. Check the monthly calendar for the details on this month's topic. Lunch is often provided for all who attend the presentations. Sign up for a Lunch and Learn through the events tab on the Garnet Gateway. You can find additional information by visiting our Wellness website at <http://www.bates.edu/B-Well.xml>

Community Based Physical Activity Programs

Over the course of each year there are a handful of community based physical activity programs for Bates employees to participate in. Many of the activities are friendly competitions that help keep members of the community motivated to move. Be on the watch for current program announcements.

Maine Health Management Coalition (www.mhmc.info)

Did you know that you can choose doctors and hospitals based on quality? Are you aware that your own actions can help you get better healthcare? Bates College has partnered with the Maine Health Management Coalition (MHMC) to provide tools to empower you to become better healthcare consumers. The Maine Health Management Coalition (MHMC) is a non-profit group whose over 50 members include employers, physicians, hospitals and health plans working together to measure and report healthcare quality and use this information to drive quality improvement in Maine.

The value to Bates College faculty and staff is safer, higher quality, and more efficient healthcare delivered to you and your dependents. Visit www.mhmc.info to see how your primary care doctor rates on quality.

Monthly Calendar

All B Well programming events, dates times and locations can be found on the B Well Calendar. The B Well calendar is posted in various departments across campus or can be found at the B Well website (www.bates.edu/b-well.xml)

Wellness is more than Exercise and Nutrition

The Employee Assistance Program (EAP) is a completely confidential service that can assist you with financial matters, family and care giving, health, emotional well being or even planning a vacation. You may access the program by speaking with a Master's level counselor by dialing the following toll free phone number (877-259-3785).

The EAP also includes a comprehensive Web resource providing free 24-hour access to a host of information for you and any key or significant people in your life. The Website can be accessed by going to www.lifebalance.net and logging in the following:

Username: bates

Password: bwell

The Many Realms of Health

Oftentimes, we associate wellbeing with consistent physical activity, a well rounded diet and a good night's rest. While these factors are certainly major contributors to health, they only make up one of several realms of wellness. This realm is called Physical Health and in addition to fitness, nutrition and rest, it includes medical screenings, avoiding tobacco, using alcohol moderately and practicing safe sex. Many argue that this is the most important realm because it is the easiest for an individual to control. There are, however, six other dimensions that are vital to a person's quality of life.

Environmental Health is achieved when one is conscious of ways to protect the earth around them to assure a healthy lifestyle. Ways to be more environmentally friendly include conserving water and natural resources; reduce, reuse, recycle and avoid second hand smoke and other carcinogens. Environmental wellness also includes making modifications to ones surroundings to reduce barriers. This could be as simple as rearranging an office.

Spiritual Health does not necessarily mean someone is religious, although it could. It is more focused on having a set of strong principles that guide your life. In addition, an individual with beliefs and values is considered to have good spiritual health. Ways to improve this realm of wellness include listening to your heart, following your principles, being curious and inquisitive and exploring your spiritual core.

Intellectual Health is found by constantly striving to improve intellect and creativity. This is often done by reading for enjoyment, performing research, learning a new language or going to workshops. Individuals who are intellectually well tend to be more able to educate themselves on various aspects of life such as budgeting money, maintaining an automobile, raising children, and making healthy decisions.

Emotional Health refers to the ability to express emotions such as anger, frustration or happiness. It also means possessing ways to manage stress effectively in a healthy manner such as exercising or talking to someone.

Occupational Health describes the ability for one to contribute to the workplace with vigor and enthusiasm. It suggests that one's job should have meaning and rewards. Increasing occupational wellness can be done by exploring career options, being open to learning new skills, continuously staying up to date on training and having a vision of what one wants to achieve in a career.

Social Health is achieved by having in place or creating a solid network of support through family or friends. It also includes being open minded and embracing diversity as well as being proactive on issues that may be intrinsically important. Ways to improve social health include interacting with people of other cultures, backgrounds and beliefs, establishing healthy relationships and contributing to one's community.

There are many aspects to wellness other than being active. Make yourself aware of all aspects of wellbeing. The

kicker is that if one focuses on bettering one realm, often times another realm improves. For example, ones emotional health may improve from becoming more physically active. Pay attention to all dimensions, and dive in!

Tips for sticking with your Exercise Plan

Committing to an exercise plan means sticking with it after the initial excitement has passed. Here are some tips to make your routine last.

1.) Get an exercise buddy: A friend to exercise will likely decrease the chances of you or your buddy missing an exercise session. It will also improve the quality of your work outs if your buddy encourages you.

2.) Get a trainer: A Personal Trainer with good credentials and experience may be a great way to keep you motivated. It is also a great way to learn how to exercise on your own and become confident in doing it. Personal Training Packages are available through payroll deduction at a very reasonable price!

3.) Sign up for a distance race / fun run / walk: Challenge yourself appropriately, and spend ample time preparing for the event. Make sure your goal is achievable and reward yourself once you've accomplished it! There are several opportunities for such events right here in the Lewiston/Auburn area.

- 4.) Join a competitive sports league:** From Softball to Golf and Basketball to Bowling, there are plenty of options for leagues to join. Intramurals are open to Staff and Faculty, why not get a team together?
- 5.) Sign up for an exercise class:** Classes such as Yoga, Resistance Toning (Tone and Tighten), and Zumba are periodically offered for no cost to employees. This may be a great opportunity to discover a new type of fitness that you enjoy!
- 6.) Set goals and visualize them:** Write them down and keep them in a place where you will see them. Set short term, small goals.
- 7.) Plan weekly field trip days:** Get a group of friends or family members to commit to a weekly outing. Swim, paddle, bike, walk, hike, etc... Do something different each week. Have you been to the summit of Mt. David or Thorncraig? Both are very close to campus.
- 8.) Check your weight weekly:** Keep yourself in check. Use the same scale, weigh-in at about the same time of day, and wear similar clothing each weigh-in.
- 9.) Arrange to have your fitness levels tested every two months:** Knowing your fitness levels gives you a benchmark to set goals. It's also a great way to see results. A personal trainer will be able to help you measure these levels.
- 10.) Think about the health benefits:** Aside from the aesthetic benefits of exercise, there

are more important reasons for maintaining a routine; your own health.

11.) Schedule your workouts ahead of time: Write it in Meeting Maker or on your personal calendar and ... (see next)

12.) ...Just get there: Perhaps the biggest barrier stopping people from meeting their exercise goals is simply getting to the gym, track, trail, or wherever they are working out. Just get there and the rest will follow.

13.) Make an exercise playlist: Pick out your favorite songs and put them on a playlist on your iPod or burn them onto a CD. Listen to the music while you exercise. Studies have suggested that listening to music while you exercise boosts brain power!

14.) Make it a family thing: Plan family outings that involve physical activity. Spend quality time with each other while benefitting your own and loved ones health!

- Week One -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Two -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Three -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Four -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Five -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
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Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Six -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Seven -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Eight -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Nine -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Ten -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Eleven -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

- Week Twelve -

Activity	Duration	Intensity	Notes
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	
Date: /		High Med. Low	

Your Guide to Good Health
B-Well