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## Wellness Magazine 2011 Issue

Office of Recreation and Wellness

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# wellness

## made simple™



A High-Tech Workout

Volunteering May Be Good for Your Health

Can We Bulk up Our Brains?

The Many Levels of Happiness

**Christopher Garcia**  
 Certified Personal Trainer and  
 Nova Southeastern University  
 English Major

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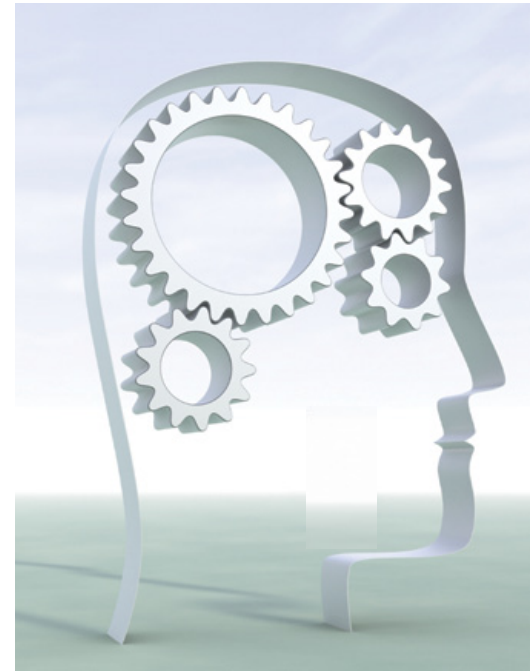


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wellness  
*made simple*

is produced by the Nova Southeastern  
University Office of Publications





# To NSU Family Members and Friends:

Welcome to the third 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.

*Wellness Made Simple* aims to provide the NSU family with the latest health information to enrich their lives. We strive to provide stories with pragmatic knowledge that readers can apply to their own lives, furthering their health and wellness goals. We hope to stimulate discussions on current and future health and wellness initiatives.

Be on the lookout for upcoming new programs to address the health care needs of our NSU staff. For those that have insurance plans with the Independent Colleges and Universities Benefits Association (ICUBA), keep an eye out for our *Wellness Made Simple* program through our medical centers. A pilot program is being conducted in conjunction with ICUBA and Blue Cross/Blue Shield of Florida to provide health care services at our NSU Health Care Centers without charging patients a deductible or co-payment. There will be no out-of-pocket payments. Additionally, there will continue to be no co-payments for generic drugs at the NSU pharmacy, which is also located at the Health Care Centers. We are striving to provide more affordable health care.

We are also in the midst of completing our transition to electronic health care records. This advanced, computerized system will allow our health care providers to access information quickly and reduce medical errors associated with paper records. The speed and accuracy of this system will help us provide better health care.

Finally, we would like to thank the sponsors of NSU health and wellness events as well as *Wellness Made Simple*. A special thanks goes out to Blue Cross/Blue Shield of Florida for their generous support of all our programs for the past four years. Please acknowledge all of our partners with your support and thanks when you see their representative at our many NSU events.

This magazine is written by our students and faculty and staff members, who have a wealth of knowledge and experience with health and wellness. They wrote about the six different dimensions of wellness to achieve healthier lifestyles.

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 2011 issue of *Wellness Made Simple* will show you how a healthier lifestyle can be achieved by anyone, no matter what condition you are in and where you are in life. The 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.

Our latest issue comes off the heels of our award-winning 2010 issue. That issue won two prestigious awards in an international writing and design competition. It took home two Communicator Awards given by the International Academy of the Visual Arts: a **Gold Communicator Award** for feature writing and a **Silver Communicator Award** for interior design.

We would like to thank our designer Randy McCafferty from Nova Southeastern University's Office of Publications, freelancer photographer Bob Eighmie, and all our gifted writers for their hard work and talents in making these awards possible.

In this edition, we challenge you to **take control** of your own health and wellness by bringing you articles such as the benefits of playing the Nintendo Wii, how volunteering can change your life, the powerful effects of music in a workout, how to build your intelligence quotient, shedding the dreaded freshman 15, controlling your emotional eating, and much more.

As always, *Wellness Made Simple* brings you all the latest health and **wellness tips** and events for you to enjoy as a member of the NSU family. We are fortunate to work at a university that promotes wellness and provides a vast array of resources to back it up.

The university has everything from the NSU Biggest Loser challenge and the NSU Employee Health Fair, to A Day for Children 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**. Please don't forget to use the university's resources, including our health care centers, RecPlex fitness center, Sports Medicine Clinic, campus recreation, and student counseling.

As your managing editors, we want to challenge you to be a champion of wellness. As you achieve your wellness goals, please spread the word and get others involved. The gift of health and wellness will better the lives of your family, friends, acquaintances, and coworkers.

If you want to be a **happier** and **more productive** student or faculty or staff member, you will need to build a healthier body and mind. It's easy to start. Just flip through the pages of *Wellness Made Simple*, consume the content, and use it. Don't just let life pass you by.

Be well!

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  
NSU Associate Director  
of Campus Recreation





# Contributors

## Yineth Sanchez

As a junior at NSU majoring in legal studies and philosophy, I am used to seeing peers adhere to 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.

## Casey Elise Zagaria, M.B.A.

I am a doctoral student at NSU's Abraham S. Fischler School of Education and the associate director of NSU's Alumni Association. 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.

## Annarely Rodriguez

I graduated from NSU in spring 2011 with a bachelor's degree in communication studies. I was a former news editor at NSU's newspaper, *The Current*. Looking for a job as a recent graduate is stressful, so I relax with yoga every morning. It helps to keep me fit and to stay relaxed at the same time. I also try not to underestimate the value of eating right.

## Linda Maurice

I am the director of NSU's Lifelong Learning Institute in the College of Osteopathic Medicine. For the last 25 years, I have been a wife, mother, and career woman. Whether it was trudging through the Middle East on television news assignments; representing the Lifelong Learning Institute; or managing the lives of three busy children, I attribute my daily sanity to regular exercise. Better than caffeine, it's a no-fail cure for my morning, soporific trance!

## Randy Heller Ph.D., LMFT, LMHC

I am a psychotherapist in private practice in Davie and an adjunct faculty member in the Department of Family Therapy at NSU's Graduate School of Humanities and Social Sciences. 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 21-year-old daughter is my greatest passion and source of inspiration.

## Christopher Garcia

I am a senior double majoring in English and international studies at NSU's Farquhar College of Arts and Sciences. I am also the editor in chief of the college's literary magazine, *Digressions*. As a personal trainer at NSU's RecPlex, I choose to lead by example when it comes to wellness. I try to stay in peak physical condition through exercise and nutrition. Whether it is mountain biking with my little brother or running an obstacle course marathon dressed as a superhero, the key is having fun.

## Arlene Brett Gordon Ph.D., LMFT

I am the director of the Brief Therapy Institute at NSU's Graduate School of Humanities and Social Sciences. I've made good use of the spectrum of health practices. As a result, nothing is alternative medicine to me. Natural remedies, yoga, meditation, regular checkups, and daily walks are essential for me. Having a job that keeps me on the move, instead of sitting at my desk all day, also helps.

## Richard Toumey, M.F.A.

I am an adjunct professor of writing in the master's degree program in cross-disciplinary studies at NSU's Graduate School of Humanities and Social Sciences. Writing gets too sedentary and stressful, so I walk whenever I can. As a beneficiary of everything from orthopedic surgery to spiritual healing, I've learned that good health takes daily attention. Meditation is central to my fitness. The healthiest thing I do, probably, is keep the company of inspiring people.



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



# A high-tech workout that really breaks a sweat

By Annarely Rodriguez



Christine Sacramento and Taurence Postell  
NSU Undergraduate Students

Sweat runs down your back, and your heart beats quickly as your racket makes contact with the ball. The referee announces your triumph: 6-love—a personal record in your tennis-playing experience.

You crash on your couch. It was a good workout. It was a different workout, though, because instead of using a racket, you used a controller.



The way people work out today is changing due to recent videogame consoles such as the Nintendo Wii. Although it's a new way to work out, is the Wii a substitute for the good old fashioned sweat and toil of the gym? Or could the Wii be a good complement to the gym and traditional physical workouts and athletic activities?

When the Wii was introduced in November 2006, it became Nintendo's most revolutionary game console. It included WiFi capabilities, blue-tooth, and wireless motion-sensitive remotes—high-tech stuff for a videogame.

The console sold out for months due to its affordability (\$250) compared to other consoles. Its popularity, as well as its price, has not changed since.

When you buy a new console, it comes with a copy of Wii Sports that includes tennis, baseball, golf, and bowling. These are videogame sports that simulate the actions of real sports, but using a controller instead of actual athletic equipment or playing on the field.

The console was so popular that, four years after its release, Nintendo's rival, Xbox, released the Kinect, which takes the Wii a step further by getting rid of the controllers and responding to the players' movements through a camera.

Beric Berlioz, sophomore biology major at Nova Southeastern University's Farquhar College of Arts and Sciences, said he used to be a big computer gamer. He discovered that the Wii was more user-friendly but less challenging than other consoles.

"It has a more elementary game style and playing," he said. "It's more children-friendly, but not as technical or strategic as other games like Halo in Xbox live. There's a different level of thinking required."

Two years after the Wii console came out, Nintendo released the Wii Fit. Released in May 2008, the console includes a control in the form of a board on which players can stand as they play the games.

With the new platform, the company released games such as yoga, skiing, and other balance games.

Brian Andriani, senior history major at the Farquhar College of Arts and Sciences, said he thought the sport games were fun. He said playing tennis on the Wii was realistic. However, he said playing baseball on the Wii was very different than playing in real life.

Tina Rando, a junior biology major at the Farquhar College of Arts and Sciences, agreed. "It depends on the game, but if you like to play sports, it doesn't compare," she said.

When you buy a new console, it comes with a copy of Wii Sports that includes tennis, baseball, golf, and bowling. These are videogame sports that simulate the actions of real sports...

Playing the game at home also takes away the interaction with other people that could result from playing at the park, a basketball court, or the gym.

"At the gym, you get to interact with people that you don't interact with at home," said Joe Jones, a senior exercise science major at the Farquhar College of Arts and Sciences. "There are a lot more opportunities [to meet new people] at the gym."

When the Wii was first introduced, it revolutionized the videogame industry because it was the first home videogame console that physically engaged the player. This presented the opportunity to create games differently and make the user interact with the game even more.

But while NSU students think the console is fun, many do not consider it a substitute to traditional workouts.

"Personally, I still need to go to the gym, but I guess [the Wii] is a good way to precondition or to have extra cardio at home," Jones said.

Andriani said he believes it's a good cardio workout for people who may not regularly work out.

Andrew Kusienki, D.O., department chair of sports medicine at NSU's College of Osteopathic Medicine, agreed. He said that if students have no other option or time to exercise at the gym, the Wii is better than not working out at all.

However, he said that although the Wii is being used in rehabilitation by physical therapists and certified athletic trainers, from a medical standpoint, he does not recommend people work out using the Wii.

"From my standpoint, you are going to burn more calories and get your heart rate higher with traditional exercise, which is better for both general health and weight loss," he said.

Kusienki added that working out using the Wii is not as intense as working out at the gym.

"There was a study that compared the Wii, traditional gaming, and walking on a treadmill. The study showed that walking on a treadmill raised your heartbeat higher than using the Wii by far," he said.

Jones said that he preferred working out at the gym because the Wii offers a general work out. "At the gym you have varying exercises, and you can isolate the muscles you want to work on," he said.

### Most popular Wii games in 2010 (according to [www.1up.com](http://www.1up.com))

Although the Wii engages the user more than the other Nintendo consoles, the most popular games available in the console are reminiscent of those available in its predecessors. They are not games that necessarily take advantage of the new technology.

1. Super Mario Galaxy 2
2. Epic Mickey
3. Metroid: Other M
4. No More Heroes 2: Desperate Struggle
5. Red Steel 2





NSU's A Day for Children  
Health Fair



Everyone—senior citizens, young people, families, and singles—  
is doing it these days. Experts say it is even good for us.

So, what is grabbing everyone's attention?

# Volunteering

## May Be Good for Your Health

By Linda E. Maurice

Since colonial times, there has been a spirit of philanthropy in America. From way back then until present day, people have banded together to help each other as a survival mechanism. Whether it was in the wilds of the new American colonies or during the devastating aftermaths of the September 11 terrorist attacks, Hurricane Katrina, or other disasters, Americans have extended themselves to help strangers or their own communities out of an inherent need to do the right thing.

This sense of volunteerism is alive and well at Nova Southeastern University. NSU volunteers—students and faculty and staff members—give of their time and expertise, like other volunteers, without expectation of financial gain or any other kind of reward.

According to George L. Hanbury II, Ph.D., NSU president, a spirit of volunteerism is what enables NSU to stand out among other academic institutions.

“Our mission of sincere volunteerism is what makes NSU a unique and strong presence in this community,” Hanbury said. “You can’t have successful academic programs without an infusion of enthusiastic, altruistic community spirit and engagement.”

While most of our day-to-day lives are filled with the things we “must” do, volunteering is something that is generally not required, but rather something we give of ourselves just for the sake of giving and doing. And, it turns out, that good feeling we get from extending ourselves without receipt of any gain has benefits.

According to a research study by Carol D. Ryff, Ph.D., author of *Happiness Is Everything, or Is It? Explorations on the Meaning of Psychological Well-Being*, happiness is related to our experiences of what is known as psychological well-being. This, in turn, has six critical components, with volunteering possibly affecting many of them. These six components are having a purpose in life, having goals, feeling socially connected, having a degree of self-acceptance, autonomy, and environmental mastery.

Barry Nierenberg, Ph.D., associate professor at NSU's Center for Psychological Studies, believes that Ryff's components can be directly applied to how volunteerism might significantly increase a person's mental and physical well-being and improve his or her sense of happiness.

“You could easily see, for a selected individual, how many of Ryff's six components could be supported by



Volunteering—it can certainly give you a purpose and goal in your life, help you feel connected to others in a socially meaningful way, and assist you in fully accepting yourself with your own unique blend of strengths and weaknesses,” Nierenberg said. “Ryff’s components can also assist you in feeling you have increased environmental mastery—that you need to get to where you are going to volunteer, need to navigate the system, and help those you are volunteering to help, etc.”

At NSU, students and faculty and staff members are encouraged to get involved in the university and the outside community at large. With faculty members, Hanbury stresses his top three requirements: teaching, research, and service.

The university recently received the prestigious 2010 Community Engagement Classification from the Carnegie Foundation in recognition of NSU’s significant commitment to and demonstration of community engagement.

“NSU’s spirit of volunteerism is well-documented and well-received in the community,” said Barbara Packer-Muti, Ed.D., executive director of NSU’s Office of Institutional and Community Engagement, who oversees all community service projects at the university. “With more than 580 clinical affiliations (medical facilities or health care providers) and more than 200 service projects conducted in our community, our students, faculty members, and administrators impact the quality of life enjoyed by members of the community in which we live, study, and work.”

She said that a part of NSU’s mission is to engage its community constituents through diverse services, clinical programs, and community-based research and resources. “We are proud of our contributions and plan to continue contributing to our community for years to come,” Packer-Muti said.

Catalina Rodriguez is one example of how NSU students give back to their community. A fourth-year biology and

premed major at NSU’s Farquhar College of Arts and Sciences, Rodriguez has been a dedicated volunteer since she was in eighth grade. At NSU, she is involved in numerous volunteer programs including assisting with the diabetic foot screening program run by Mark Jaffe, D.P.M., an associate professor in the Farquhar College of Arts and Sciences’ Division of Math, Science, and Technology. In the screening program, Rodriguez works one-on-one with people and gets to really understand what their needs are and where there concerns originate.

**Donating your time is something simple, but it may mean the world to someone. The time you volunteer shows the people that you’re helping that you are making an effort to acknowledge, recognize, and respect them.**

“I like volunteering for projects that are focused on giving attention to people individually, because it gives me a chance to make a connection and make someone feel important,” Rodriguez said. “Donating your time is something simple, but it may mean the world to someone. The time you volunteer shows the people that you’re helping that you are making an effort to acknowledge, recognize, and respect them. I believe these things are priceless. Ultimately, the benefit is mutual, so why not give it a try?”

Edward Gray, program director for Senior Volunteer Services, whose organization has worked with NSU’s Lifelong Learning Institute, works with older adults who give of their time and expertise all over the community.

Senior Volunteer Services is the premier nonprofit volunteer service organization in Broward County for older adults who want to remain active, healthy, and involved in their communities by contributing time to improve the lives of others. Gray said that mature adults gain in more ways than one, because the program often gives them a renewed purpose, invigorates their lives, and allows them to give back to others and their communities.

“I have witnessed transformations in individuals who said that if they hadn’t started volunteering they don’t know what they would have done,” Gray said. “One lady said it saved her life. Many volunteers repeatedly say it makes them feel young, and they get back so much more than they give. Volunteering impacts both the community and the volunteer on many different levels.”

On the other side of the age spectrum, young children are being introduced in their homes, schools, and religious institutions to the concepts of volunteerism through programs that include raising money to support charity endeavors, participating in food drives, and assisting in preparing food and collecting clothing and accessories for homeless shelters. Most public and private high schools require a minimum level of time participation in volunteer efforts as a prerequisite for graduation.

At the university level, volunteer programs have expanded and become very diverse. It is quite common now for college students to spend their vacations in programs such as Habitat for Humanity, The International Volunteer Programs Association, i-to-i Volunteer Travel, Break Away, and Campus Compact.

At NSU, students frequently participate in overseas programs. NSU medical and optometry students often travel to South America and the Caribbean to provide medical services for medically underserved populations. Closer to home, NSU students and faculty and staff members routinely can be found volunteering on and off campus at free health fairs and special NSU events such as A Day for Children, Special Olympics,

and the annual NSU Boomers and Beyond Health and Wellness Expo.

In addition to the positive psychological benefits gained in giving back to society, these efforts also provide students with invaluable real-world experience that future employers will notice and appreciate.

Our modern world is filled with so many pressures, schedules, and requirements. We run through our days at an increasingly manic pace. The English writer John Donne wrote in 1624 that “no man is an island.” Making the time to reach out and extend ourselves, for no other reason than the pleasure of giving, reminds us that we are part of the larger human, global community.

### What can *volunteerism* do for you?

- increase your sense of well-being, exhilaration, and euphoria
- give you a more positive and happier outlook on life
- reduce feelings of helplessness, loneliness, and depression
- decrease stress and provide a greater sense of calmness and relaxation
- increase your sense of connectedness with other people
- reduce your blood pressure

Source: Allie Mendoza, a happiness, health, and wellness coach at [Easy-Ways.com](http://Easy-Ways.com)

### For local volunteer opportunities, visit

[www.seniorservices.org](http://www.seniorservices.org)

[www.habitat.org](http://www.habitat.org)

[www.i-to-i.com](http://www.i-to-i.com)

[www.alternativebreaks.org](http://www.alternativebreaks.org)

[www.campuscompact.org](http://www.campuscompact.org)



# 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).



# emotional hunger: *What's Eating You?*



By Casey Elise Zagaria, M.B.A.

For many of us, food is more than a nutrient—it's a nurturer. Whether we dive into a pint of ice cream to soothe a painful breakup, a bag of chips while we're cramming for a big test, or a cheeseburger after a night downtown, most of us are guilty of eating on impulse.

These feelings of hunger “do not have to do with the need for food, but relate to the use of eating as a way of meeting emotional needs,” said Mark Sobell, Ph.D., ABPP, professor at Nova Southeastern University’s Center for Psychological Studies.

Emotional hunger differs from physical hunger in ways other than the emotional cues, according to Brian Wansink, Ph.D., of Cornell University’s Food and Brand Lab. Emotional hunger involves instant gratification and a sense of urgency, while physical hunger does not. Since emotional hunger is feeding a specific feeling, it focuses on one type of food, rather than the variety that a meal provides.

This could be a common occurrence on college campuses as students are experiencing their first taste of independence and dealing with the stresses of school. Their meals may not be driven by physical hunger.



“We eat for other reasons besides hunger,” said Marilyn Gordon, Ed.D., R.D., CSSD, LDN, registered dietitian at NSU. “Those include boredom, procrastination, happiness, sadness, and stress. If that emotional aspect of eating isn’t addressed, a problem can exist.”

Yani Shemesh, biology major at NSU’s Farquhar College of Arts and Sciences, admits to eating out of boredom. “I tend to eat when I have nothing to do or when I am watching television, especially when it is late at night. My favorite food to eat when I’m bored is chips,” Shemesh said.

Wansink said that people are drawn to specific foods, depending on their mood. To reward a positive feeling, most prefer pizza or proteins like steak or chicken. People experiencing

...people are drawn to specific foods, depending on their mood. To reward a positive feeling, most prefer pizza or proteins like steak or chicken.

People experiencing negative emotions satisfy their sweet tooth with ice cream or chocolate.

Those who are bored opt for crunchy foods such as chips.

Brian Wansink, Ph.D.



negative emotions satisfy their sweet tooth with ice cream or chocolate. Those who are bored opt for crunchy foods such as chips.

If people are unaware that some of their eating is emotional rather than meeting a physical need, he said, they are unlikely to think of other ways to deal with their emotions. Over the long run, emotional eating can become habitual, and it can be accompanied by later feelings of guilt, because people realize in retrospect that they did not need to eat.

“It is important to learn to distinguish between hunger driven by emotional needs and hunger related to the need for food, because that is the key to finding other ways to respond to our emotions,” Sobell said.

When emotional eating becomes an issue, NSU offers several solutions. The Healthy Lifestyles Guided Self-Change program, part of NSU’s Psychology Services Center, serves both the public and the university. The program aims to guide self-change, empower people to take responsibility for their own change, and utilize personal strengths for setting and achieving goals. This can be a valuable asset to overcoming emotional eating. The program also provides motivational counselors for NSU’s Biggest Loser Program, which helps members of the NSU community lose weight collectively.

“When weight management becomes an issue, programs like NSU’s Biggest Loser are ideal, because they combine fitness and education with a psychological component,” Gordon said. With NSU’s Biggest Loser, eating habits are addressed by a nutritionist, while a lifestyle coach attends to the emotional aspects behind unhealthy behaviors.

“Addressing emotions helps get to the root of the issue,” Gordon said.

Kevin Keegan, a doctoral candidate at NSU’s Abraham S. Fischler School of Education and NSU’s Biggest Loser alumnus said “By learning portion control, reading labels, and keeping a food journal, I became much more aware of my eating habits.”

Keegan continues to apply these strategies and maintains an awareness of the emotional traps that food can set—for better or for worse. “Think about it. How many events do you attend that don’t serve food?” he said. “Eating is significant in ways we’re not even aware.”

Success stories like Keegan’s are not uncommon. Those who consider themselves powerless to their emotional hunger, take heart. Emotional hunger has many faces, but it can be faced.



# Can We BULK UP

## Our Brains?

By Richard Toumey, M.F.A.,  
and Arlene Brett Gordon, Ph.D., LMFT

GOOGLE THE TERM BRAIN BUILDING and almost 700,000 hits line up. Books, DVDs, Web sites, and other providers offer to pump up your cerebral capabilities. The promises are lurid: evolve your brain, increase your IQ to genius levels, and unleash limitless energy.

“Not so fast,” said behavioral neuroscientist Jaime Tartar, Ph.D., an associate professor in the Division of Social and Behavioral Sciences at Nova Southeastern University’s Farquhar College of Arts and Sciences.

The key to brilliant brains, she argued, is environmental enrichment through all ages and stages of human life. “You’ll see different capabilities according to age. Older people’s brains have more learning capability than we thought, but adult brains lack the plasticity of baby brains, and you can’t get that back,” said Tartar.

Babies have a bumper crop of neurons in their brains for optimal learning. These neurons develop capabilities by responding to environmental stimulation from whatever is at hand. According to Tartar, educational videos that claim to boost babies’ intelligence are not more useful than day-to-day environmental interactions. “Activities at home and going to a playground are interactive engagements that are best for building mental capabilities,” she said.

This means that parents should focus on social development, motor functioning, verbal learning, reasoning, and basic math skills instead of relying on passive-response material from a television screen.

When asked what helps college students grow smarter, Tartar speaks from her experience as a professor. “Students often cram for tests. This helps them answer questions the next day, but they don’t own the knowledge. True learning requires great commitments of time and attention,” she said. “We need to sustain our attention on information over time and study steadily for information to last.”

Internal processes can also support a healthy, agile adult mind, according to Melissa Nemeth, M.S., operations coordinator at NSU’s Center for Psychological Studies. She credits good nutrition and a good night’s sleep with keeping her mind strong and clear. “My dream state is very important to me,” Nemeth said. “Dreams sometimes give me information and answers. I’ll wake up refreshed, with a solution to a problem and a smile on my face.” To get the most from this process, Nemeth suggests “resolving all difficulties we can before going to bed.”

Sustained focus and physical fitness help. “I used to live where the Atlantic and Mediterranean meet, so I eat fresh vegetables, fruits, and a lot of fish,” said Sanaa Alaoui, M.S., a Moroccan-born doctoral student in conflict analysis and resolution at NSU’s Graduate School of Humanities and Social Sciences.

Alaoui stays sharp physically and mentally by dancing, singing, and speaking fluently in four languages. But to keep her mind clear and organized, she works with no distractions around her when she has an important project. “This keeps me thoughtful and creative,” she said.

Age is not the brain’s enemy. While Baby Boomers are decades removed from baby-level learning capabilities, intelligence can thrive and grow from middle age onward. “Now your job is to use it or lose it,” Tartar said. “Learn new things that challenge you—not through sedentary pursuits but the kind of social and intellectual stimulation you get at NSU’s Lifelong Learning Institute, for example. Participants there keep learning and keep conversing through classes, speakers, and other activities. Their brains are busy staying healthy.”

If senior citizens find skills with new technology hard to master, they have other advantages. They are better than the young at utilizing knowledge they already have. But mental workouts are essential. Tartar compares learning throughout a life span to going to the gym. “If you exercise your body lightly, it can help a little, but it won’t give you great muscles,” she said. “You need to work hard, and keep working hard, to keep the body in shape. That’s the way the brain works too.”

Older adults who want better cognitive function make intellectual stimulation a way of life. They seek stimulating social support. “When I retire,” Tartar insisted, “I’ll keep taking classes, join a book club, engage with family members, and volunteer. I’ll exercise and keep learning.”

None of these bright and lively minds credit the Internet or social media with enhanced mind fitness, though they all use available technology daily. The online environment is a useful vehicle, but not a substitute for a good mind. Apparently, day-to-day focused attention, adequate rest, and sustained interests have not been outsourced to cyberspace.



# The Many Levels of Happiness

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

Last year, I wrote an article for *Wellness Made Simple* about being happy. I suggested that happiness is not a destination, but a journey to enjoy along the way.

As an adjunct faculty member in the Department of Family Therapy at Nova Southeastern University's Graduate School of Humanities and Social Science, I am always fascinated by the way people think about happiness. So this year, I toured around campus to find out what happiness means to different people at different stages in life

My journey put me in contact with people working at all levels in our university, from the Office of the President to NSU's students and places in between.

At the top of the NSU ladder is George L. Hanbury II, Ph.D., president of NSU, who is in charge of an organization with nearly 29,000 students and 4,000 employees. He shared my notion of making a decision to be happy. "Happiness is a state of mind that does not come about by happenstance," Hanbury said. He believes that achieving happiness requires creating a plan for what you want and enjoying the benefits of the journey as you work toward achieving it. "It takes time, and to carry out that plan, people must be mindful of what they must do to accomplish their goals," Hanbury said. He pointed out the importance of establishing priorities, which requires self-discipline and balance. "You've got to be your own personal trainer, and keep going at it with perseverance and integrity," he said.



From the beginning of my academic career at NSU's Graduate School of Humanities and Social Sciences (SHSS), I have been struck by the way Honggang Yang, Ph.D., SHSS dean, smiles every time we cross paths. To me, his smile conveys a simple message: I am happy to see you and happy to be here; I am a happy man. I was curious about what it is that he does to create that happiness.

Yang is a Chinese American who grew up in China before coming to the U.S. in 1986. He brought his Eastern philosophy of life and work here to NSU. For him, happiness is not about any one thing or person. "Happiness is about defining oneself in interrelationships with family, friends, peers, colleagues, and the environment," Yang said. "Happiness is relational and is a complex idea that varies across cultures. It is subjective, and individually defined."

He believes happiness is fluid and changes in time and space. For example, some people may feel happier in the morning because they are morning people, or others may feel happier being outdoors. Yang implied that people can change their state of mind or physical location to be happy.

Tammy Graham, an assistant at the Department of Multidisciplinary Studies at SHSS, is another person who has a perpetual smile that brightens the halls of the Maltz Psychology Building at NSU. When I asked her about her understanding of happiness, she said, "I am basically a happy person because negativity doesn't accomplish anything. I don't think about the fact that I go around with a smile on my face. It's just there."

Graham said that when things get tense she giggles, which allows her to refocus on the fact that she'll get through it. "It's rare that your whole world falls apart at once," she said. "If you focus on the positive, you don't spiral down." After facing illness and the loss of her husband a few years ago, Graham decided that life is uncertain and tomorrow is not a guarantee, so why be unhappy if today could be your last?



...achieving happiness requires creating a plan for what you want and enjoying the benefits of the journey as you work toward achieving it.

George L. Hanbury II, Ph.D.

Her philosophy definitely applies to students. Being a successful student is a rigorous process. Many students experience challenges managing the demands of academia and other areas of their professional and personal lives. Some students have suggested they will be happier when it is over, and they have their degrees. I invite them to consider developing a strategy that will enable them to enjoy the process instead of postponing their joy until they reach their goal.

As you can see, happiness is pervasive on many levels. So next time you feel down, learn from the examples of others, and cheer yourself up by doing something different to bring happiness to your life.



# A ROCKING Workout

By Christopher Garcia

We've all experienced the effect music has on our behavior. For example, when you're driving and the radio plays a song you love, you subconsciously begin to drive faster. You want to raise the volume and lower the windows because everything seems more alive. That's when you realize the transforming effect of music.

MUSIC IS just as effective in the gym as it is on the road. Ever tried working out without music in a gym? It's not stimulating for most of us, because music helps motivate us to keep going, even if we are not really listening to it. The fact that it's playing in the background helps us to do more and work out harder.

What is it about music that motivates us? Is it the emotional, physical, or psychological effects? Or is it a combination of all or them?

"Music helps people find something outside of themselves for motivation," said Robyn Stoops, a fourth-year doctoral student at Nova Southeastern University's Center for Psychological Studies, who is also a certified personal fitness trainer at NSU's RecPlex.

"It serves as a distraction to what you are doing, allowing you to get more reps in or exercise for a longer amount of time."

For most people, she said, the type of music usually coincides with the kind of exercise they are doing. For example, people performing high-intensity exercises or cardio—such as aerobics, cardio kickboxing, or spinning—will listen to upbeat music like rap, techno, or house, while people performing yoga may listen to more soothing music with slower beats and peaceful melodies.

Most gym patrons use their iPods or other mp3 players to listen to music while they workout. This allows them to change the type of song or genre of music depending on their mood or the exercise that's being performed. An iPod or mp3 player allows for a greater synergistic effect because the person is listening to his or her choice of music and is in control of what's being played. The other option is to listen to the radio music being played at the gym. This is hit or miss, because not everyone is going to like the station or song.



Tevor Pfaendter (left) is in his second year of Medical School for the D.O. program. Bennet Lessmann (right) graduated, but at the time of this article was a third-year student at the NSU Law Center.

However, when the radio is turned off, people become fully aware that there is no background noise. That's when they realize just how important music is to a workout. With no music in the background, all the distractions of a gym become more noticeable. Time seems to go by slower because the most important means of distraction and motivation have been taken away.

NSU students and faculty and staff members say they enjoy listening to rap, hip-hop, house, rock, techno, and pop during their workouts. Sophomore Erin Rogan, a dance major at NSU's Farquhar College of Arts and Sciences, keeps her body in shape to the rap and hip-hop tunes of Eminem, Drake, and Kerry Hilson. She prefers listening to her favorite artists on the Internet radio station Pandora.

Overall, music provides a hypnotic effect while working out. It has the power to motivate and distract and can even be used to change the mindset of a person, giving them strength to lift heavier weights or just

provide a higher level of intensity to get the job done. Several NSU student power lifters and use music to perform at a greater level than they could on their own.

For some students, rock music has the ability to help them focus, especially when they are squatting or benching more than 300 pounds. Music can even act as a performance enhancer, giving some patrons the ability to raise their adrenaline levels, allowing them to lift more and last longer.

Although music has many benefits in the gym, it does have negative aspects as well. One of those, students and faculty and staff members say, is the risk of overtraining. When listening to music, a person might work out too long, straining a muscle or overtraining after losing track of time.

But, overall, music is a great workout supplement every gym patron can enjoy. It can motivate, distract, and help us focus without the use of nutritional supplements. So the next time you're at the gym, feel free to rock out!



# fifteen pounds

of freshman reality



Gaining unexpected weight during your freshman year of college is not at all surprising.

But, is it serious enough to be called a phenomenon?

Some argue that it is, and that it's even known by college students as the dreaded freshman 15. Others disagree, and state that this condition does not exist at all.

By Yineth Sanchez

## So, is this hypothetical weight gain a myth or a reality?

"The freshman 15 is definitely a real phenomenon," said Marilyn Gordon, Ed.D., R.D., a registered dietitian and licensed nutritionist at NSU. "This weight gain often occurs when a student who lives in a controlled environment suddenly moves to an environment where he or she now makes all the decisions."

Kelley McCarthy, a first-year student at NSU's Graduate School of Humanities and Social Sciences, agrees with Gordon. As a freshman at Saint Joseph College, McCarthy experienced unexpected weight gain. Her homesickness and the buffet style of the cafeteria tempted her to visit the food court multiples times during the day and even late at night.

"It wasn't until the end of my freshman year when I went back home and tried on some of my old clothes that I realized the effects of my late-night visits to the cafeteria," said McCarthy.

The sudden shift that some freshmen undergo, from high levels of physical involvement during high school to almost no exercise at all, often increases the likelihood of this phenomenon. "For most students, high-school years are the busiest times of their lives, but suddenly they come to college and become more sedentary," Gordon said.

"Recognizing that I had placed healthy eating habits and exercise on the back burner was difficult to admit," said Dashka Gabriel, a sophomore majoring in communication studies at NSU's Farquhar College of Arts and Sciences. Gabriel had been actively involved in musical theater in her high-school years, but as she started commuting to NSU, she stopped performing. "My weight gain wasn't a surprise for me at all. I had been so busy with my schoolwork and being involved on campus, that by the

end of my first semester as a freshman, I had gained around 16 pounds," she said.

Aside from a lack of exercise, boredom, anxiety, loneliness, depression, and homesickness can also intensify the chances of falling into this condition. In fact, freshmen students are more vulnerable to this condition, Gordon said.

Often times, students find themselves away from home, where forethought about the content of their meals is not required. They stay up late and often eat a fourth meal around 2:00 a.m. Also, the stress and pressure of classes lead them to more visits to the food court, and their priorities for their freshman year leave them no time for a regular exercise schedule, Gordon added.

Some effective ways to prevent or to fight this condition are to avoid skipping meals and scheduling them no more than five to six hours apart; planning to eat healthy snacks such as fruit, yogurt, cereal bars, or vegetables; and watching out for liquid calories found in flavored coffee, soda, alcohol, and juice.

Other tips to improve this condition include going to the grocery store once a week to stock up on fresh snacks, having a set meal schedule, trying new food choices, and learning about good nutrition. Also, avoid mindless eating, which occurs when one is distracted, multitasking, and unknowingly overeats.

Although it may be arbitrary to set the standard weight gain of this condition at 15 pounds, the unexpected weight gained during a student's freshman year in college is mainly due to a lack of structure in sleeping and eating schedules. Therefore, this condition is preventable, and all you have to do is become proactive about your own health.



# faith gives athletes PEACE OF MIND

Our beliefs shape our lives.

Our faith—or lack thereof—dictates how we behave, feel, and act in certain situations. For religious athletes, faith can play another important role. For some of them, it can influence how they perform on the field.

By Annarely Rodriguez

**RACHEL WOODSON**, a sophomore athletic training major at Nova Southeastern University's Farquhar College of Arts and Sciences, is a nondenominational Christian and a volleyball player at NSU. She said praying before a game takes the pressure off. But, there have been times when she has not prayed before a game.

"I felt there was a lot more pressure on what I had to do to win," she said. "Just like in life, when you try to put it on yourself, it is always more stressful to think that you have to do it all by yourself."

However, Woodson said her religion does not necessarily give her an advantage over her opponents.

"I think mentally it may, but I don't think that God is worried about the score of the game," she said. "He might want someone to see how I react when I lose or when I'm injured. I pray that I don't get injured, but, in the end, He always knows the plan and what is best."

Jessica Osteen, a freshman business administration major at NSU's H. Wayne Huizenga School of Business and Entrepreneurship, agreed. She runs track for NSU and is also a nondenominational Christian.

"I do not believe it gives me an edge over anyone. I hope that everyone has God in their lives and, if they don't, then I pray that there is someone to show them what He can do in their lives," she said. "We were all given this special talent. I just think it comes down to passion, the desire to perform well, and who wants it more."



Meloney Fosburg  
Graduate Assistant for Intramural Sports

Ryan Hagopian, NSU's track coach, said that while he does not encourage or discourage his team from praying, he thinks it helps them focus. "It's a mental sport. I do believe there is something to praying before you race, because, if you believe in it strongly enough, it will happen," he said.

But, Osteen not only prays before a meet, she also prays during and after it. It helps her to stay focused. "Your mental state of mind is a huge part of track and field. You have to be focused, and most of the time when you do that, you're usually by yourself zoning out," she said. "That's my time to think about my race, what I have to do, and just talk to myself—and talk to God, because He's always listening."

Osteen said she thought praying before a meet was not something she did to feel more confident but to thank

I think He [God] gives us each different abilities and desires throughout our lives so that everyone can reach people where they are now.

God. "Just to know that, if not anyone else, I know that I am backed by someone. Other than feeling confident, it just feels right to me to give thanks and praise to God for my talents, and that I am able to do the things that I do," she said.

Before stepping onto the court, Woodson also prays. She said she prays for the safety of all the athletes and for a chance to minister through the game. "His only command when He left was, make disciples. I think He gives us each different abilities and desires throughout our lives so that everyone can reach people where they are now. This is where I am now. I just pray that I can bring Him glory in the match that I am getting ready to play," she said.



## ATTENTION STUDENTS: IMPORTANT HEALTH INSURANCE INFORMATION



**VOLUNTARY COMPREHENSIVE HEALTH INSURANCE** is available for Nova Domestic Undergrad or Graduate students taking at least 6 credit hours, with 70% co-insurance, \$500 deductible, from only \$1,774 annually.

**MANDATORY HEALTH INSURANCE** with Blue Cross Blue Shield is also available for all HPD, Farquhar Day, and on-campus residential students.

View Health Plan details at [www.collegiaterisk.com](http://www.collegiaterisk.com)



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prescription-  
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[floridablue.com](http://floridablue.com)

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# Health and Wellness Initiatives

*made simple*

## **NSU's Biggest Loser**

**January–June 2012**

The 20-week Biggest Loser challenge is a comprehensive approach to motivating employees and students looking to make positive life changes. It brings together NSU's personal training and campus recreation staff members with sports medicine physicians, a registered dietitian, 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 Biggest Loser, due to his or her loss of the greatest percentage of body weight, serves as the program spokesperson the following year.

## **Wellness Day**

**March 2012**

Wellness Day will focus on a day with fun-filled activities that promote health, wellness, and fitness. It takes place on the lawn in front of the Alvin Sherman Library where participants will have the opportunity to explore NSU's wellness resources and participate in activities, such as fitness challenges and assessments, nutrition games, relay races, and much more.

## **NSU Boomers and Beyond: A Day for Health and Wellness**

**March 2012**

This event, formally 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.

## **Lunch and Learn with the Dietitian**

This interactive lecture, given by a dietitian during lunch hours, focuses on nutritional topics of interest. These topics include healthy eating, preventing cancer with a knife and fork, diabetes meal management, family meal planning, healthy weight management (nondiet 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).

## **A Day for Children**

**September 2012**

Each September, more than 10,000 children and their families attend a day of free health care screenings and informative exhibits at Nova Southeastern University's Alvin Sherman Library, Research, and Information Technology Center. General medical, vision, dental, hearing, speech and language, psychological, dermatological, pharmacy, and physical and occupational therapy health care services are included. NSU doctors and professors will provide consultations in each discipline. Programs and counseling will be offered in areas such as family violence and adolescent drug abuse. Approximately 150 community organizations offering services for children in South Florida will participate. The first 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.

## **Shark Shuffle 5k Run/Walk**

**October 2012**

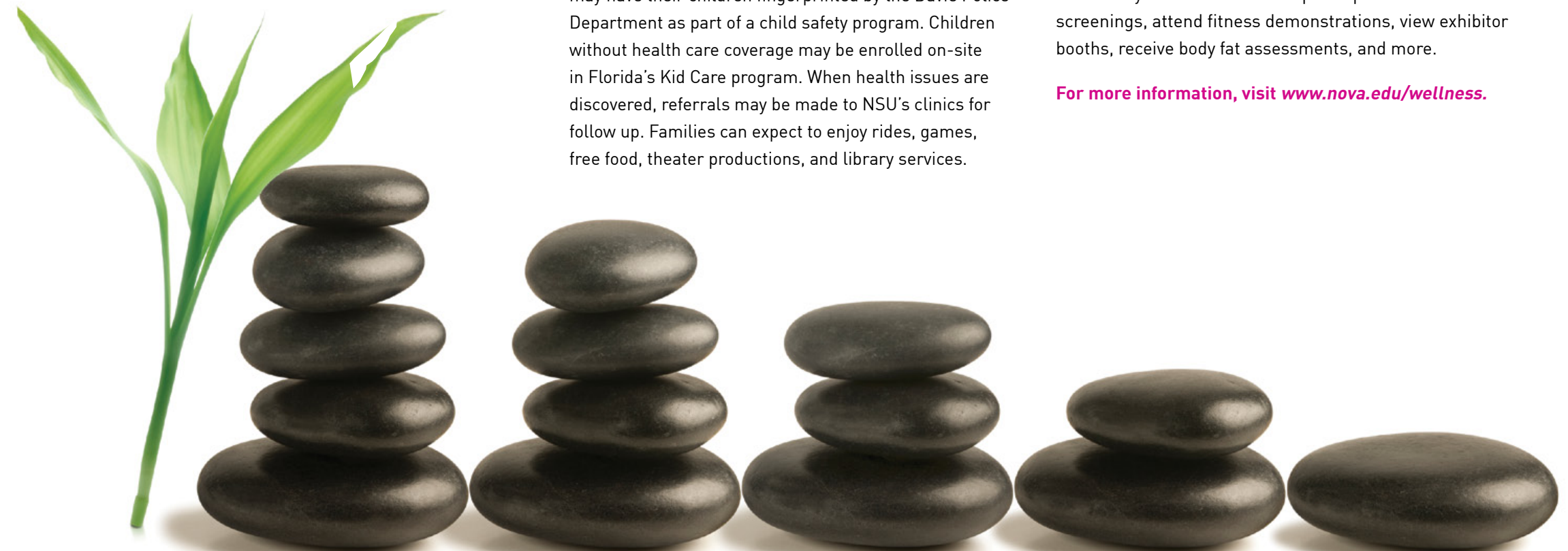
The annual Shark Shuffle brings professional and recreational runners from the community together with NSU's students and staff and faculty members to participate in an officially sanctioned 5k race. More than 800 runners participate. Parents can choose to walk the course with their children to model 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.

## **University Health and Wellness Fair**

**October 2012**

The annual Health and Wellness Fair, held in October, kicks off fall semester on a healthy note. Students and faculty and staff members participate in health screenings, attend fitness demonstrations, view exhibitor booths, receive body fat assessments, and more.

**For more information, visit [www.nova.edu/wellness](http://www.nova.edu/wellness).**





# NSU Wellness Calendar

## November 2011

- American Diabetes Month
- Turkey Burn-Off

## December 2011

- World AIDS Day

## January 2012

- Biggest Loser Kickoff
- CommunityFest
- Take Back the Night

## February 2012

- American Heart Month
- Black History Month
- National Wear Red Day—Go Red for Women's Heart Disease

## March 2012

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

## April 2012

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

## May 2012

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

## June 2012

- Family Awareness Day
- Student Safety Month

## July 2012

- Dental Awareness Month
- Eye Injury Prevention Month

## September 2012

- A Day for Children
- Biggest Loser Application Deadline
- Fall Kickoff Spin Tour (90-minute ride)

## October 2012

- Alcohol Awareness Month
- National Breast Cancer Awareness Month
- Shark Shuffle 5k Run/Walk
- Thriller Triathlon (RecPlex)
- Vegetarian Awareness Month



# Wellness Resources

## Athletic Training Education

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

## Blue Cross/Blue Shield of Florida (Medical Insurance Provider)

[www.bcbsfl.com](http://www.bcbsfl.com)

Customer Service: 800-664-5295

24-Hour Nurse Line: 877-789-2583

## Campus Recreation

[www.rec.nova.edu](http://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](http://www.nova.edu/healthcare)

(954) 262-4100

## Healthy Lifestyle Guided Self Change

[www.nova.edu/gsc/](http://www.nova.edu/gsc/)

(954) 262-5968

## Henderson Student Counseling

[www.nova.edu/healthcare/studentcounseling.html](http://www.nova.edu/healthcare/studentcounseling.html)

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

## Housing and Residential Life

[www.nova.edu/reslife/](http://www.nova.edu/reslife/)

(954) 262-7052

## Human Resources

[www.nova.edu/cwis/hrd/](http://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](http://www.mhnet.com)

24-Hour Customer Service: 877-398-5816

## Shark Dining

[www.dineoncampus.com/nova](http://www.dineoncampus.com/nova)

(954) 262-5304

## Student Health Insurance

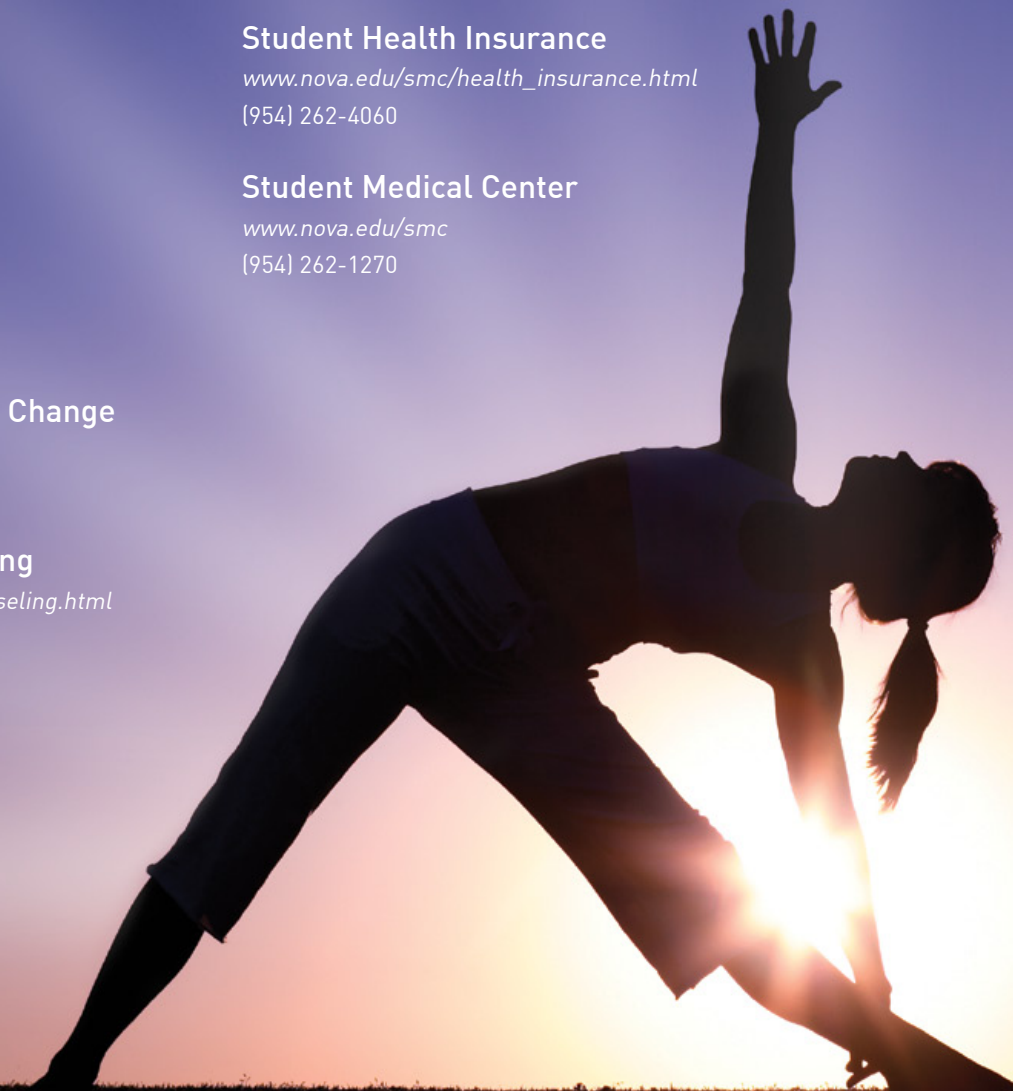
[www.nova.edu/smc/health\\_insurance.html](http://www.nova.edu/smc/health_insurance.html)

(954) 262-4060

## Student Medical Center

[www.nova.edu/smc](http://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 Living Guided Self-Change Program of the Center for Psychological Studies.

Call (954) 262-5969 or visit [www.nova.edu/gsc](http://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 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. Whole+Sum is an exciting concept designed to serve great tasting food that happens to be good for you! Energize your day with delicious, nutrient-packed, 600-calorie-or-less meals that feature Middle Eastern, Mediterranean, Latin American, and Asian cuisines along with American favorites. This program offers you the opportunity to create your own meal with the perfect balance of vegetables, whole grains, and protein. Whole+Sum is offered weekly for lunch at Culinary Table in the Don Taft University Center. Each week features a different cuisine, freshly prepared daily. Stop by and fuel your body with fun, customizable foods that make you feel and look great!

For more information about on-campus food options, visit [www.dineoncampus.com/nova/](http://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 AHEC programs offer FREE smoking cessation programs and nicotine replacement therapy in both individual and group format.

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

### Medical Care

- endocrinology
- family medicine
- geriatrics
- internal medicine
- nephrology and hypertension
- obstetrics/gynecology
- osteopathic manipulative medicine
- pediatrics
- sports medicine

Most insurance is accepted.

#### Main Campus

Sanford L. Ziff Health Care Center  
3200 South University Drive  
Monday–Friday, 9:00 a.m.–5:00 p.m.  
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
- primary eye care
- treatment of eye diseases and injuries
- vision therapy
- visual development and perceptual testing

Most insurance is accepted.

#### The Eye Care Institute

Main Campus  
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, noon–7:00 p.m.  
Saturday, 8:30 a.m.–noon

#### Downtown Fort Lauderdale

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

#### North Miami Beach

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

### Rehabilitative Services

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

Most insurance is accepted.

#### Main Campus

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

### Pharmacy Services

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

- accent modification
- articulation, phonology, and language problems
- augmentative and alternate communication clinics
- developmental, congenital, and acquired disorders of communication and swallowing
- evaluation and treatment for children and adults
- specialized voice, resonance, and fluency services

Most insurance is accepted.

6100 Griffin Road

Monday, Wednesday, Friday, 8:00 a.m.–5:30 p.m.

Tuesday and Thursday, 8:00 a.m.–7:00 p.m.

Saturday, 8:00 a.m.–2:00 p.m.

## Autism and Early Childhood Development Services

- autism assessment services
- Baudhuin Preschool (ages 3–5, with autism)
- Family Center Infant and Toddler Program (birth–age 2)
- Family Center Preschool (ages 2–5)
- parent consultations and support
- Parenting Place™ (newborn–age 5): parent/child classes, enrichment classes, after-school activities
- Starting Right program (18 months–age 3, with learning and communication disorders)

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

Psychology Services Center

Maxwell Maltz Psychology Building

3301 College Avenue

Monday–Thursday, 8:30 a.m.–9:00 p.m.

Friday, 8:30 a.m.–5:00 p.m.

## Assessment and Intervention Services

- assessment and group therapy for autism spectrum disorders
- assessment and intervention for attention difficulties/ADHD
- assessment and treatment for survivors of torture
- assessment of specific learning difficulties
- developmental assessments
- parent training
- psycho-educational assessment of children and adolescents
- school-based consultation services
- testing for intellectual giftedness
- vocational testing

Mailman Segal Center for Human Development

Jim & Jan Moran Family Center Village

7600 SW 36th Street

Services are available by appointment only, please call 800-986-3223, ext. 28620, or (954) 262-8860.

## 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 co-payment for all generic drugs at all participating pharmacies
- All generic drugs are dispensed with no co-payment for NSU's ICUBA members who choose to receive 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
  - 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

Wellness Made Simple is the patient-centered medical home at NSU Health Care Centers.

There may be additional services not listed here that are also covered at 100 percent. You will be financially responsible for your office visit co-pay or coinsurance for any office visit consultations to discuss these procedures. There is no co-pay or coinsurance for in-network wellness office visits.

Look for future, value-base benefits for ICUBA members that will be posted in NSU Health Care Centers and on the Office of Human Resources Web site.

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 they provide services on a confidential basis.

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

## Employee Urgent Medical Care

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

### Employee Health Center

Main Campus

Sanford L. Ziff Health 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](http://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](http://www.bcbsfl.com) or contact the Blue Cross/Blue Shield Health Dialog Line at 877-789-2583. Complete the maternal wellness profile by contacting Healthy Additions at 800-955-7635 (and press 6) to request a form that you will complete and mail back.

## For NSU Students

### Health Care Services

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

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

#### Student Medical Center

Sanford L. Ziff 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.

### Henderson Student Counseling Services

All NSU students can receive free and confidential counseling. Counselors are experienced in working with individuals and couples struggling with a wide range of problems. They focus on helping clients discover resources and solutions.

- Staff members are sensitive and respectful of every background, ethnicity, sexual orientation, and religious belief.
- Psychiatric services are available and covered by most insurance.

#### Location

3538 South University Drive  
(in University Park Plaza)  
Davie, Florida

#### Phone Numbers

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

Fax: (954) 424-6915

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

(available 24 hours, 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.

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097, Telephone number: 404-679-4501) to award associate's, bachelor's, master's, educational specialist, and doctoral degrees. 07-074-11RWM

“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.



Find us:

