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UA12/2/1 Healthy Living Guide

WKU Student Affairs

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Sustainability Committee to create a healthier campus environment

BY BRITTINY MOORE
HERALD.FEATURES@WKU.EDU

WKU’s Student Government Association is hoping to further green-friendly activity through the creation of a new panel.

SGA recently formed the Sustainability Committee after WKU Sustainability Coordinator Christian Ryan expressed the need for greater student involvement.

“The mission is to raise awareness in our campus community about sustainability issues and practices,” Ryan said. “And to help ensure WKU is working to be a more sustainable campus.”

According to the Sustainability Executive Action, the Sustainability Committee will work on issues many college campuses and communities across the United States are facing. These issues include recycling, renewable energy, campus carbon emissions reduction, more healthy food options on campus and assisting with conducting WKU’s Green Tours.

“We want to put sustainability efforts into student hands,” SGA President Jay Todd Richey said. “It’s very obvious that sustainability efforts are going to be indispensable in preserving our earth and environment and keeping our campus healthy.”

Richey highlighted an understanding that students like healthier food options on campus.

“When you eat better, you feel better,” Megan Dowdell, a sophomore from Louisville, said. “It’s nice WKU has given us options to eat healthier so we feel healthier as well.”

Richey said the committee wants to help students focus on sustainability with healthy food options like bringing food from the farmers market to campus.

“We don’t connect health and well-being to sustainability as well as we could,” Ryan said. “But there’s a huge connection.”

These connections include using green cleaning products on campus to improve the air quality and providing greater access to community farmers markets through the use of Big Red Dollars, Ryan said.

According to the executive action, WKU wants to be able to incorporate sustainability into university academics and to model good sustainable practices for the campus and the greater community.

“This is an organization solely committed to sustainability efforts for WKU,” Richey said. “It’s where any WKU student who is passionate about sustainability efforts can be involved.”

The committee will be led by a student coordinator who will also act as a liaison between the committee and the Office of Sustainability.

According to its web site, the Office of Sustainability’s mission is to “promote a culture of sustainability at WKU, integrating principles of ecological integrity and social equality into academics, practices and partnerships.”

“My responsibility is to help the university as a whole make good decisions regarding the environment,” Ryan said.

The Office of Sustainability targets students’ health by offering fresh produce to the WKU food pantry, providing the Big Red Bikes program and demonstrating the best practices in hopes that students and others can learn what it means to be sustainable. “Sustainability means different things to different people,” Ryan said. “Generally when people ask me how to define sustainability, I say that it is looking at our decisions from a balanced perspective.”

Ryan added that we must look at our effects on the environment while considering social aspects and implementing ideas that also make sense financially.

“All of our initiatives have been successful and save money,” Ryan said. “Our decisions must be better for the environment, community and the budget.”

Richey hopes the committee will have a lasting impact on campus and will teach those involved, as well as students, the importance of sustainability. He noted it takes people who truly care about the environment to make changes, and he urges students to think about the unnecessary products they use.

“We have to stop and think about so many things each of us do,” Richey said. “You want to leave the world healthier than when you came.”
Students explore different ways to get up the Hill

**BY TOMMY SULLIVAN**
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Although there's only one Hill on campus, there are plenty of ways to reach the top. Here's a list of students' preferred modes of transportation on campus.

**BIKES**
Some students like to ditch the walking and pedal their way to class. Bikes are fast, maneuverable and easy to store.

“I ride halfway up the hill, then walk,” said Nikki King, a sophomore from Louisville. “I can get places quicker.”

King lives on the bottom of the Hill. She likes to sleep in when possible, and the bike allows her to do this.

**BUSES**
For some students, the bus doesn't just mean a trip to Glasgow campus or the store; it means a relaxing ride on the Hill from top to bottom — from Cherry Hall to Gary Ransdell Hall.

Freshman Lauren Campbell from Hopkinsville, her first presentation looming, took the bus last week to avoid entering class soaked from the pouring rain.

She said she likes the bus because it's always on time. Another plus, she claimed, is that there is always an open seat.

Most lines stop in front of Gary Ransdell Hall and continue up Normal Drive, stopping along the way before leaving campus.

**ADVANCED TECHNOLOGY**
A few students have taken full advantage of modern innovation.

Traveling on their electric unicycles and hoverboards, they are on the frontier of personal transportation.

“It would be something cool to have,” admitted freshman Bailey Dahlquist of Chicago when he was researching his new electric unicycle.

Dahlquist has one of the fastest models on the market; it can reach speeds of 12 mph.

“I'm impressed with how it works,” said Dahlquist.

Utilizing unicycles helps riders keep their balance. Aaron Brzowski, a sophomore from Owensboro, bought his unicycle online about three weeks ago.

Brzowski said he can operate his unicycle with ease. When you lean back and forth, it takes you where you want to go, he said.

“It's pretty agile,” said Brzowski. “I can go through places cars can't go.”

**SKATEBOARD**
Riding a skateboard requires a lot of practice and can be dangerous, but once mastered, it's a great option for students.

**ROLLER SKATES**
Roller skates are fairly rare, but they aren't completely obsolete. Compact, fast and efficient, they may be one of the most underrated modes of transportation.

**ON FOOT**
Plenty of students are old fashioned and go with the classic technique of one foot in front of the other.

There's no bus to miss, unicycle to charge or bike to break down.

Walking — and if you’re late, running — is the most popular way to get up the Hill even though it is one of the most tiring and time-consuming options.

**WKU addresses food waste in beneficial methods**

**BY CARLY MATTHEWS**
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In January 2014, the WKU sustainability office began its plan to divert the food waste from the Fresh Food Company from the landfill it was normally sent to, to a more environmentally conscious approach. The plan was implemented in order to make Fresh a more sustainable area.

The new approach to handling food waste is an engineering system, one that was built into Downing Student Union during the renovation. It allows the food waste from the kitchen, as well as the waste from students' plates, to be moved out of DSU and be broken down into compost for soil enrichment.

The system extracts the moisture from the food and breaks it down into small pieces, and is then transferred to the Baker Arboretum to be used for soil enrichment.

This new mechanism system of dealing with food waste is good not only for the environment, but also for the employees of the Fresh Food Company, said Christian Ryan, the sustainability coordinator.

“This new system, while being more environmentally friendly, also helps the employees,” Ryan said. “No longer do they have to carry the waste to the dumpster, it is all automatically done for them.”

This system has, so far, diverted about a ton of food waste from the landfill into the soil at the Baker Arboretum, Ryan said.

Due to the success of this system, there are talks of similar systems being put into the Garrett Conference Center and the remaining restaurants in DSU, though there could be engineering difficulties when it comes to Garrett. Ryan said the new pub going in Garrett will have the same system in place, however.

The efforts in sustainability at WKU have been recognized nationally. The Environmental Protection Agency's Guide to Campus Composting is using the system in place at Fresh as one of their case studies, which Ryan said means big things in regard to the success of the system.

“The composting system that we have in place here is pretty outstanding,” says Ryan.

The Office of Sustainability hopes to further the mechanical compost system to other dining options here on campus, as well as working on decreasing non-recyclable packing to an almost nonexistent level.
Students on SNAP: Hilltoppers offer insight into healthy diet on a budget

BY MARCEL MAYO
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Although there are various meal plan options available on campus, many students opt out of a meal plan and choose to go a different route.

For some students, the alternative route is applying for the Supplemental Nutrition Assistance Program (SNAP), more commonly referred to as food stamps.

SNAP is not only for low income families. College students who don't make enough money to support themselves are also eligible for the program.

Nashville senior Lena Talbott is one of many WKU students eligible for SNAP.

“As a student, food stamps are offered to you if you do work-study and live off campus,” Talbott said. “It substitutes for your meal plans.”

However, eating healthy isn't one of her top priorities.

“I get a couple of snacks because I have a busy schedule,” said Talbott.

For Louisville junior Charles Buckner, food stamps allow him to eat healthier than eating on a meal plan would.

“Meal plans are expensive and food stamps were a better way to help support my eating habits,” Buckner said. “It also allows me to buy healthier foods so I can live a healthier lifestyle.”

Buckner said students are only given a certain amount each month, but if the full amount isn't used the money will roll over into the next month.

“I get $194 a month for food and it really does help,” said Buckner. “Ever since I been on food stamps, I've lost weight because I'm eating healthier. I have more energy and think more clearly.”

Some students such as Louisville alum Jaron Alexander survived all four years in college with the support of food stamps.

“Being in college, food stamps are really reliable,” Alexander said. “Meal plans didn't last a full week for me.”

Hopkinsville senior Chrisshanda Legette said SNAP is an opportunity to help her get where she needs to be financially.

“Working part-time and making minimum wage and paying for your rent and bills, it's kind of hard to have money left over for food,” Legette said.

Legette said it's not the food stamps that prevent her from balancing a healthy diet but rather school.

“I probably cook healthy foods once a week, but I still get junk foods,” said Legette.
Group X classes offer a nontraditional workout

BY SYDNEY RAE DAVIS  
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Becoming physically fit is a goal for many people, but working out alone in a dull, white-walled gymnasium can become repetitive and easy to abandon. Preston Center, therefore, has designed group fitness classes to get students excited about being active.

Group X classes incorporate fun and fitness in a group setting, and instructors keep students accountable about following through with their workout.

“I love the unique and fun structure of the workout. I never dread going to the gym because I know it’ll be fun,” Olivia Jacobs, a junior from Berea, said.

All Group X classes are free and offer a variety of workout styles. Certified students and officials instruct these classes on weekdays between 6 a.m. and 7 p.m.

Fitness coordinator Lindsay Thomayer is certified to teach all Group X classes except for Zumba. She often teaches H.I.I.T. and Cycle X.

“Cycling is something that you can come to and kind of get more of a mind-body experience as well as a good cardio workout with a little bit of strength component in there,” Thomayer said.

H.I.I.T., Thomayer said, is similar to the exercise program Insanity, but H.I.I.T. is more accessible to people of all levels of fitness.

“H.I.I.T. is just a high-intensity workout, so if you’re having one of those rough days, come on in and get a good sweat,” Thomayer said.

“It’s going to push you to your limit.”

Bardstown junior Laureen Filiatreau has been participating in Group X classes since spring 2015. She regularly attends yoga because it helps her relax and regroup.

“It’s really nice because you can take 45 minutes out of your day and just relax,” Filiatreau said. “It doesn’t matter what is going on or how busy you are.”

Although she is a regular at Group X classes now, Filiatreau says she did not have a great deal of fitness knowledge in the beginning and learned a lot from the instructors.

The Group X instructors are adamant about allowing students to do what their bodies are comfortable with and not pushing their limits in a way that causes physical harm.

Filiatreau and Jacobs have also participated in many Group X kickboxing classes. Jacobs said the class isn’t just a workout, but a stress reliever as well.

“It’s a great way to work the stress out, and I love that [the instructor] makes sure to target all the muscle groups for a really well-rounded workout,” Jacobs said.

Overall, Jacobs enjoys the fun and accommodating nature of all Group X classes.

“I appreciate how they use exciting and relevant music to supplement workouts and how they allow for any level of skill or fitness to feel included and improve,” she said.

A full list of the Group X courses is offered on the WKU Intramural Recreational Sports website.
Burritos. Pizza. Pasta. Chicken - these are some of the food options WKU students, faculty and staff have the option of choosing whenever their hunger arises.

From the grilled sandwiches at Chick-fil-A to the added salad option at Red Zone, WKU has changed menu options this year to accommodate healthier student lifestyles.

These changes have happened in part because of the student body requesting new menu selections and/or new restaurants, according to Steven Hoyng, district Aramark manager.

“We host surveys every semester to see what students want out of food services,” Hoyng said.

When walking into the DSU Food Court, Subway, Garrett Food Court or any other food venue on campus, there’s usually a line of students waiting to feed their appetite - but where’s the longest line on campus? What’s the most popular restaurant on the Hill?

According to Hoyng, the most popular place to dine on campus is Subway. Rounding out the top three are Fresh Food Company and Chick-fil-A.

“Fresh Foods Company is one of the most liked restaurants because there is a wide variety of food throughout the week to choose from,” Hoyng said.

Students have slightly skewed opinions about the best and worst foods on campus. Out of a social media poll of 30 students conducted by a Herald reporter, 10 students chose Subway as the best food place on campus.

“I love the cold cut sandwiches; plus, they’re healthy,” said Louisville senior Reginald Speight.

Though Fresh Food Company is one of the most popular restaurants according to data on swipes used by students, the pool of students ranked Fresh as their least favorite place to eat.

“I don’t like Fresh because the food is tasteless and nasty - it sometimes taste like cafeteria food,” said Louisville sophomore Brittany Perry.

Gary Meszaros, assistant vice president of Business & Auxiliary, admits he eats Fresh every day for lunch, but would choose fried foods over healthy food every time.

“I’d choose Chick-fil-A over a salad any day, because I don’t like healthy food,” Meszaros said.

There’s usually a long line outside new restaurant Burrito Bowl, according to Hoyng, but it doesn’t stay open late.

Time changes on restaurants are determined by a “student in the door” policy, according to Hoyng.

“The next student survey will be held in October so students can give their opinions on what restaurants they want to see on campus,” he said.

Some students believe that WKU has better food services than other campuses they have visited.

“I feel like we have better selections than other schools. Though most aren’t healthy, we have more than just a cafeteria...variety,” said St. Louis junior Alexia Cannady.
YOU NEED A BUDGET!
Make sure that your spending is in check by creating a budget for your cash. This includes money from residual checks, Big Red dollars, paychecks, and money you receive from your family. Some financial institutions have money management tools, like a budget app. For example, Service One CU has a free budgeting tool that automatically categorizes your spending and combines all of your banking accounts in an easy to use, interactive app.

SAVE $$ WHEN YOU CAN
Textbooks can be expensive—go for a used book if you can, or perhaps rent one. Take the bus instead of driving. There are WKU bus routes that travel downtown and to local shopping locations. Not having a car on campus will save you money! You won’t have to buy a parking pass or gas, and you won’t have car maintenance expenses. Check out free entertainment opportunities with WKU Athletics, or events through the WKU Cultural Enhancement Series.

BANK WISELY
Consider options for checking and savings accounts based on your needs. An account with no monthly maintenance fees—like Service One’s Free Student Checking—with access to multiple branches and ATM networks is a plus. Being a part of the Shared Branch network of credit unions allows Service One to travel with you, since you can access funds from your account at over 5,300 locations nationwide—and over 20,000 surcharge-free ATMs.

CREDIT
Building your credit while you are in college is an excellent idea. Many potential employers review your credit report during the interview process. If you have to have a student loan, make sure to borrow only what you need—high loan balances are harder to pay back and could affect your ability to obtain credit later. If you decide to get a credit card, make your payments on time, and try to pay off the credit card balance each month. The key is not to spend more than you can afford.

CUT OUT THE LITTLE THINGS
Make a decision to save money—it all starts by changing your daily spending habits. Really think about the little things you spend money on, and see if there is a way to reduce those expenses. Instead of buying several drinks at the coffee shop each day, cut down to one drink, or better yet, make your own coffee at home.

BE REALISTIC
There are several large ticket items you will need to place in your budget—including school supplies, books, plane tickets to get back home, and laptops if yours breaks. Make sure to set aside some funds so they will be available when you need them. Cutting costs that aren’t necessary will help you live within your means.

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Where to find the best vegan food on campus

BY MOLLIE MOORE
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Let’s face it, on-campus vegan dining options are pretty lackluster and usually hidden. To find ingredient lists for most restaurants is impossible, and a lot of the obvious options are gross. Most places are so busy during the lunch and dinner rush that it seems irresponsible to hold up the line and inquire about the menu, especially when most employees aren’t aware of what is and isn’t plant-based on the menu.

Below is a list of the best and easiest choices for vegans dining on campus:

1. BURRITO BOWL
   Basically any burrito or bowl here can be made vegan as long as you stay away from the various ranch dressings and cheeses. Most of the time they’ll offer you extra beans on any meatless option, and the cilantro lime rice is delicious.

2. EINSTEIN BROS.
   Unfortunately, none of their bagels are vegan thanks to pesky L-cysteine, but the Hummus Veg Out is tasty, and they will gladly supplement the bagel with ciabatta bread. Also make sure to ask for no cream cheese.

3. SUBWAY
   Subway is amazing. The Italian bread is vegan, so you can load up on as many veggies as you want. It’s like a huge, delicious salad on bread disguised as a sandwich. Be careful, though: The Subway Vinaigrette contains dairy. You’ll be safest if you stick with oil and vinegar or their sweet onion sauce.

4. BURGER STUDIO
   To get a quality meal here, you have to do some finagling. The only buns they have aren’t vegan, but if you peek your head over the monitor after you order your veggie burger and ask for no bun, they’ll stick the patty in a plastic container for you. Next, explain to the kind people at JuiceBlendz that you can’t eat the Burger Studio buns, and ask for one of their ciabatta buns. It’s usually worth all of the effort.

5. STARBUCKS
   As long as you substitute any dairy for soy or coconut milk, most of the drinks at Starbucks are vegan. However, make sure to avoid anything with java chips or caramel drizzle, and clarify that you don’t want whipped cream. Sadly, all the treats are off-limits, but if you’re looking for breakfast, grab their hearty blueberry oatmeal. It comes with agave, dried blueberries and a nut and seed medley that is super yummy.

A cup of coffee a day could help combat exhaustion

BY MORGAN PROFUMO
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If you sit in class struggling to keep your eyes open, odds are you forgot to drink your usual morning coffee. This highly caffeinated beverage provides most of us with the kick we need to start the day. We grab some in the morning, we grab some in the afternoon, and if we have a lot of homework, then we most definitely grab some in the evening. Caffeine is a central nervous system stimulant. According to CNET Magazine, the neurons in your brain release neurotransmitters called adenosine, which attach to receptors and make you feel tired as a result. Since the chemical makeup of caffeine is very similar to that of the neurotransmitter that makes you sleepy, caffeine is able to bind to the receptor sites and block the neurotransmitters your brain releases naturally. Caffeine stops your brain from receiving the signal indicating you are tired. In other words, it doesn’t give you energy; it just temporarily suppresses your exhaustion.

Here’s the real question: If the caffeine in coffee makes you feel less tired than you really are, does it have a negative impact on your mental health? If you drink a lot of coffee, it is important to know what kind of chemical changes a drug like caffeine will perform in your brain.

According to the Institute for Scientific Information on Coffee, caffeine — depending on how much you ingest — is beneficial to your mental alertness. According to the ISIC website, the European Food Safety Authority claims a cause-and-effect relationship between alertness and the amount of caffeine you would find in an 8-ounce cup of coffee.

Regarding caffeine’s long-term effects, if you continue to drink excessive amounts of coffee, the neurons in your brain will need to adapt to the amount taken in. This is how tolerance levels are built up. Caffeine is a drug. When the receptors in your brain are continuously blocked by caffeine, the neurons will automatically produce more receptors so that instead of being blocked by the caffeine, they can receive their natural neurotransmitter. Therefore, it will take more and more caffeine to give you the same effect that one cup generated before tolerance increased.

We can all agree coffee is a lifesaver. As college students, some of us need something to embrace to stay alert, and the benefits tend to outweigh the negative consequences. Just make sure coffee is not the only liquid you are consuming and that you are staying hydrated.
Healthy habits to develop now to help ease stress later

BY MOLLIE MOORE
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School can be stressful and it only gets worse as the semester moves forward. Often times when you’re in the thick of it, reducing that stress seems nearly impossible. Developing a few good habits now could pay off come finals week.

1. REST UP

One of the most important ways to feel less wound up throughout the day is getting a full night’s sleep. Putting off an assignment until the last minute is something we all do, but going to bed at a reasonable time and waking up earlier than necessary is much more fulfilling. That assignment could have been done in the hour before class rather than the middle of the night.

2. BREAK FOR BREAKFAST

It’s been said so many times but that’s because it’s true: breakfast is the most important meal of the day. When you get a late start and have to rush out the door, it doesn’t seem practical to waste time eating a full meal, but you’ll regret it come lunchtime when your stomach is talking and making you cranky. Plus, allowing yourself the time to sit down and gather your thoughts in the morning before the day begins makes a huge difference.


Taking care of yourself is top priority and sometimes that means taking a time-out and doing something relaxing. Reading for pleasure is something that you should be doing daily. Whether it be a novel, poetry or magazines, read something that isn’t required. It is a means to let your mind drift. It also helps improve reading and writing skills which will make you a better student.

4. MEDITATE

A daily meditation will actually do wonders for your psyche, no matter how ridiculous you think it sounds. Taking the time to practice mindfulness helps keep you in the present and less focused on all of the assignments you have due or tests you have coming up making it easier to cope with the workload. There are plenty of apps and YouTube videos to provide guided meditations so you don’t end up just sitting on the floor confused.

5. VITAMINS

The easiest thing to do to lighten your stress is to start taking vitamins. Go get some Vitamin C and B12 and start taking them every morning. You’ll notice a difference almost immediately. If you really need a boost you can take an extra two or three. That’ll keep you feeling great all day.

WKU offers martial arts course to promote campus safety

BY FRANCIS WILSON
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To make students feel safer on campus, Preston Center is opening its multipurpose room to offer a self-defense course to the public.

The eight-week Self Defense of the Wing Chun System training course is taught by Quentin Hollis, associate professor from the College of Education and Behavioral Sciences. The program aims to develop participants’ confidence by increasing their strength and stamina and giving them practice strategies to avoid conflict.

“The main objective is to equip students, faculty, staff or whoever is taking the course with an understanding of how to defend yourself mentally and physically from potential violence,” Hollis said.

According to Lindsay Thomayer, a fitness coordinator at Preston, the techniques taught in the course are based off the Wing Chun system of martial arts.

“It’s all about using certain skills and techniques to overcome any type of defender if anything were to happen,” Thomayer said.

Wing Chun is a form of martial arts that dates back hundreds of years. This particular form of martial arts was originally developed by a female and is designed for smaller figures to defend themselves against larger opponents.

Participants have plenty of opportunities to develop certain skills and techniques that can help them, according to Hollis.

“We do conditioning training ... when we work on certain types of punches, certain types of kicks and elbow strikes,” Hollis said. “We are all sweating and doing rounds like a boxer.”

The program aims not only to educate participants in self-defense methods but also to train them to avoid conflict by being more aware of their surroundings — a principle of Wing Chun.

According to the campus police department’s time log, there have been four accounts of assault on or near WKU campus within the last six months.

“Awareness is key,” Hollis stated. “That is a thing we struggle with because we are distracted with iPads or iPhones as we walk around. It can be very dangerous at times.”

The course is open to all WKU students, faculty, staff and Bowling Green community members.

In previous years, the class has attracted a diverse group ranging from international students and football players, to college deans and bus drivers.

The class is kept small, usually to a dozen participants per session, and is tailored to give participants individual attention to help them build skill and confidence.

“So many students are surprised by how many ways they can defend themselves without getting physical,” Hollis said. “Most of your defense comes from your mouth or from your body language.”

The course also helps educate students about self-defense law, ensuring that if they ever encounter a threatening circumstance, they act appropriately and effectively.

“I’ve had students come back to me and say that they have used the techniques, and they have worked,” Hollis said.
Preston Center offers fitness and health for all

BY SAMANTHA WRIGHT
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Those looking to finally make good on those New Year’s resolutions to be healthier should be happy to know that the Raymond B. Preston Health and Activities Center is a one-stop shop for all their healthy needs.

Offering several fitness programs, two floors of fitness equipment, nutritional counseling, intramural sports and more, Preston is the go to spot for those who are serious about fitness - and even those who aren’t.

All students have to do to get in is present their WKU ID. Once inside, they can play a game of basketball, go against a friend in a racquetball match, swim a few laps in the natatorium or lift some weights. On the second floor, an indoor track, exercise bikes and the dance room await.

One of Preston’s largest programs is the exercise group Group X. The group meets at different times every day of the week, so students can attend the classes that fit best with their schedules and needs. The group started Aug. 24 and goes until Oct. 9.

Chris Vibbert, a junior from Bowling Green, said the fitness center is what he uses the most. “I go about four, five days a week,” he said.

Hannah Mraz, a freshman from Atlanta, said that’s all she uses. “I’ve literally only been over in that area, I use the treadmills and stuff. I use the ellipticals sometimes,” she said.

WellU is another large program that is offered through Preston. WellU strives to promote healthy living among all WKU students, in both the classroom and life. They offer incentives, such as scholarships and giveaways, to encourage students to attend the many events on campus geared towards healthy living.

For example, going to 10 Group X classes adds credit to a student’s WellU account. Once they’ve reached five credits, they are entered into a drawing to win a $500 scholarship.

Students struggling to eat healthy on campus can utilize the nutritional advising offered as part of WellU. An hour-long session is only $15, and offers tips and advice on how to not only eat healthier but also how to improve eating habits.

Offered in conjunction with WellU, Wholesome WKU is another option for students to eat healthy on campus. This service offers menus that list the healthy food options at each restaurant on campus. They also offer a vegan/vegetarian guide, as well as a gluten-free guide to eating places on campus.

The Health and Fitness Lab at Preston offers many walk-in services. A student can get their blood pressure checked, their height and weight measured or discover their percent body fat.

Another service offered by the Health and Fitness Lab is the Fitness Assessment. With their medical history form and only five dollars, students can discover their current level of fitness, after being evaluated in six areas.

The Health and Fitness Lab also offers personal training for students. They have both one-on-one training with a certified personal trainer, as well as “buddy” personal training, with two to three students being trained together by a certified personal trainer.

Several instructional programs are also offered each semester at Preston. This fall, an eight week course of self-defense is being offered, where students can learn ways to defend themselves as well as increasing their strength and stamina for $35.

A variety of intramural sports are offered both semesters at Preston. For fall, some of the sports offered are flag football, dodgeball, volleyball and 3-on-3 basketball.
Did YOU Know...

The WKU Restaurant Group has a staff Nutritionist/Dietitian

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