

# Fitness and Wellness Challenge

January 23rd-March 4th, 2012

## Week 1: International Week Jan 23-29

**Monday, 7:00pm: SEAC Multicultural Awareness: Latin Dancing • LeRoux**

**Wednesday, 5:30-7:30pm: Liberia: A Peace Discussion • ENGR 311 •** By viewing the global community through the lens of Liberian peace fighters, a discussion will be led on the importance of the fight for personal freedoms and civil unity. [minkiewi@seattleu.edu](mailto:minkiewi@seattleu.edu)

**Wednesday, 7:00pm: Women's Basketball vs. BYU • Connelly Center •** Staff appreciation night! Complete with free throw contest.

**Thursday, 11:30am-1:00pm: "Check Your Mood" Screening •** 1st Floor STCN & Piggott Atrium

**Thursday, 12:30-1:30pm: Interfaith Prayer for Peace •** Chapel of St. Ignatius • All are invited to join as clergy and students of different faith traditions lead our campus community in prayer for peace. Contact [perkinsc@seattleu.edu](mailto:perkinsc@seattleu.edu)

**Thursday, 7:00-8:30pm: Turning of the Tide •** STCN 160 • Come and learn about Seasons Affective Disorder

**Friday, 12:15-1:15pm: Lunches with Leaders •** STCN 210 • **Speaker Sahar Fathi**, Legislative Aide, discusses her background, education, and experiences leading up to her current position on Councilmember O'Brien's staff. Free lunch. RSVP [lead@seattleu.edu](mailto:lead@seattleu.edu)

**Saturday, 6:00-9:00pm: 2012 International Dinner •** Campion Ballroom • Enjoy food and performances from around the world at the largest international student event on SU's campus. Raffles, giveaways. Tickets @ PAVL 160. \$10 Students \$20 Staff/Faculty.

## Week 2: Jan 30-Feb 5

**Sunday, 11am-12:00pm: Sunday Mass •** Chapel of St. Ignatius • One of the Seattle University Jesuits will lead this Sunday liturgy in the Roman Catholic rite. All are welcome to join this celebration.

**Wednesday, 8:00-8:45am: Circuit Training •** Location: GXB • Sponsored by University Recreation

**Wednesday, 6:30-9:00pm: Witnessing in Psychotherapy •** Casey Commons • Learn how to listen with open ears and eyes despite the lens that we grow up with in our own individual cultures. Lane Gerber, Ph.D, faculty member presents. \$10 current students, faculty and staff.

**Thursday, 6:15-6:45pm: Cardio Power •** GXB • Come get your cardio on! Bring friends and experience the power of the cardio workout!

**Friday, 6:00-7:30pm: New Year's Revolution: Following Through On Your Resolutions •** MBS • Guidance and tips for keeping your resolutions!

**Saturday, 7:10pm: Men's Basketball vs. Arkansas State •** Key Arena • Come support your Redhawks and cheer them on!

## Week 3: Feb 6-12

**Monday, 6:15-7:15pm: The Buster Boot Camp •** FC 271 • A one-hour class focusing on strength conditioning and cardio exercise all in one. Super-sets with free, weights bar bells, and medicine balls with jump rope, boxing, and plyometric intervals to maximize an hour work out. This class will not only work muscles, but also will keep heart rate elevated.

**Tuesday, 12:30-1:30pm: Daily Mass •** Chapel of St. Ignatius • One of the Seattle University Jesuits will lead mass in the Roman Catholic rite. All are welcome to join this celebration.

**Wednesday, 10:00am-4:00pm: Blood Drive •** Bellarmine Residence Hall (Bellarmine Turnaround) closed 12:30-1:30pm • Make an appointment online at the Puget Sound Blood Center.

**Wednesday, 3:30-5:00pm: Red Cross First Aid Certification •** FC271b • 20 Person capacity, rsvp at [fitness@seattleu.edu](mailto:fitness@seattleu.edu).

**Thursday, 12:15-1:15pm: Lunches with Leaders •** STCN 210 • **Speaker Mike O'Brien**, Councilmember, discusses his background, education, and experiences leading up to his current position of Councilmember. Free lunch. RSVP [lead@seattleu.edu](mailto:lead@seattleu.edu)

**Friday, 12-1:30pm: Lunchtime Scholar Series •** Loc: TBA • **Speaker Jennifer Fricas**, You are welcome to bring your own lunch and listen to Jennifer Fricas discuss her current research .

## Week 4: Healthy Relationships Week Feb 13-19

**Monday, 10:30am—1:00pm: Sexual Health Bingo •** STCN 160 • Bring your friends and play BINGO while learning valuable facts regarding sexual health!

**Monday, 6:00-8:00pm: Prison Military Industrial Complex Panel Conversation •** STCN 160, Leroux Conference Center • OMA invites you to a panel discussion highlighting the interconnectedness of the policing borders locally & globally.

**Tuesday, 12:00-1:00pm: Hugging Workshop •** Student Center Hearth • This fun and silly workshop is designed to open you to the power of hugging. We will explain the different types of hugs, and explore the physical and emotional benefits as well. Sponsored by PHAT and U-Rec.

**Wednesday, 12:00-1:00pm: Commitment Booth •** Student Center Hearth • Ever wish you could retake your prom picture? Here is your chance! Stop by with a partner or friend(s) and declare your commitment to each other with costumes and props!

**Thursday, 7:10pm: Men's Basketball vs. Pepperdine •** Key Arena • Come support your Redhawks and cheer them on!

**Friday, 12:00-1:00pm: Creating Healthy Habits •** MBS • Learn how to start creating healthy & sustainable habits to improve your health!

## Week 5: Feb 20-26

**Monday, 8:30am-4:30pm: Carolina Silva SUVAIR Exhibition •** Fine Arts Building, Vashon Gallery • Seattle University Visual Artist in Residence for 2011, Carolina Silva, will present work created during her residency at Seattle University.

**Wednesday, 6:00-9:00pm: SEAC Films •** Piggott Auditorium • SEAC will be showing the film "50/50", Bring your friends and enjoy this opportunity!

**Wednesday, 12-1:00pm: Laughter Yoga •** STCN 130 • Come and try out this fresh and fun take on yoga. Led by Alissa Strong of Career Services

**Thursday, 5:30-6:30pm: Triathlon Training Information Session •** ENG 312 • Learn all you need to know about triathlon training!

**Thursday, 12:00-1:00pm: Poker Walk •** Championship Field • Bring your poker face and try out this fun and easy walking game with your friends

**Friday, 6:00pm: SEAC Late Night: Pasta Feed •** STCN 201 • Join SEAC for this delicious opportunity to have a good meal with friends!

**Saturday, 10:00am-2:00am: Dance Marathon •** Campion Ballroom • DANCE and have fun at SU's Dance Marathon - a 16 hour event that raises money for Seattle Children's Hospital Uncompensated Healthcare Program, so no children are turned away. 100% of proceeds are donated.

## Week 6: Healthy Body Image Week Feb 27-March 5

**Sunday, 2:00pm: Women's Basketball vs. UC Riverside •** Come support your Redhawks and the Susan G. Komen Foundation at the Pink Game!

**Monday, All Day: Mirror Monday •** STCN, Connelly, Restrooms across campus • Visit a mirror on campus for information & inspiration about healthy eating habits, eating disorders, and fostering a realistic body image for students, faculty & staff across campus.

**Tuesday, 7:00pm: Wellness Floors Moving Screening •** Campion Fish Bowl •

**Wednesday, 11:30-1:00pm: PHAT Photo Wednesday •** Student Center • Have a Polaroid photo taken and write something about your "inner self"

**Wednesday, 6:30pm: OAR: Bird Feed & Tree ID •** PIGT 304 • University Recreation sponsors this workshop. Get to know what's in your backyard!

**Thursday, 11:30am-1:00pm: Are You Comfortable In Your Jeans? •** STCN 1st Floor & Piggott Atrium • Stop by to answer a few questions with PHAT and CAPS about your eating habits & body image, in return get a FREE piece of fresh fruit!

**Thursday, 5:30-6:30pm: Sugar Blues Nutrition Workshop •** CHDN 145 • This is a workshop about the effects of sugar and simple carbohydrates and how it affects your energy and mood. 30 person maximum, rsvp at [fitness@seattleu.edu](mailto:fitness@seattleu.edu)!

**Friday, 12:00-1:00pm: Yoga & Meditation •** MBS • 10 person capacity • Come and de-stress while learning the art of yoga & meditation!

**Sunday, 1:00-4:00pm: TEDxSeattleU •** STCN 160 • RSVP [lead@seattleu.edu](mailto:lead@seattleu.edu)