It Started Out as a Gift, and Turned into So Much More

Story about Gerald Haltom
Written by: Lendi Gourley

It was December 2000 and Christmas rolled around like it does every year. Deb Haltom was trying to think of the perfect gift for her father. She remembered hearing about the newly constructed building on Northwestern’s campus, the J.R. Holder Wellness Center. Knowing her father and mother both enjoy walking and riding their bikes outside, she thought it would be a great gift for them both.

That particular Christmas, Gerald and his wife received a six month membership to J.R. Holder Wellness Center from their daughter. Hesitant about the gift, Gerald finally decided to go see what the place had to offer.

Since January 15th, 2001, Gerald has been one of the most active members the Wellness Center has witnessed. He has checked in at the front desk 1,900 times, and participated in many of the challenges the Wellness Center has to offer. In fact, he placed third in the 100 Days of Summer Walking Challenge last year walking 407 miles. That’s farther than walking from Alva to Dallas, TX!

What he really likes about the Wellness Center is its friendly atmosphere and visiting with the members and staff while he does his workouts. “They are a great bunch of people.” Gerald has had numerous conversations around the track throughout the years and now can’t imagine life without the Wellness Center. It gets him out of the house and helps him interact with people. “If it were not for this place, I don’t know what I would do. It just grows on you,” says Haltom.

At the age of 74, nothing is stopping this man from setting his own goals and being physically active. Yes, of course there are those pesky aches and pains that come with age, but Gerald feels so fortunate that he is still able to be so active.

Almost every day he comes to the Wellness Center around the same time. Not being a morning person, he arrives in the early afternoons around 2:00 and stays for at least an hour. He normally starts his exercise routine by walking or running around the track for 3 to 4 miles alternating days with swimming (treading water) and lifting light weights every once in awhile.

Gerald pushes himself every single day that he come into the Wellness Center. Whether he wills himself 15 minutes longer walking around the track, or challenges himself by seeing how long he can tread water, he always has personal goals set before he walks in the front doors.

Once Gerald finishes his exercise routine he is always amazed at how great he feels. “Some days you are just tired and achy but you just have to get motivated and do it.”

Gerald knows that exercising is not always an easy task, but when a work out is completed he often feels refreshed and better than he did when he arrived.

At age 74, Gerald has never felt better. “It pays off in the long run, it gets your blood to pumping, and joints and bones to moving!” says Haltom.

He is truly an inspiration to all who know him.

It is amazing how a Christmas present, something as simple as a gift certificate, can change a person. Gerald has his daughter to thank for his new found passion…..exercise.
Notes From The Director

Greeting wellness community! Welcome once again to our quarterly newsletter. We hope you enjoy each article that we have included in our summer edition newsletter and find inspiring stories and helpful tips that will enhance your life.

Our business hours will remain the same throughout the summer, however we will be closed on the 4th of July to celebrate Independence day.

Now that school is out, graduations are complete and proms and banquets are over, it is time to come in and treat yourself. We encourage you to relax this summer with soothing massage; get that swimsuit body you have always wanted with the help of one of our personal trainers; or have some fun with our instructors in our Pilates and Zumba classes. Also, this summer, the Wellness Center is offering swimming lessons for the months of June and July.

We all know how miserable the summer weather can be in northwest Oklahoma, so keep up your exercise routine in the comfort of our air-conditioned facility! If you have been thinking of coming in to see what we have to offer, now is the time! We are here for you, and our staff wants to help you reach all of your health and wellness goals.

As always, please let us know if there is anything we can do to enhance your daily experience at the Wellness Center.

Knock the “t” off the “can’t.”
~Samuel Johnson

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-Ride Rangers Ride

Thank you for making us a part of your life. We’re here for you this summer and always!

Have a safe and fun summer and Happy Health!

-Swannah Copenhaver

J. R. Holder Wellness Center Swimming Lesson Schedule

Sessions for June & July

**JUNE Session 2**

**Week 1:** 13th/14th/15th
Time/Age Group:
10:00 A.M. (4&5 yrs old)
11:00 A.M. (6&7 yrs old)
12:00 P.M. (8+ yrs old)

June 15th
2:00 P.M. (4&5 yrs old)
3:00 P.M. (6&7 yrs old)
4:00 P.M. (8+ yrs old)

**Week 2:** 20th/21st/22nd
Time/Age Group:
10:00 A.M. (4&5 yrs old)
11:00 A.M. (6&7 yrs old)
12:00 P.M. (8+ yrs old)

June 22nd
2:00 P.M. (4&5 yrs old)
3:00 P.M. (6&7 yrs old)
4:00 P.M. (8+ yrs old)

**JULY Session 3**

**Week 1:** 8th/9th/10th
Time/Age Group:
9:00 A.M. (4&5 yrs old)
10:00 A.M. (6&7 yrs old)
11:00 P.M. (8+ yrs old)

**Week 2:** 15th/16th/17th
9:00 A.M. (4&5 yrs old)
10:00 A.M. (6&7 yrs old)
11:00 P.M. (8+ yrs old)
Splash into Summer with Swimming Lessons

I remember a spandex ruffled strawberry patterned swimsuit clinging to my body as I grasped onto my Mickey Mouse floatie and dipped my big toe into the ice cold water of the public pool. I was sitting down on the tile floor, hoping I wouldn't have to get in this time. Hoping that the lifeguards would just forget about a six year old blonde whose mother told them she would be “a challenge.” I was very mad about being in a cold pool in the early morning around college students who promised to help me… well…not drown. When I was six years old I was smart enough to know that I made the lifeguards nervous. They knew every time I jumped into the water there was a good chance they would have to save me. An near drowning incident at a water park involving a wave pool, me, and huge yellow intertubes brought on the swimming lessons. I cried a lot the first day. I was the kid in the corner screaming “I won't get in.” They made me get in. I had a true fear of drowning, and it was really hard to trust someone when they would go, “One... two...” then dip my head under the chlorine water. I thought they were the biggest jerks.

Well, on that particular day they made me get in the water and take off the floatie. And yes, I cried until four of them put their hands underneath my shaking body and promised to teach me something that I could do in case I got tired of swimming. They taught me how to float on my back. That practically saved my life until I could trust the lifeguards.

My family now thinks it is hilarious that I am a lifeguard and have taught swimming lessons for the past six years. I have taught children, “challenges,” naturals, beginners, screamers, deep end jumpers, and beyond. I have learned that you have to have trust, patience, and perseverance when teaching swimming and learning how to swim. Water skills are invaluable. The basics of water safety and techniques can help a child feel safe and confident in the water. If the child already knows how to swim, improving techniques (such as breathing or stroke issues) could help them gain even more confidence by swimming better. And yes, it can also help the anxious parent.

I will be teaching group and private swimming lessons this summer at the Wellness Center from ages 4 and up. I hope to again have an excellent experience which comes every year I teach, as well as provide the children of this community with life-long important skills. I will also provide the classes with completion certificates and awards at the end of each session. I believe that progress always comes individually with my students. The amount of progress depends on the child, and the rewards give the child a great sense of accomplishment that they deserve. Make this the first step in having your family have a fun, safe, and rewarding summer!

Please contact me, Kaylen Kirby, at (580) 984-9011 or the Wellness Center at (580) 327-8100 if you have any questions, concerns, or would like to set up a session.

By: Kaylen Kirby
Wellness Center Staff

Seventy five percent of our planet is water... can you swim?~Author Unknown
Many people think about “wellness” in terms of physical health only. Wellness, however, is much more than physical health. Wellness is an ongoing process to reach for our full potential as human beings, personally and in relationships to our families, our community, and the world around us.

July is Social Wellness Month. In this issue we will discuss Social Wellness and Intellectual Wellness.

Social Wellness
Social wellness refers to our ability to interact successfully in our global community and to live up to the expectations and demands of our personal roles. This means learning good communication skills, developing intimacy with others, and creating a support network of friends and family members.

Social wellness includes showing respect for others and yourself. Contributing to your community and to the world builds a sense of belonging.

Tips and suggestions for optimal social wellness include:
- Cultivate healthy relationships
- Get involved
- Contribute to your community
- Share your talents and skills
- Communicate your thoughts, feelings, and ideas

Intellectual Wellness
Intellectual wellness is characterized by the ability to make sound decisions and to think critically. It includes openness to new ideas; motivation to master new skills; and a sense of humor, creativity, and curiosity. Striving for personal growth and a willingness to seek out and use new information in an effective manner for personal and social development are also part of intellectual wellness.

The intellectual dimension encourages creative, stimulating mental activities. Our minds need to be continually inspired and exercised just as our bodies do. People who possess a high level of intellectual wellness have an active mind and continue to learn. An intellectually well person uses the resources available to expand one’s knowledge and improve skills. Keeping up-to-date on current events and participating in activities that arouse our minds are also important.

Tips and suggestions for optimal intellectual wellness include:
- Take a course or workshop
- Learn (or perfect) a foreign language
- Seek out people who challenge you intellectually
- Read
- Learn to appreciate art

Check out our next newsletter for more information on dimensions of wellness.

Source: www.wellness.und.edu/?

Top 10 Health Benefits of Drinking Tea

June is National Ice Tea Month.

According to Lynn Grieger an ivillage writer from yourtotalhealth.com, there are lots of reasons why people enjoy drinking tea. If you are not drinking tea yet, read up on these 10 ways tea does your body good and then see if you’re ready to change your Starbucks order!

1. Tea contains antioxidants.
2. Tea contains less caffeine than coffee.
3. Tea may reduce your risk of heart attack and stroke.
4. Tea protects the bones.
5. Tea gives you a sweet smile.
6. Tea bolsters your immune system.
7. Tea protects against cancer.
8. Tea helps keep you hydrated.
9. Tea is calorie free.
10. Tea increases your metabolism.

Which tea is better—green, black, white?

There really isn’t enough difference to get overly excited about. All teas come from the same plants, but green tea is dried for a shorter time and doesn’t go through a fermenting process used for black tea.
MEET OUR NEWEST STAFF MEMBER

The best and most efficient pharmacy is within your own system. ~Robert C. Peale

By: Blake Kidder

For those of you who may not know me, my name is Blake Kidder. I am currently a student at Northwestern, Oklahoma State University and a member of the Ranger Football team. I am a transfer student from McMurry University in Abilene, Texas. My home town is San Antonio, Texas, but as of now I call Alva home!

I must say I LOVE MY JOB! I love to be in the gym working out to better myself mentally and physically, and knowing I can help others do the same is so rewarding! I recently became certified as a personal trainer, and being a personal trainer has been a goal of mine for a long time. When I was in high school I always had a passion for physical activity. It could be anything from football, lifting weights, soccer, track, hiking or even swimming. During my freshman year of college I had the opportunity to work at Gold’s Gym, and that is when I found my calling to become a personal trainer. To me, being a personal trainer means to share my fitness knowledge with people, and give them the necessary tools to accomplish their fitness goals.

I believe there is a lot involved in personal training. One of the most important aspects of personal training is my relationship with my clients. I believe I must first build a strong relationship with my clients so that they can trust me while I am helping them achieve their goals. Whether helping older adults train for a healthy heart and stronger bones; teaching a young athlete to build muscle mass; or guiding a mom back to the body of her youth; I enjoy taking the time to listen and understand my client’s wants and needs. Another important aspect in personal training is leading non-exercisers down the path to results, while keeping it enjoyable and interesting. I enjoy what I do and enjoy it.

“During my freshman year of college I had the opportunity to work at Gold’s Gym, and that is when I found my calling to become a personal trainer.”

**Summer Wellness Center Exercise Class Schedule**

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<th>Monday</th>
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<tr>
<td>Zumba</td>
<td>Pilates</td>
<td>Pilates</td>
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<td>6:00-6:40 A.M.</td>
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<td>8:45-9:45 A.M.</td>
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<td>Zumba</td>
<td>Pilates</td>
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<tr>
<td>6:00-7:00 P.M.</td>
<td>8:45-9:45 A.M.</td>
<td>6:00-7:00 P.M.</td>
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**Pilates:** Is a total body conditioning exercise method to develop mind and body uniformity; provide balance, flexibility & strength; to improve posture and to focus on the powerhouse.

**Zumba:** Is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements, which creates a dynamic, exiting and effective system.

*Water Aerobics Class* will take place in June & July. Check flyers around Wellness Center for dates and times.
Healthy Diet Tip: Blueberries, Bursting with Goodness

Yum! The smell of freshly baked blueberry muffins wafting through the kitchen is enough to wipe the grumpy morning scowl right off anybody’s face. Like you even need a reason to eat more blueberries, but we’ve got one for you: Blueberries are good for your heart! Research from the USDA shows that a substance in blueberries called pterostilbene may help lower cholesterol. And while that’s enough reason to jump for joy, the benefits of eating blueberries don’t stop there. These succulent berries may also fight fungal infections and help regulate blood sugar, both of which are of great importance to diabetics. Blueberries are also bursting with antioxidants; the USDA ranks wild blueberries as the #1 antioxidant fruit. These free-radical fighters protect against a range of diseases, including Alzheimer’s, cancer, diabetes, and heart disease.

Healthy Fitness Tip: Water-Proof Your Exercise

Whether you’re headed to the gym, the park or the local running track, don’t forget to pack a large bottle of water along with your Nikes. Your body releases sweat during exercise as a way to cool down and prevent overheating. Sweat loss equals water loss, and for every hour you exercise, your body can lose up to four cups of water in the form of sweat. If you don’t replace this lost fluid with water, you face the risk of dehydration. Your body’s muscles need water to keep contracting and to make your workout more effective. Dehydration makes it difficult to concentrate and causes headaches, fatigue, and muscle cramps, all of which will decrease the productivity of your workout. Here are some water tips your body will be thankful for: Drink one cup of water per hour 2-3 hours before your workout. Fill a large thermos with a quart of water so you always have water on hand. Drink at least 4-8 fluid ounces of water every 15 to 20 minutes during your workout, and start drinking a sports drink after 90 minutes of exercise or sooner if you feel fatigued. And above all, don’t wait until you feel thirsty to guzzle H2O!

Source: By Jennifer Gruenemay, ACE-Certified, LifeScript Staff Writer

Things To Watch For………..

J.R. Holder Wellness Center would like to invite all faculty, staff, students, and community members to participate in our Beat the Heat Summer Walking Club.

The Summer Walking Club will begin June 9 and will end August 3.

There will be a 50 mile club, 150 mile club, and 300 mile club. For each club the participant completes their name will be placed into the drawing for the grand prize.

For more questions concerning the summer walking club call (580) 327-8100, or check us out online at www.nwosu.edu/wellness.

Walking: the most ancient exercise and still the best modern exercise. ~Carrie Latet

J.R. Holder Wellness Center will be closed July 4 in observance of Independence Day.

The Pool and Spa will be closed the week of June 23th-29th for maintenance, repairs, and cleaning.

Check out the flyers set up around the Wellness Center for swimming lesson dates and times.
As a personal trainer and fitness instructor, I became interested in yoga when I realized that I needed to work on my flexibility and posture. I had also developed quite a bit of stress with school and other situations that were going on in my life. When I started looking for ways to help myself improve my barriers, yoga became an interest. I began reading and researching about yoga and immediately wondered how others could benefit from a yoga class. The question in my head was answered when I decided to become a certified yoga instructor.

What comes into your mind when you hear the word Yoga?

According to minddisorders.com, yoga is a fitness class that promotes physical benefits, as well as mental and spiritual benefits. Some of the benefits include creating a toned, flexible body, learning to relax and handle stressful situations more easily, and building awareness of a person’s own body and feelings.

Yoga is an ancient system of breathing practices, physical exercises and postures, and meditation intended to integrate the practitioner’s body, mind, and spirit. The disciplines of yoga were seen as a technique for individuals to achieve union with the divine in India.

I knew yoga was something I was very interested in so I took it upon myself to research a place to get certified. I finally decided to get my certification through YogaFit®. I am taking a two-day level one yoga workshop on June 7th and 8th at the Transformation Fitness Center in Edmond. After the workshop I will be required to provide 8 hours of practice teaching in a community service setting. I will accomplish this task by teaching yoga at Northwest Technology Center in Alva on Tuesdays and Thursdays at 7:30 p.m., during the month of July. I hope to begin teaching a yoga class at the Wellness Center this fall when classes resume.

If you think a yoga class sounds interesting to you, I have left a sheet by the front desk check-in area where you can provide input on what time would work best with your schedule.

Wishing you physical, mental and spiritual wellness.

~Lindsay Stewart
Wellness Center Staff

Yoga is the fountain of youth. You’re only as young as your spine.

~Bob Harper

Yoga is invigoration in relaxation. Freedom in routine. Confidence through self control. Energy within and energy without.

~Ymber Delecto
Enjoy the Summer with these Delicious Recipes

Bananalicious Smoothie
This recipe serves: 4
Preparation time: 5 minutes
Ingredients
1 cup orange juice
2 cups plain low-fat yogurt
4 small bananas
honey to taste
Cooking Instructions
1. Peel the banana and measure the orange juice and yogurt.
2. Place all the ingredients in a blender and blend on high speed until smooth.

Source: www.lifescript.com/recipes

Red, White and Blue Burger Recipe
This recipe serves: 4
Preparation time: 5 minutes
Cooking time: 10 minutes
Ingredients
1 pound lean ground sirloin
salt to taste
freshly ground black pepper
1 red bell pepper, stemmed, seeded and quartered
1 teaspoon olive oil
4 hamburger buns
1 large sweet white onion, such as Vidalia or Walla Walla
2 tablespoons crumbled blue cheese
Cooking Instructions
1. Preheat grill to medium-high heat.
2. Using your hands, lightly shape the ground sirloin into four 1/2-inch thick patties. (Try to leave some air in the burger and avoid packing them too densely.) Season with salt and pepper.
3. Lightly drizzle the red pepper quarters with olive oil.
4. Cook the burgers on both sides over the hot grill for about 5 to 6 minutes per side for medium burgers. At the same time, grill the peppers for 2 to 3 minutes on each side.
5. Lightly toast the buns on the grill.
6. Serve the burgers on toasted buns with grilled red peppers, slices of sweet white onion and crumbled blue cheese.

Have an Indoor Swim Party with Us!
Indoor swim parties are a fun and easy way to celebrate any occasion (birthday parties, scout functions, Little League celebrations, church groups, field trips). Private use of the facility with our certified lifeguards helps you put on a popular and exciting party. Call to reserve your date and get more information on our pool parties at (580) 327-8100.

Pool parties can only be held on Saturdays after 3:00 P.M. and Sundays before 4:00 P.M.

Cost is $40 per hour and this includes a lifeguard. Must have no more than 15 persons per lifeguard. Extra lifeguards are $10 per hour.

Give the Gift of Health
Don’t forget J.R. Holder Wellness Center offers Gift Certificates for all of our services.
- Massages
- Pool Parties
- Personal Training Packages
- Memberships

J.R. Holder Wellness Center

Dr. Yvonne Carmichael Aquatic Center

Hours of Operation
(Monday-Friday)
6:00 A.M. - 9:00 P.M.
(Saturday)
9:00 A.M. - 3:00 P.M.
(Sunday)
4:00 P.M. - 8:00 P.M.

709 Oklahoma Blvd
Alva, OK 73717
580-327-8100
www.nwosu.edu/wellness

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