



Welcome to the WellU RAM's Weekly Wellness Newsletter!

Message From The Editor:

Dear students, faculty, and staff,

I am thrilled to introduce the first issue of our WellU @HT Wellness Newsletter! This is part of the university's *WellU RAM Wellness Program*. We are dedicated to bringing you valuable insights, tips, and resources to enhance your well-being and promote a healthier campus community. Together, we embark on a journey towards holistic wellness, addressing physical, mental, and emotional aspects of health. I encourage you to explore the content of this newsletter and actively engage in the wellness initiatives we offer. Let's prioritize self-care and support one another in achieving our wellness goals.

May each step we take bring us closer to a vibrant and inner harmony. Stay Well!

Joseph Armstrong
Student Wellness Ambassador
WellU RAM Wellness Program
Class of 2024

A Guide To Our Newsletter

Our wellness newsletter aims to promote wellness on campus by supporting, educating and empowering you to live well. From fitness and nutrition, to mental health and stress management;

whether you are looking for exercise routines, healthy recipes, mindfulness practices, wellness tips or community events, this newsletter is your go-to source for all things wellness at HT. Together, let's cultivate a culture of wellness and create a healthier, happier campus environment.

A Message From Our University President and CEO



Dear HT Family,

The launching of our university's campus-wide wellness program is an exciting endeavor that prioritizes the health and wellbeing of every member of our campus community. This comprehensive initiative, which integrates physical fitness and mental health resources, will certainly cultivate a culture of self-care, resilience, and community. Our center, which will provide convenient access to preventive healthcare, mental health support, and stress management, will contribute to creating a more positive and supportive campus environment for all of us.

We all know that an investment in our health is an investment in our wealth as well as our success; and to this end, this program guarantees countless returns on that investment.

I want to encourage each of you to join me in embracing this empowering journey towards a healthier and happier lifestyle.

In Union, Strength
Melva K. Wallace, Ph.D.
President & CEO

Discovering WellURAM Wellness Program at HT

Mission: To promote wellness on campus by providing an environment which educates, supports, and empowers our community to make healthy choices in their lives and creating a culture of wellness throughout the university. Our core pillars are to support, educate and empower (SEE).



Vision: To cultivate a thriving and vibrant university campus community empowered to live well, stay active, make mindful choices, and embrace a culture of lasting well-being.

Why Wellness? Exploring The Importance of Wellness

What Is Wellness?:

Wellness is much more than merely physical health, exercise, or nutrition. It is the full integration of physical, mental, and spiritual well-being. Wellness matters because everything we do and every emotion we feel relates to your well-being. That is why we are offering "WellU RAM."



Dimensions of Wellness:

- **Physical wellness** focuses on maintaining a healthy body through regular exercise, proper nutrition, adequate sleep, and avoiding harmful habits. It involves taking care of one's physical health to prevent illnesses and injuries.
- **Intellectual wellness** involves having a positive mindset, managing stress effectively, and seeking support when needed. It includes activities that stimulate the mind, such as learning new skills, practicing mindfulness, and engaging in creative pursuits.
- **Emotional wellness** refers to being aware and accepting of one's feelings, as well as managing emotions in a healthy way. It involves developing resilience, coping strategies, and emotional intelligence to navigate life's challenges. Emotional wellness also includes fostering meaningful relationships and expressing emotions in a constructive manner.
- **Social wellness** focuses on building and maintaining supportive relationships with others, as well as contributing to a sense of community. It involves effective communication, empathy, and compassion towards others. Social wellness also includes participating in social activities, volunteering, and connecting with diverse groups of people.
- **Spiritual wellness** is about finding meaning and purpose in life, as well as connecting with something greater than oneself. It may involve religious beliefs, but it can also include practices such as meditation, reflection, and spending time in nature. Spiritual wellness encourages self-discovery, personal growth, and a sense of inner peace.
- **Environmental wellness** involves living in harmony with the surrounding environment and promoting sustainability. Environmental wellness also encompasses creating a safe and healthy living and working environment for oneself and others.
- **Occupational wellness** relates to finding satisfaction and fulfillment in one's work or chosen vocation. It involves balancing work and leisure time, setting goals, and pursuing professional development opportunities. Occupational wellness also includes cultivating a positive work environment, managing work-related stress, and finding meaning in one's career.
- **Financial wellness** is about managing money effectively and responsibly to achieve financial security and freedom. It involves budgeting, saving, investing wisely, and avoiding debt. Financial wellness also includes understanding financial concepts and making informed decisions about money matters.

Meet The WellU RAM Wellness Program Staff



Dr. Carlos M. Cervantes
Activity Director
Chair, Department of
Kinesiology



Royce Dennis
Program Coordinator
Coach, Track and Field



Kendall DuCree
Outreach Coordinator
Coach, Women's Basketball



Dominique Bonaparte
Equipment and Space Manager
Head Athletic Trainer

Meet the Student Wellness Ambassador Group (SWAG)



Joseph Armstrong II

Hello everyone! I am a senior majoring in kinesiology and proudly serving as a wellness ambassador. In addition to this role, I am currently working as an assistant intern to HT's strength and conditioning coach, JP Echeverria. I have a deep passion for fitness, nutrition, and helping others on their wellness journey. I am dedicated to providing genuine support, guidance, and a positive motivating approach as you work towards your goals.



Maria P. Lopez

Hi everyone! I am a senior at HT, majoring in kinesiology. In addition to being a student wellness ambassador, I am also a W.E.B Dubois scholar, St. David's scholar, Peer Learning Coach, and a student-athlete part of the women's soccer team at HT. My aspiration is a career in nutrition science. To keep myself healthy and well, I enjoy going to the gym, running, listening to music, and writing. I look forward to supporting others on their unique paths to wellness.



Marcus Gibson

Hello everyone! I am currently a sophomore majoring in kinesiology, specifically focusing on exercise science. My ultimate career goal is to become a successful health professional. In addition to being a student wellness ambassador, I am a W.E.B Dubois Scholar, St. David's Scholar, and a soccer student-athlete. I am dedicated to helping other individuals reach their goals spiritually, mentally, and physically. To keep myself well, I like to go to the gym, cook, listen to music, and go on walks. As a student wellness ambassador, I look forward to supporting mental, physical, and spiritual wellness throughout the campus and community.



Naidelin Sanchez Melchor

Hi! I am a Junior majoring in Kinesiology. In addition to being a wellness ambassador, I am a St. David's Scholar and a student-athlete in the university's women soccer team. The areas of wellness that I am interested in is social, cultural, and physical activity. To keep myself healthy and well, I like to go on runs, go to church, play soccer, listen to music, and spend time with my friends and family.

Meet The Activity Instructors



Liliana Beverido (Latin Dance Instructor)

Liliana Beverido is a salsa dancer, instructor and performer. She is also a life coach and a blogger. Beverido is the co-founder of AMHIGA Hispana, the first non-profit organization in Austin that aims to empower Hispanic women in Austin providing them with the tools they need to become successful, to integrate to their communities and increase their family's quality of life and their own free of or at a very low cost.



Jerreta Hartfield (Yoga Instructor)

Jerreta Hartfield (RYT-200) is a certified yoga instructor, creator, seeker, communicator, avid gardener, mother and partner living in the Austin area. She founded ResetYoga LLC after facing a series of major life events that called her to transform and to find her true purpose - healing. A firm believer in transforming pain into power, Jerreta has a deep-rooted desire to help individuals find peace within and to reestablish the connection between body and mind. Jerreta holds a master's in integrated communications and is

currently working on completing her Yoga Therapy coursework and practicum work.



Brandie Meister (Mindfulness Instructor)

Brandie has ten plus years of leadership experience that paved the way into Mindful Leadership. Taking a more human and compassionate approach to leadership proved to be highly effective. Teams were more engaged, productive, and reliable. Where stress, burnout, and conflict reduced significantly. Later in her career, she discovered in studies that mindfulness practices were being proven as an effective tool when addressing stress in the workplace. Since this practice was already being implemented in her leadership style, she decided to make it a formal practice, both in her personal and work life. She began to read, take courses, and certifications to expand her knowledge to guide others. More by Brandie came into formation to guide others in healing and balance in the workplace.



Bill Rogers (Exercise & Fitness Instructor)

Bill Rogers specializes in cardiovascular wellness, muscular strength, endurance, body composition, flexibility and overall health improvement for his clients. As a former Olympic track and field athlete, he knows first-hand what it takes to train comprehensively and attain the highest sporting performance levels possible. Bill also understands what is directly required to physically rehabilitate clients; reduce or prevent client injuries; as well as design and supervise a solid course of unique exercise

programs for clients from all walks of life. Bill seeks to teach and coach clients towards a better, happier, and healthier lifestyle. He is passionately committed to offering a comprehensive and thorough personal training program, complete with nutrition and supplement guidance, personalized cardiovascular strategies, and strength training for everyone to reach all client goals.



Loislyn Henderson (Personal Trainer)

Loislyn Henderson (Coach Lyn) is the founder of Vital Soul Fitness. An HT alumna, she is excited to be on this journey with you! She was born and raised in Houston, Texas. She grew up being a fan of the Houston Rockets and the Houston Texans. Her passion for these two teams, also sparked her interest in health and fitness. At HT, she earned a bachelor of arts in kinesiology. She holds certifications and trainings in the following areas: personal training from the National Council on Strength and

Fitness, metabolic technician, and nutrition specialist.

Morgan Ontiveros (Kickboxing Instructor)

Morgan is a proud Austinite, wife and a mom of two amazing daughters. From her roots in education, she found her passion in teaching kickboxing classes. Now, as the owner of Total



Fitness Kickboxing, she is dedicated to changing lives and creating inclusive, safe fitness spaces for all.

How To Register For The Wellness Program Activity Offerings?

Join the WellU Wellness Program

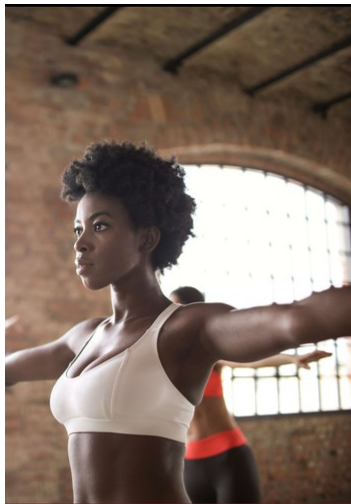
Register Now



<https://forms.office.com/r/f94bd9VddP>

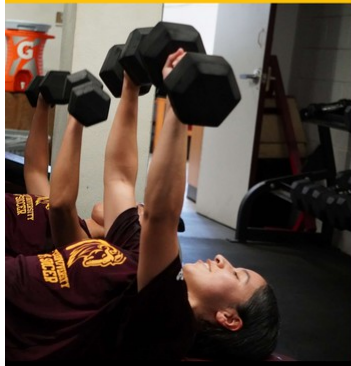
To enroll in the wellness program's activity offerings, please utilize the provided QR code or [click here](#) to begin your registration process!

Wellness Activities Spring 2024



WELLU RAM

Activity Programming Offering
Spring 2024



Cardio Rapid Aerobic Movement (RAM)

Get ready to elevate your heart rate and boost your stamina.

Instructor: Bill Rogers

Days/Times: Mondays 4:30PM (In-Person)

Location: MABR

FlexCore Fusion

A combination of flexibility and core strength! It's a day to lengthen, strengthen and rejuvenate your body.

Instructor: Bill Rogers

Days/Times: Wednesdays 4:30PM (In-Person)

Location: MABR

Ramp Up Muscle Strength (RAMS)

Get stronger RAMS! designed to help you increase muscular strength gradually and effectively.

Instructor: Bill Rogers

Days/Times: Fridays 4:30PM (In-Person)

Location: MABR

Mindfulness

Reduce stress, reduce anxiety, and improve your wellbeing with weekly mindfulness!

Instructor: Brandie Meister

Days/Times: Mondays 8:00AM (In-Person) and Fridays

11:30AM (Virtual)

Location: Wellness Studio

Yoga

Discover deep relaxation and rejuvenation through Yoga.

Instructor: Jerreta Hartfield

Days/Times: Mondays 5:00PM and Wed 12:00PM (In-Person)

Location: Wellness Studio

Kickboxing

Kick all your stress away and improve your fitness through a series of punches and kick combinations.

Instructor: Morgan

Days/Times: Tuesdays 5:30PM (In-Person)

Location: MABR

Virtual Exercise at Work

Get ready to exercise at work – whether you are in the office or at home, this session is designed to meet you where you are.

Instructor: Loislyn "Lyn" Henderson

Days/Times: Tuesdays and Thursdays 8:00AM and 12:00PM

Location: Remote

Social Dance: Line and Latin Dance

Get moving with our dance classes!

Line Dance Instructor: Booker Wynn

Days/Times: Tuesdays 6:30PM (In-Person)

Location: Student Union

Latin Dance Instructor: Liliana Beverido

Days/Times: Thursdays 6:30PM (In-Person)

Location: Student Union



<https://forms.office.com/r/f94bd9VddP>



Carlos Cervantes

Carlos is using Smore to create beautiful newsletters