

Department of Wellness Name Change

The OSU Department of Campus Recreation and Wellness has changed its name to the Department of Wellness. The new name best reflects the mission of the Colvin Recreation Center and the Seretean Wellness Center, which merged in August 2011. The unified department offers programs and services to faculty, staff, students and Wellness members for complete health and wellness of the mind and body.

Success Story: Francisco Ochoa-Corona



Francisco Ochoa-Corona, within the National Institute for Microbial Forensics & Food and Agricultural Biosecurity (NIMFFAB) and the Department of Entomology and Plant Pathology, decided to become healthier as he tackles aging, blood pressure and osteoarthritis on his neck. He works out regularly five to

six days a week and has taken advantage of the boot camp program offered by the Department of Wellness. He says he is feeling good and active and is at the right weight because of these changes. Ochoa-Corona used the Seretean Wellness Center for nutrition advice and physical therapy while using the Colvin Recreation Center to work out. "Visit the Colvin and arrange for some work-out sessions with personal trainers and start working out regularly. Participate in activities such as boot camp or others," Ochoa-Corona said.

Sponsored Program Highlight:

Higher Education Web Accessibility Project

OSU Oklahoma ABLE Tech Launches Higher Education Web Accessibility Project

Just as the physical world of buildings, doorways, curbs and stairs can pose barriers to individuals with disabilities, the world of technology, websites and electronic documents can also present many barriers to people with limited mobility, sight and hearing. This October, Oklahoma ABLE Tech, within the OSU Department of Wellness, will launch a multi-year project to help Oklahoma's universities maintain accessible websites and other services for faculty, staff, students and community. Oklahoma's higher education institutions have assigned team members to participate in this training and systems change project. For more information, visit our website at www.okabletech.okstate.edu/wahep.html

Upcoming Programs:

- Wellness Wednesday Oct. 3
- Faculty/Staff Volleyball Tournament Oct. 4
- Women and Weights - Oct. 7, 14, 21, 28
- Faculty/Staff Flu Shot - Oct. 11
- United Way Wellness Walk - Oct. 12
- Department of Wellness Open House - Oct. 18
- Lifetime User - month of October
- October Boot Camp - month of October
- Women and Climbing - Thursdays, 7-9 p.m.

First Cowgirl's Corner:



The fall semester is in full swing and so are many of the wellness programs offered across campus. Whether it be nutrition counseling, cooking classes, group exercise or lifting weights, it's all about finding what you like and what works. The journey to a healthy you is personal and the Department of Wellness is available to assist with your goals and objectives, whatever they may be. Start small, but dream big and join in, as we strive to be America's HEALTHIEST Campus.

Ann Hargis

Meet the Instructors/Trainers:

Samantha Mason



Samantha Mason graduated with a bachelor's degree in Nutritional Sciences/Allied Health in May 2012 from Oklahoma State University. She is an ACE certified personal trainer/group fitness and a B.A.L.A.N.C.E. instructor with the Department of Wellness. She is the coordinator/director for the Women and Weights program and teaches Circuit Training. She tells her clients, "whatever your 100 percent looks like, give it," Mason said. "Don't be concerned about whoever else is around you and whatever they are doing, be happy with who you are and focus on the positive things you have while striving for the things you want." Mason is from Altus, Okla., and is training for a competition being held by the National Physique committee. She is awaiting admission into physical therapy school where she will pursue her doctorate. Mason's goal as a trainer is to be able to show her clients the happiness and overall improved well-being that a healthy lifestyle can bring.

United Way Wellness Walk

The 2012 United Way Seretean Memorial Wellness Walk will be led by our Grand Marshal, Olympic Bronze Medal Winner, Coleman Scott along with President Hargis, First Cowgirl Ann Hargis and Pistol Pete. All proceeds benefit United Way. Receive a FREE T-shirt with registration and donation. You must register by October 5 to guarantee your t-shirt the day of the walk. The walk is one mile in length and will start on the Library Lawn promptly at noon on October 12. T-shirts will be available for pick up at the registration table the day of the walk, beginning at 9 a.m. In case of bad weather, join us at the Colvin Annex (located on Farm Road beside the tennis courts). Please print the registration form from wellness.okstate.edu and return to your United Way Team Captain, Seretean Wellness Center Front Desk or Colvin Recreation Center Front Desk by October 5.