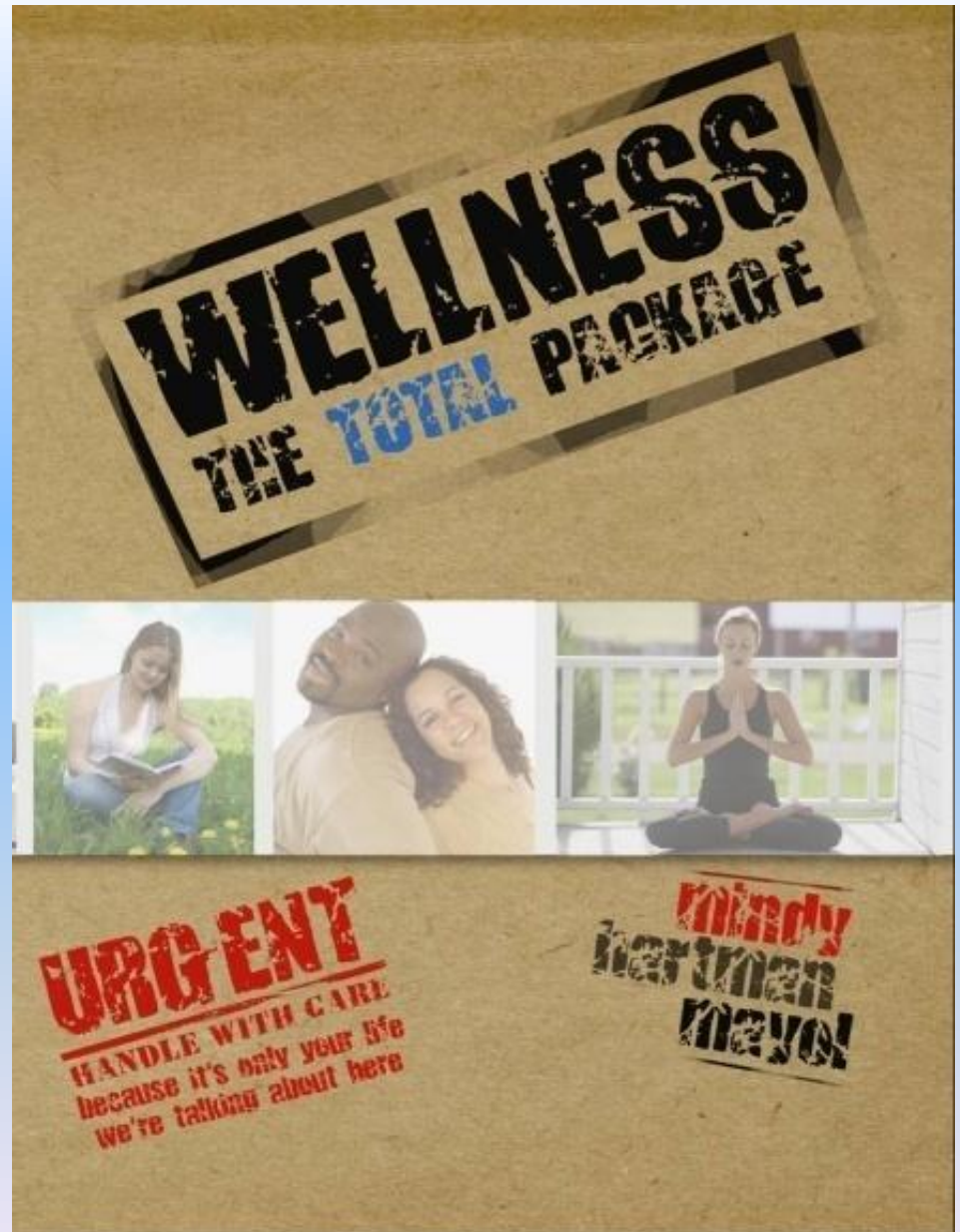
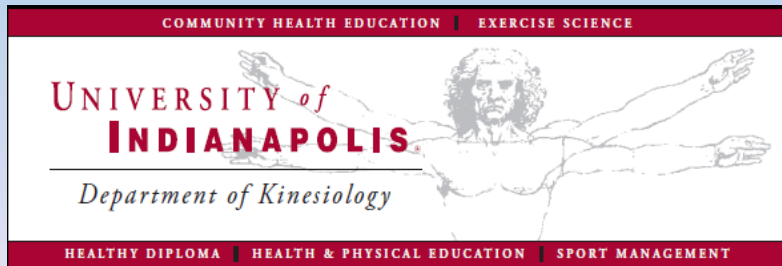
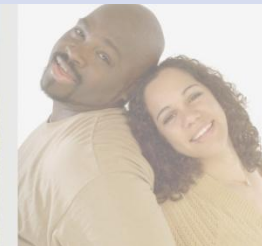
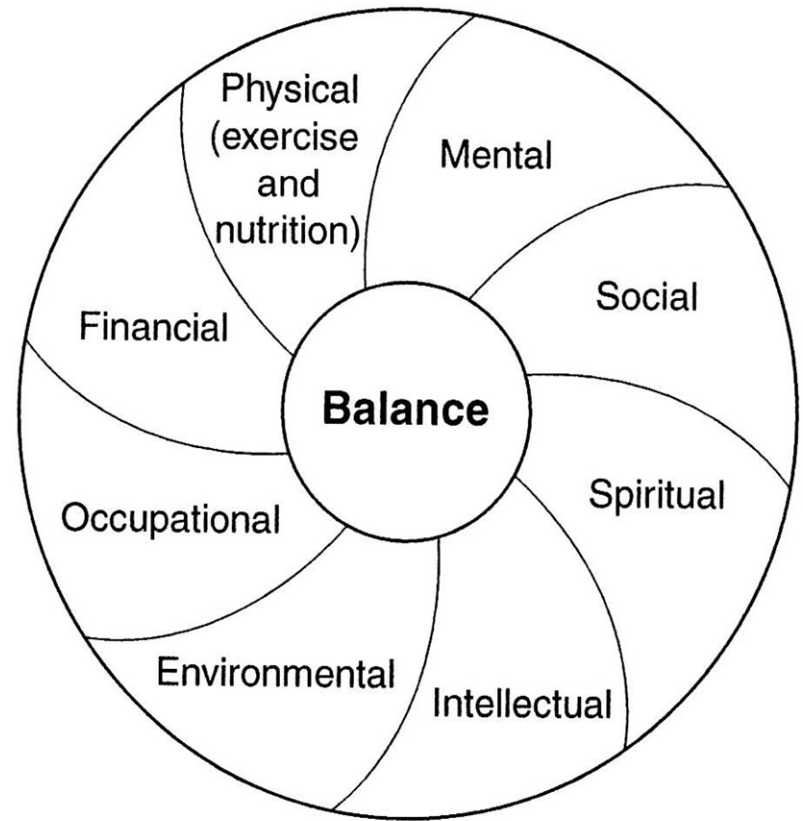


TAKING A RESPONSIBLE APPROACH TO WELLNESS



**BALANCE IS
ATTAINED
THROUGH HIGH
LEVELS OF
UNDERSTANDING
AND BEING ACTIVE
IN EACH DIMENSION
OF WELLNESS.**



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STUDENTS' MOST MEANINGFUL ACHIEVEMENT:

EMPOWERMENT = CHOICE

**UNDERSTANDING OF SELF =
BETTER CHOICES**

“I CHOOSE!”



KINS101 WELLNESS COURSE CURRICULUM:

•9-10 LECTURE DAYS

•9 -11 ACTIVITY DAYS: YOGA, STRENGTH TRAINING, TOTAL BODY CONDITIONING, FITNESS WALKING, RUNNING, PILATES, ETC. @ VARYING FITNESS LEVELS

•PRE / POST HEALTH AND FITNESS TESTING + LAB DRAW

•FOUR EXPERT SPEAKERS: STRESS MANAGEMENT, SERVICE LEARNING, FINANCIAL WELLNESS, THINK FIRST

•TWO EXAMS

•TEXTBOOK SELF-FOCUSED ASSIGNMENTS WITHIN EACH CHAPTER

•OUTSIDE ASSIGNMENT: LIFE AFTER WELLNESS PAPER

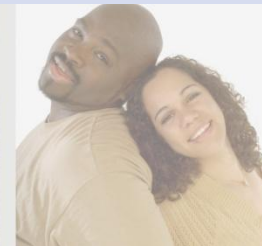
•12-WEEK PEDOMETER PROGRAM



HONORS WELLNESS COURSE CURRICULUM:

EXPERIENTIAL/INTERDISCIPLINARY ASSIGNMENTS:

- **CROSS CULTURAL WELLNESS GROUP PRESENTATION**
- **HEALTHIER FOOD & BEVERAGES ALTERNATIVES GROUP PAPER**
- **WELLNESS RESOURCES GROUP PRESENTATION**
- **PERSONAL WELLNESS PLAN INDIVIDUAL PAPER**
- **6 EXPERT SPEAKERS: CULTURAL COMPETENCY, CONFLICT MANAGEMENT, SERVICE LEARNING, SPIRITUAL WELLNESS AND MINDFULNESS, YOGA/PILATES, TAI CHI, FINANCIAL WELLNESS, THINK FIRST**



UNIVERSITY of INDIANAPOLIS

Department of Kinesiology

LOG IN

EXERCISE SCIENCE | SPORT MANAGEMENT | TEACHING HEALTH & PHYSICAL EDUCATION

KINS 101 Pedometer Program

Stats
Rules & Regulations
Instructors' Steps

KINS 101 Pedometer Program

Class Steps (by class average)

- Mayol, 8 AM - 1,173,118
- Young, 8 AM - 972,674
- Yates, 8 AM - 1,025,177
- Robinson, 8 AM - 683,340
- Mayol, 9 AM - 1,332,147
- Young, 9 AM - 705,693
- Frost, 9 AM - 907,452
- Yates, 9 AM - 1,117,167
- Mayol, 10 AM - 822,870
- Young, 10 AM - 467,765
- Frost, 10 AM - 999,055
- Young, 5:45 PM - 858,676

Most Improved

The Most Improved for 09/03/08 to 09/09/08

- 8 AM, Young: Monica Woods
- 8 AM, Yates: Chrisy Lauber
- 8 AM, Robinson: Bill Pitts
- 9 AM, Mayol: David Wintin
- 9 AM, Young: Kathy Moran
- 9 AM, Frost: Rob Gobetz
- 9 AM, Yates: Kelly Miller
- 10 AM, Mayol: Kathy Martin
- 10 AM, Young: Judy Casteel
- 10 AM, Frost: Nancy Stenger
- 5:45 PM, Young: Lawrence Bunting

Recent Milestones

Participants that have reached 250,000 steps this week:

- Denise Donica


YOUR STEPS

QUIT

Martin Tormoehlen

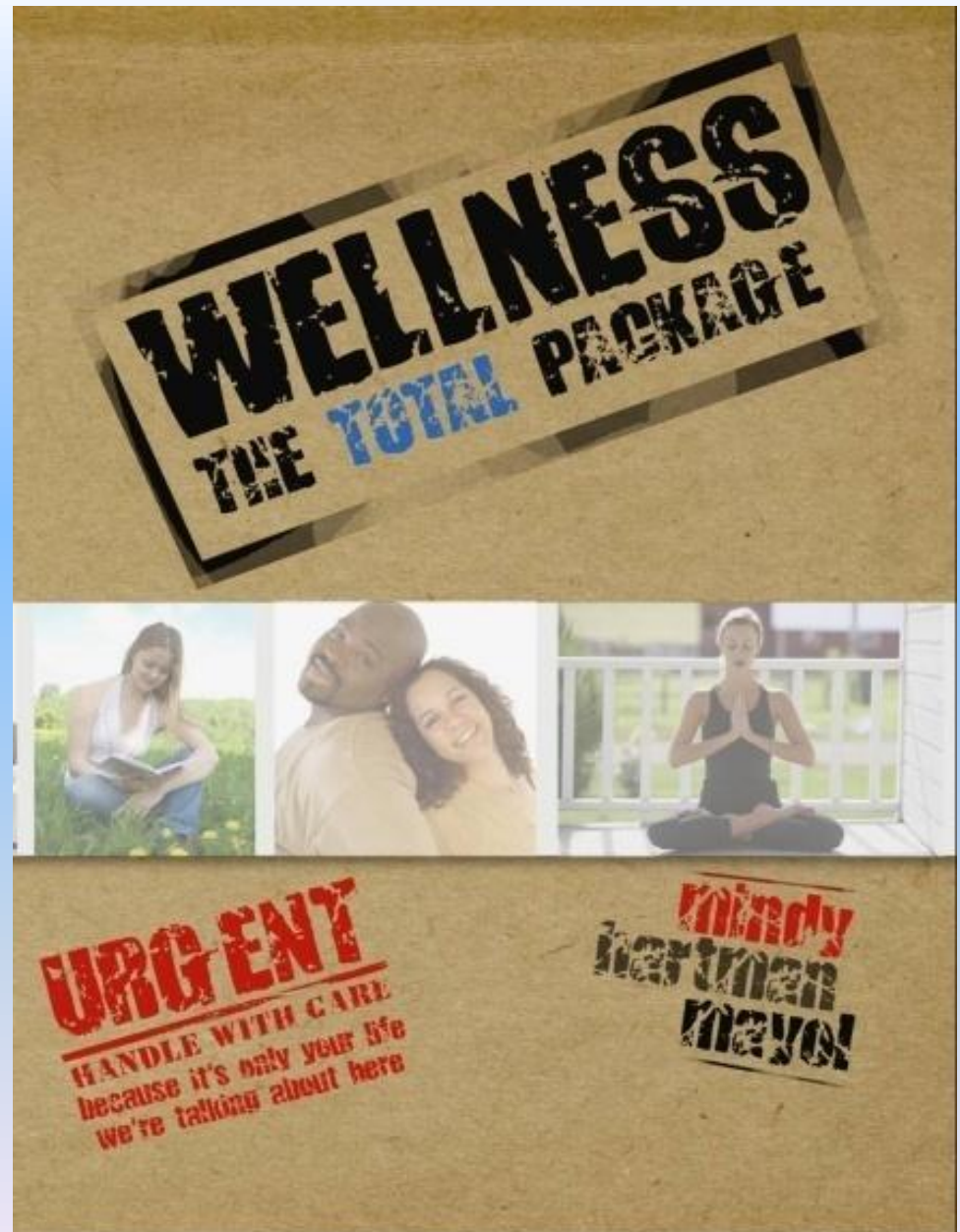
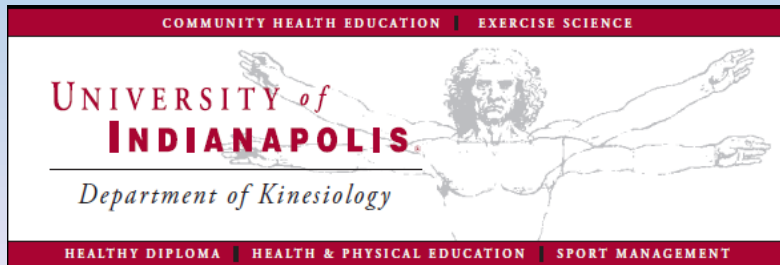
Class: Mayol 8 AM

Instructor: Mayol

Week	Dates	Steps	
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2	09/03/08 to 09/09/08	0	
3	08/10/08 to 08/16/08	0	<input type="text" value="0"/> edit
You may edit this week's steps until 4 p.m., 08/18/2008 			
4	09/17/08 to 09/23/08	0	
5	09/24/08 to 09/30/08	0	
6	10/01/08 to 10/07/08	0	
7	10/08/08 to 10/14/08	0	
8	10/15/08 to 10/21/08	0	
9	10/22/08 to 10/28/08	0	
10	10/29/08 to 11/04/08	0	
11	11/05/08 to 11/11/08	0	
12	11/12/08 to 11/18/08	0	
Total Steps		<input type="text" value="0"/>	

MINDY HARTMAN MAYOL

MMAYOL@UINDY.EDU



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