The University wellness initiative kicked off with an incentive campaign aimed at helping participants find out their current “wellness status”. There are three tools provided to assist with this process: the personal health assessment, biometric screenings and wellness coaching. As an added bonus, each step is rewarded with a $25 incentive, and the completion of all three is worth $100.

The personal health assessment (PHA) is an easy-to-complete questionnaire within the PureWellness portal. You can access your personal portal at www.bucknell.edu/wellness. The PHA helps participants identify healthy lifestyle behaviors as well as areas for possible improvement. Upon completing the PHA, participants immediately have access to an individualized health report. This report will:

› Help you understand the healthfulness of your current lifestyle behaviors
› Outline your risk for Type II diabetes, cardiovascular disease and other health issues
› Provide you with health behavior targets to reduce your risk and improve your health
› Help you assess your readiness for lifestyle change
› Provide strategies for reaching your health goals

The answers to the assessment are completely confidential, your privacy is covered under HIPAA.

The biometric screening is a tool used to provide you with more detailed and specific information about your personal health. It typically provides you with several measures including: cholesterol levels, blood pressure, blood glucose levels and usually includes a measurement of height, weight and percent of body fat. You can also self-report biometric data received from your family physician. To get credit for self-reported data, go to the Incentive tab under Healthy Habits, and check the Biometrics box.

Think of a wellness coach as a personal trainer for your life (since exercise is not always the change that needs to occur). A wellness coach works with you to determine what aspects of your life you want to focus on and helps you create a plan to achieve behavioral change. These behaviors could include dietary habits, getting more exercise or quitting smoking. They could also include achieving a better work/life balance or reducing stress; whatever your current goal(s) are. Signing up for a coach is as easy as logging into your PureWellness portal, selecting the Wellness Coaching tab, and selecting Opt Into Coaching. Scroll to the bottom and check the box allowing coaches to contact you.

Bucknell would like to see its faculty and staff living happy and fulfilled lives, both professionally and personally. This initiative is all about YOU! You decide what your goals are, along with the changes you want to make, and the wellness initiative provides the tools to help you succeed.
David Bellomo

I am very proud and excited to be a part of the Bucknell University staff and to be involved in Bucknell’s wellness initiative. I have always been fascinated by the body’s ability to adapt to exercise. I started out in personal fitness training as a way to pay for my rent during college as a strength coaching intern. Upon graduation, I decided to move into corporate fitness. After a few stops along the way, the desire of my wife and I to raise our children in Pennsylvania brought us back to Lycoming County, where I worked as the Fitness Director of the Williamsport YMCA. Ultimately, I opened my own fitness facility, produced exercise videos, and wrote the book, *Kettlebell Training for Athletes* (McGraw-Hill, 2010). Eventually, I ended up in my current position as a personal fitness instructor at the recreation center, here at Bucknell.

After 20 years as a fitness professional, I still honestly believe I have the best job in the world. On a typical day, I get to work with people of all ages, backgrounds and fitness levels, and I am never bored. My personal area of interest is functional strength and how fitness programs can translate into real world benefit. I believe that anyone can make great improvements in overall fitness and strength regardless of starting point or age. Good examples of this might be helping a new mom get her pre-pregnancy body back or giving a middle-aged father enough energy and strength to hike the Grand Canyon with his son. I look forward to helping the Bucknell community change lives through improved health and fitness for many more years to come.

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**10 Reasons to Hire a Personal Trainer**

1. **Motivation** - People lose motivation to stick with a consistent exercise program.
2. **Individualized Program** - Plan a safe, efficient program that considers these needs and enables you to reach your health goals.
3. **Efficiency** - Focus on results and stop wasting your time doing inefficient workouts.
4. **Improve Technical Skills** - Incorporate skills training into your program so you improve not only your strength and endurance, but your agility and mental focus as well.
5. **You Are New to Exercise** - Introduction to a very simple, effective routine on which to build, so before you know it, you have the confidence and knowledge to decide what is right for you.
6. **Break Through Plateaus** - A trainer will jump start, not only your motivation, but your routine as well.
7. **Learn how to go it alone** - Learn all the facets of designing your own routines, going for a few months may be all you need.
8. **Workout safely** - A personal trainer watches your form, monitors your vitals and can provide objective feedback about your limits and strengths.
9. **Workout at home** - If you don’t have the time or interest in going to a gym, you can bring fitness into your living room.
10. **Lose weight** - If you made a resolution to lose the fat and build the muscle, a trainer can keep you on track and help you realize that goal.

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Vanessa Smoley

Being a personal trainer combines two of my greatest passions in life: people and fitness. The best part of my job is getting to know my clients, their goals, their stories, their struggles, their victories and being a part of that journey with them. Fitness typically begins with a physical goal, but soon most find its benefits flowing over to other areas of their lives.

My personal training career began just after high school in 1998. Having had many struggles with illness as a child, I had a determination to learn and to share the ways within our means to achieve and maintain wellness. This determination has lead me to explore a broad variety of training styles and techniques which gives me the ability to work with a diverse group of clientele. Specifically my certifications are in strength and conditioning, kettlebell training and spinning. However, my experience has included working as a personal trainer in many different fitness arenas with clients that range in ages from 16 to 90 and have vastly different goals, which include, but are not limited to, strength, balance, flexibility, weight-loss, post-pregnancy reshaping, post-gastric by-pass conditioning, athletic conditioning, chiropractic rehabilitation for low backs, shoulders, and core strength, power lifting, body building and figure body building. This list does not end there and seems to evolve each year as I further my education and continually have new clients that challenge me to grow as a trainer.

My objective is to meet with each of my clients, get to know their personal goals, limitations and what they enjoy when it comes to physical activity. I then create a program for them that will not only help them reach their goals within their limitations, but also find a way for them to enjoy it along the way. If I can connect you with a training style that you truly enjoy, you will be more apt to consistently follow it.

Come meet Vanessa and Dave, May 29, at the Personal Trainer 101 session. If you would like to set up an appointment with one of our personal trainers, please contact Connie Aucker in Athletics. There is a $35 per session fee, with no minimum number of sessions required.
Please visit www.bucknell.edu/wellness, under Activities and Events, for details and/or registration information for specific events and programs.

### Events MAY 2013

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<td>Overcoming Fear of Failure Webinar Runner’s Program Pre-diabetes Program</td>
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<td>Weight Watchers @ Work, Kickoff &amp; Registration Shoulder Injury Prevention</td>
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What You Are Saying

I started training with Vanessa Smolley a few months after my second C-section. Working with Vanessa helped me get my strength and tone back much sooner than I had hoped. We have been working together for a year now and as my training needs have evolved, her fitness plan for me has changed too. I know she is a great trainer for people of all ages and capabilities. ~ Wendelin W.

I’ve been working with Dave Bellomo for three months and have seen amazing results in that time. I have never felt stronger or healthier. He created an individualized exercise program that is challenging and fun. He places a high value on correct form with each exercise. He motivates me to push past my perceived limits to get results. I love the feeling of accomplishment that I gained with my commitment to improve a healthier lifestyle. ~ Phyllis L.

Since starting Weight Watchers in January, I have lost 15 pounds and significantly lowered my cholesterol. I have learned to be aware of what I am consuming and eating a lot more fruits and vegetables. I like keeping track of my progress in the PureWellness portal; it’s like my own little pat on the back. ~Anonymous

In keeping with the Plan for Bucknell, I am “strengthening my academic core” by participating in the Wellness Initiative program! This may not be what the Board of Trustees had in mind when they came up with the Plan for Bucknell but this is how it relates to me! My “core” is being strengthened by classes such as Tabata and Yoga; I am “learning” healthy eating habits by going to Laurel Kopecky’s Conquer the Grocery Store and Meal and Snack Planning for Work presentations; and I am “engaged, accountable, and strategic” as a member of the Weight Watchers at Work group. I am very thankful for the opportunities and challenges Bucknell offers. Through the Wellness Initiative, there is something for everyone. ~ Lynn Kay E.

Coming Soon...

Bison BINGO! ~ Be on the lookout for your Bison BINGO cards. Challenge yourself and your colleagues for a chance to win prizes, try something new, and most of all, have FUN!

Personal Enrichment Week ~ It is going to be a busy summer, with people coming and going, moving offices, etc. But, never fear, planning for Personal Enrichment Week will soon begin. If you have ideas for a presentation you would like to see included in this year’s event, please send them to Lisa Adams-Verge. And, if you have a skill or craft you would like to share with others, please volunteer to host a session.

Staff Art Show ~ Are you crafty? An artist? Do you have a hobby? If you enjoy working with yarn, wood, metal, glass, clay or paint, then consider submitting your work to the Staff Art Show. If you enter the Staff Art Show, your creative works will be on display in the Bertrand Library.

Bison Stampede ~ Are you ready to walk, jog, run, roller blade, etc. in the third annual Bison Stampede? Get your walking/running shoes on and start training now! If you have never run a 5k, and are interested in giving it a try, stay tuned for a “couch to 5k” training opportunity. Run your first 5k as a group!

Have a great idea for a wellness session? Want to share your story, and maybe inspire someone else? Do you have a wellness skill you would like to share with campus? You can send your comments, suggestions and/or feedback to wellness-planning@bucknell.edu or directly to Kelley Adams-Verge. Thanks to the following planning committee members for volunteering their time to make the wellness initiative a success!

Healthy Eating:  Patty Driver  Laurel Kopecky  Sarah Paris  Lori Wilson  Carol Yost
Smart Finances:  Zabrina Andres  Sarah Kline  Chris Small  Gina Stockdale
Physical Fitness:  Margaret Brody  Rob Guissanie  Jen Hnatuck  Karen Marosi  Joe Santorine  Brenda Thomas
Emotional Wellbeing:  Kelly Anzulavich  Nancy Frazier  Carol High  Jan Knoedler  Missy Wray

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