Laughter is Medicine
The incredible positive effects that laughter has on our bodies and mental health
Heart rate, blood pressure, and positive immune health effects from laughter!

Stress Relief Through Exercise
Positive effects that exercise has on stress levels and mental health overall
Ten Best At-Home Exercises for quarantined participants.

Nutrition and Mental Health
Read about how your nutritional health could be playing a role with your mental health.
Take a look at our updated recipes section.

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**ALSO:** **Cheers to Our Graduates**
Congratulations to all of our Health Promotion staff members who are graduating seniors.

**ARE YOU ERGOfit?**
As we continue working remotely from home, many of us are beginning to experience neck, shoulder, back and wrist discomforts. Most likely, the sniff, sore and achy body parts are a result of prolonged sitting at a workstation that is not providing proper alignment and support for muscles and joints.
Regardless of the location and resources, we have when working at a desk, it is imperative to organize our workstations in manner that best positions our bodies ergonomically.

If you are interested in a remote ergonomic consultation, email Health Promotion’s Sherri Wilson at wilsonsl@appstate.edu.
Laughter IS MEDICINE

There is a growing body of research supporting the therapeutic value and health benefits of laughter.

Health Benefits of Laughter:
1. Stimulation of organs such as heart, lungs and muscles through your intake of oxygen.
2. Increased production of endorphins, which are hormones that make you feel good.
3. Stress reduction – Like exercise, laughter increases your heart rate and blood pressure and stimulates circulation.
4. Strengthening of the immune system through the reduction of harmful stress hormones and promotion of stress reducing neuropeptides.
5. Relief from pain through muscle relaxation and the production of natural painkillers.
6. Promotion of social connection and reduced feelings of depression and anxiety.

Laughter helps you stay mentally healthy
More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope.

Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better.

How to bring more laughter into your life
Begin by setting aside special times to seek out humor and laughter, as you might with exercising, and build from there. Eventually, you’ll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything.

Here are some ways to start:
1. Smile
2. Count your blessings
3. When you hear laughter, move towards it
4. Spend time with fun, playful people
5. Bring humor into conversations

As laughter, humor, and play become integrated into your life, your creativity will flourish and new opportunities for laughing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Laughter takes you to a higher place where you can view the world from a more relaxed, positive, and joyful perspective.

Information credited to: helpguide.org | www.evergreenhealth.com
It pumps up your endorphins. Physical activity helps bump up the production of your brain’s feel-good neurotransmitters (endorphins). This is referred to as a runner’s high, however, a rousing game of tennis or a nature hike also can contribute to this same feeling.

It’s meditation in motion. After exercising, you’ll often find that you’ve forgotten the day’s irritations and concentrated only on your body’s movements. As you begin to regularly shed your daily tensions through movement, you may find that this focus on a single task results in higher energy and optimism and can help you remain calm and clear in everything you do.

It improves your mood. Regular exercise can increase self confidence, relax you, lower symptoms of mild depression and anxiety, and improve sleep quality.

Consult with your doctor - if you have exercised for some time. Take your fitness levels gradually - excitement about a new workout program can lead to overdoing it and possibly injury. Do what you love - choose exercises you will enjoy. Stick with it - starting is only the first step!

All of these exercise benefits can ease your stress levels and give you a sense of command over your body, mental health, and life.

Put exercise and stress relief to work for you

NEED SOME NEW EXERCISE IDEAS?

With virtual exercise resources at your finger tips, Health Promotion's Personal Trainers have developed a list of their "Top Picks" for Appalachian State's Faculty and Staff. Below is a modified list, follow this link to see all of our Personal Trainers, their Bios and their "Staff Picks" recommendations.

Ben’s Pick: AthlenX (All Levels)
Seth’s Pick: Barben (Advanced Lifting)
Anna’s Pick: Comptrain (Daily Home Workouts)
LYDIA’S PICK: FITNESS BLENDER (ALL LEVELS)
Nate’s Pick: Body Building (workouts/articles)
Sera’s Pick: Yoga with Adriene

Always consult your physician prior to beginning any exercise program. This information is not intended to replace your healthcare provider’s recommendations. Consult with your healthcare provider if you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, shortness of breath, or persistent feelings of soreness that does not improve after 2-3 days.
We know the food we eat affects our bodies, but new research finds that food choices also affect your mood and mental health.

This is also called our “food-mood connection.” Studies show there appears to be some association between certain nutrients in food, and our emotional well-being. These nutrients include omega-3 fatty acids, folic acid, vitamin D, magnesium, B vitamins, and tryptophan. These are all found in foods that are part of a healthy diet.

The best way to use nutrition to support your mental health is to focus on consuming a healthy, balanced diet. This includes:
- fruits and vegetables
- whole grains
- low-fat dairy
- lean protein
- limited amounts of sodium, saturated fat, and added sugar.

The Mediterranean Diet is also considered a beneficial diet for overall health and brain health.

Much of the current research shows that nutrition does matter in mental health. A healthy diet could be as important to mental health as it is to physical health.

Things to consider:
Mental illness is serious and can be life-threatening. If you are struggling with mental health, talk to your family doctor. He or she can help you find the right type of treatment and support.

Info Credited to: https://familydoctor.org/nutrition-mental-health/

Healthy Recipe Recommendations from IHHS Nutrition Graduate Assistants

Asian
MANGO AND CRISPY TOFU BURRITO BOWL WITH PEANUT SAUCE
THAI RED CURRY WITH VEGETABLES

Appalachian
PECAN ENCRUSTED CHICKEN DINNER
HEALTHY COLLARD GREENS

Mexican
BAJA FISH TACOS
MEXICAN STREET CORN BURRITO BOWL

Click on recipes for full ingredient list & instructions
CONGRATULATIONS TO OUR HPFS STAFF

GRADUATES!

APPAalachian state class of 2020

Jaime Nunemann

Jaime is a first-gen student, graduating with her degree in Healthcare Management. We have been fortunate enough to have her work in Health Promotion for Faculty and Staff for all four years as an Administrative Assistant. Jaime has brightened participants and co-workers of HPFS with her pleasant smile, friendly and outgoing personality, whether in person or on the phone. Our Fitness Matters, monthly Newsletter has evolved to an awesome new version, thanks to Jaime and her determination to figure out Canva and also to create a written communication to meet her standards. After graduation, Jaime is very excited to be starting her career in June, working in Raleigh, NC as a Sales Development Representative for RevGen.

We at HPFS will miss Jaime greatly, however we have no doubt that she will excel in her future endeavors. We wish her all the best in the next chapter of her life.

“Jaime has been my right-hand person since she began working with us in HPFS, as my assistant. She has been an absolute joy to work with, to mentor and to learn from. I can only hope I taught her as much as she has taught me. I am truly going to miss her, but I will always cherish our friendship and I look forward to seeing what awesome things life will be bringing Jaime.” Tracy Weston
Rachel Keane

Major: Recreation Management
Concentration: Commercial Recreation and Tourism Management
Minor: Hospitality and Tourism Management

The youngest of four daughters of Whit and Kathy Keane, Rachel grew up in Stanley, N.C. She began her college career as a Fermentation major, but she soon realized Recreation Management was a better fit. As a student at AppState, Rachel was involved with the Fermentation Sciences Club and Ear Candy Acapella. Rachel has spent the last summer working as an Assistant Director at the Valle Crucis Park. Some of her fondest memories at Valle Crucis are Friday nights at Music in the Valle. In the Fall of 2019, Rachel began working as Health Promotion for Faculty and Staff's (HPFS) Assistant Program Coordinator. With her cheerful personality, her warm, contagious smile, her creative nature, and ambitious work ethic, Rachel immediate fit in well with HPFS’s team and participants. While at HPFS, Rachel assisted with office administration, helped plan, organize and implement special events (5K, employee health fair, incentive programs), helped organize community events (blood drives, vaccination clinics), and lead group exercise classes. Rachel’s greatest memory while working at HPFS is leading the Strong Women classes. After graduating, Rachel plans to work at the Whitewater Center in Charlotte, NC. She hopes to work in event planning, and enjoy her free time swinging in her hammock while singing to her favorite tunes.

“Everybody needs beauty...places to play in and pray in where nature may heal and cheer and give strength to the body and soul alike.” — John Muir
CONGRATULATIONS TO OUR HPFS STAFF GRADUATES!

APPALACHIAN STATE CLASS OF 2020

Nate Olson

Nate is a graduating with his MS with a Strength and Conditioning Concentration. He has worked as a nationally certified Personal Trainer for 2 years with HPFS. We were honored to have him while he was in school, his clients have really excelled under his watch! "Nate is outstanding. I really appreciate how seriously he take his role as my trainer."
"Nate was encouraging and motivating. I wish him well!"

Sera Denlea

Major in Exercise Science
Minor in Nutrition and Foods in Department of Health and Exercises Science.

Her plans after graduation are to work this year, and then to attend Marist College’s Physical Therapy Program in January 2021.

Sera shared, "My time working for Health Promotions was short, yet an incredible experience. The staff and participants were unforgettable the greatest people to work with! I am forever grateful for my time spent working with them."

Some of Sera's clients shared:
"Séra was wonderful: I really appreciate her encouragement and kindness."
"Sera did a great job crafting the online training sessions. They were well-planned, diverse and easy to follow."
CONGRATULATIONS TO OUR HPFS STAFF GRADUATES!

APPALACHIAN STATE CLASS OF 2020

Anna Duke

BS In Nutrition and Dietetics (Cum Laude).

Plans after graduation: take a gap year to work and then pursue a masters in speech language pathology

Role at HP: Nationally Certified Personal Trainer

I loved getting to get to know and work with my clients this semester. I wish I could have worked for HP longer. I'm so thankful for the wonderful staff at HP for being so supportive and helpful!

"Anna is a very knowledgeable trainer. She is confident in her technique, has a keen eye for proper form and is also an advocate for wellness! I wish her well and enjoyed working with her."

Chrissah Glenn

B.S. Health Care Management

Plans after graduation: Will be back in the Charlotte area, hopefully, I will find a full-time position!

Role at Health Promotion: Weight Room Attendant

I enjoyed every moment working with Health Promotion. It truly is bittersweet and I am really going to miss the HPFS family :( My time working in Levine and Varsity filled my day with both joy and happiness.