

Volume 2, Issue 2

April 2003

The Department Of Health and Fitness Newsletter



IMPORTANT DATES

- *March 31st* - Summer and fall registration begins
- *May 11th* - 1:00 pm CAS Spring Commencement
- *May 12th* - Summer classes begin
- *May 17th* - Dept. Social (canoe trip)
- *June 26th* - Summer classes end
- *August 27th* - Fall classes begin

FIND YOUR FUTURE IN HEALTH

Spring is Here and the Academic Year Draws to a Close

WASHINGTON, DC- As many of you may agree, the fact that spring has finally arrived is significant in many ways. First, one of the strangest DC winters in recent years is finally over. Second, longer days and more sunshine. And third, and probably most significant, that means the year is almost over. Some of you may be joining us again in the fall for another academic year, or maybe even sooner as you attend summer courses. Others may be saying goodbye to a successful four-year undergraduate career and entering the professional world. Still others may be completing graduate studies with a Masters in Health Promotion Management. Whatever the case may be, spring is always a turning point and we hope that happiness and success await you around the corner.



SPRING COMMENCEMENT COLLEGE OF ARTS AND SCIENCES

Sunday, May 11th at 1:00 PM
Bender Arena

Reception:
3:30 PM - Nebraska Hall

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We'd like to take this opportunity to announce and congratulate the upcoming graduates of our graduate and undergraduate programs:

UNDERGRADUATE:

- Tanya Bobson
- Alanna Cahero
- Deborah Espinola
- Sean O'Brien
- Sam Putrino
- Therisa Rich
- Patricia Rios
- Dina Saadeh

GRADUATE:

- Chris Crucitti
- Jane Kwiatowski
- Devon Lott
- Kate Riitano
- Stacy Thomas
- Tessa Williams





Spring Social By Shannon DeIBorrello

DHF Canoeing/Kayaking Outing Planned for May 17

Join your fellow health promotion students for an afternoon of kayaking and canoeing on the Potomac River on Saturday, May 17. Students are planning to meet at Thompson's Boat House on the Georgetown Waterfront on the afternoon of 17th to rent boats and hit the water for a few hours of fun. Afterwards, we'll head to Tony and Joe's or another Georgetown eatery. No experience is necessary and friends and significant others are welcome.

Thompson's Boat House is located at the corner of Virginia Avenue and Rock Creek Parkway in Georgetown. Contact Social Event Coordinator Devon Lott at devonlott@hotmail.com to RSVP and for more details.



Come join your fellow students for the Kayaking / Canoeing adventure

Healthy Weights for Healthy Kids in Arlington by Devon Lott

As we all know, the obesity is a growing epidemic that is now affecting our youth at alarming rates. The Virginia Cooperative Extension (a partnership of VA Tech, VA State University, and the US Dept. of Agriculture) has developed a pilot program for childhood obesity prevention to address this phenomenon. The Arlington 4-H Youth Development program is looking for a few good volunteers to help teach 3-7 years olds about nutrition, physical activity, and a healthy body image. Interactive lesson plans and activities are provided, the 4-H just needs people who like working with children and have a desire to help them develop skills to avoid an overweight lifestyle. This is also an opportunity to gain hands-on experience while networking with DC area nutritionists, educators, nurses and other students who are volunteers. The program is in the planning stages now, but will be implemented this summer. If you are interested in taking a leadership role to get the program up and running, this could be an excellent summer internship.

For more information, you can contact Louise Van Horne, Arlington County 4-H Extension Agent at (703) 228-6404 or email her at: lovanhor@vt.edu.

"The 4-H just needs people who like working with children and have a desire to help them develop skills to avoid an overweight lifestyle"...



Upcoming Conferences

Steps to a HealthierUS: Putting Prevention First will be on April 15-16, 2003. It will be held at the Baltimore Marriot Waterfront Hotel in Baltimore Maryland. For information on registration and the conference agenda, please contact either Chris Crucitti at cc0552a@american.edu or Dr. Snelling at ssnelli@american.edu.

MS Students Attend Health Advocacy Summit

By Jennifer Bachtel

Devon Lott, Megan Moeller and Jennifer Bachtel attended the locally held, Sixth Annual Health Education Advocacy Summit held March 8th-10th, sponsored by the Society for Public Health Education (SOPHE). The purpose of this summit was to educate health promotion professionals and students on legislative advocacy, with the aim of building alliances with policy makers to foster support and resources for the health promotion field. The conference attendees represented a plethora of organizations, and an abundance of acronyms like ACHA, AAHE, ASHA, ASTDHPPE, CNHEO, and SSDHPER. At first it was a bit intimidating not knowing the alphabet soup code, but that feeling soon dissipated as we broke into groups based upon our past advocacy experience. Having attended the American Journal of Health Promotion conference just two weeks prior, we felt fairly confident in our ability to advocate, and participated in the session geared towards refining advocacy efforts.

Reflective of the health promotion field itself, the interests and causes behind each person's being there were extremely varied. The main issues of focus included: increased appropriations for CDC's divisions of school and adolescent health, nutrition and physical activity, and support for the reintroduction and passage of the family life education act to provide comprehensive sexuality education.

Message from the Chair

FIND YOUR FUTURE IN HEALTH

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**WE'RE ON THE WEB AT
WWW.AMERICAN.EDU/
HEALTHPROMOTION**

“Tomorrow's leaders in health promotion are being educated at American University today. The Department of Health and Fitness has been in existence for 20 years. We are proud to say that the department has over 300 graduates in six countries and continues to educate the best and the brightest in the field.”

“We have the capacity to control our health to a great degree. At the Department, we define health as not merely the absence of disease, but rather as the optimal level of physical, mental, social and spiritual well being. This is the objective of health promotion. Through our lifestyle habits, we have the potential to achieve our optimal level of wellness. We are dedicated to providing the leadership, education, training and research necessary for people to improve their total wellness and quality of life. We hope that you will join us in our mission to continue to be on the cutting edge of health promotion.”

Dr. Robert C. Karch
Chair, Department of Health and Fitness
Executive Director, National Center for Health Fitness

Stay Fit at Jacobs this Summer

AU's Jacobs Fitness Center will be open all summer long, but will follow this shortened schedule:

Monday – Thursday: 6:30 a.m. – 9:00 p.m.

Friday: 6:30 a.m. – 8:30 p.m.

Saturday – Sunday: 9:00 a.m. – 5:00 p.m.

Summer Social at Dr. Snelling's House

Another social is planned for the last day of Summer classes, June 26, at Dr. Snelling's house in Arlington. So, save the date and be on the look out for further details.

FEEL FREE TO CONTACT US AT ANY TIME WITH QUESTIONS OR CONCERNS. Also Remember that your Graduate Assistants are always good resources. Next year we will have three new Graduate Assistants. Jennifer Bachtel and Shannon DelBorrello will be returning. Sadly, both Devon Lott and Chris Crucitti will be graduating. Regradless, we are here for you so don't hesitate to approach us for anything at all. Have a great summer and a great future!