What is Wellness?

Wellness is an active process of becoming aware of and making choices toward a more successful existence.

- Process means that improvement is always possible.
- Aware means that we are continuously seeking more information about how we can improve.
- Choices mean that we consider a variety of options and select those in our best interest.
- Success is determined by each individual to be their collection of life accomplishments.

This means developing attitudes and engaging in behaviors that enhance quality of life and maximize personal potential. Wellness is truly a balance in life and involves influencing factors that you control as an individual. It is a journey over a lifetime. Small changes in behavior allow for huge changes in the quality of life!

The key to success lies in the Eight Dimensions of Wellness!
Eight Dimensions of Wellness

Physical: The ability of the human body to properly function and effectively carry out daily tasks.

Cultural: This involves developing an appreciation for diverse cultures and an appreciation of individual history. A culturally well person also realizes the importance of recognizing the history, traditions, and values of all people.

Spiritual: The development of a strong sense of values, ethics and morals. The spiritual dimension provides meaning and direction in life, which may or may not have a religious inference. It is truly a gift to yourself.

Social: The ability to successfully interact with people and the environment.

Emotional: The ability to control stress and appropriately and comfortably express emotions or feelings.

Intellectual: The ability to effectively learn and use information for personal, family and career development.

Occupational: The ability to achieve a balance between work and leisure time that improve the standard of living and quality of life in the community, including laws and agencies that safeguard the physical environment.

Environmental: The ability to promote health standards.
ROO Wellness is designed for full or part-time UMKC students and is designed around a variety of activities from the eight dimensions of wellness—physical, spiritual, social, emotional, intellectual, occupational, environmental and cultural.

The system is simple!
Every activity is given a “wellpoint” value. Complete the activity and receive the wellpoints.
Each semester, participants must complete an application to participate in the program. A Health Risk Appraisal (realage.com) is required annually. After completing the application, each participant can begin to accumulate wellpoints to be eligible for prizes and gift certificates.

Applications can be picked up in the Swinney Recreation Center Room 226 or downloaded online at umkc.edu/src. View the online calendar of upcoming events at umkc.edu/src

Student prizes levels
500 Wellpoints (must include at least four different activities) earned by the midpoint date of the semester will qualify for a drawing for gift certificates and prizes.

1000 Wellpoints (must include at least six different activities) earned by the last day of classes for the semester and will be eligible to win a gift certificate and prizes.

Once you have completed your activities and compiled your wellpoints, simply turn in your wellpoints tracking sheet (with required documentation) to: Swinney Recreation Center Room 226

Wellpoint tracking sheets and other wellness forms can be found online at umkc.edu/src

Good luck as you enter the SRC Wellness Journey!
SRC locations:
Swinney Recreation Center
5030 Holmes St
KC MO 64110
816-235-2712
Or
Swinney North Annex
(Hospital HiIl Campus)
901 Charlotte ST
KC, MO 64110
Wellness Opportunities

This section contains wellness opportunities that make up the eight dimensions of wellness—physical, spiritual, social, emotional, intellectual, occupational and environmental. Specific wellness opportunity dates can be found in the wellness calendar online at umkc.edu/src or by going to each department’s web site.

Swinney Recreation Center Opportunities:

**Body Composition Test** (physical, emotional and intellectual dimensions)
Have your body composition assessed by a professional fitness trainer or health care provider by the end of the first month of the semester. Complete a second body composition assessment by the last day of classes for the semester to determine improvement in body composition.

Wellpoint value:
- 25 wellpoints for initial body composition assessment
- 25 wellpoints for follow-up body composition assessment
- 25 wellpoints for any body fat percentage reduction
- 75 total possible wellpoints for this activity

**Yoga** (physical, spiritual, social, emotional and intellectual dimensions)
This form of exercise is rooted in ancient spiritual practices originating in India. The word “yoga” means union; a system of exercises for attaining bodily or mental control and well-being.
Wellpoint value:
- 25 for each class attended (maximum of 300 wellpoints allowed).
- Attach documentation to your tracking sheet.

**Exercise Log** (physical dimension)
Physical activity is essential for a healthy lifestyle. Use the form found at umkc.edu/src to validate your weight training/aerobic exercise and track the exercise you do throughout the semester. In order to receive credit, you must participate in a minimum of 180 minutes of activity each week for six consecutive weeks. Participation must be validated by the SRC fitness staff.
A separate exercise log needs to be submitted each week to receive credit (example: six completed weeks = six exercise logs)
Wellpoint value: 300 for six consecutive weeks
First Aid/CPR (spiritual, social, emotional, intellectual and environmental dimensions)
Be prepared to help others in case of an emergency. Become certified in CPR or first aid during the semester through the American Heart Association or the American Red Cross, or present a current CPR or First Aid Certification card.
Wellpoint value: 100 for certification earned during the semester or 50 for those who present a current CPR or First Aid Certification card

Massage (physical, emotional and occupational dimensions)
Massages may be booked through the SRC Massage Therapist at 816-235-5409.
WellPoints value: 50 (maximum four massages for a total of 200 WellPoints)

Self-Defense (physical, spiritual, social, emotional and intellectual dimensions)
Learn techniques to protect yourself and keep yourself safe through the use of martial arts.
Wellpoint value: 50 for each on-campus class attended (maximum of 300 wellpoints)

Tai Chi (physical, spiritual, social, emotional and intellectual dimensions)
This ancient martial art is described as a moving form of yoga and meditation combined. It is sure to test your flexibility, balance and strength.
Wellpoint value: 50 for each class attended (maximum of 300 wellpoints allowed).
Attach documentation to your tracking sheet

SRC Fitness Classes (social, physical, emotional dimensions)
Go to umkc.edu/src for a current listing of classes, days and times.
Wellpoint value: 50 for each class attended (maximum of 300 wellpoints allowed).
Attach documentation to your tracking sheet.

Smoking Cessation
Freedom from Smoking offers an online class at: http://www.ffsonline.org/
Participate in the American Lung Association’s online smoking cessation program. The program provides 24/7 support to help you achieve your goal. This seven-module series will assist you in kicking the habit through peer support, message boards, learning modules and education materials. Receive wellpoint credit by completing the program and survey at the end of the last module.
Print the certificate of participation and include it with your tracking sheet.
Wellpoint value: 200
**MindBody Connection:**

Seminars and Workshops (all dimensions depending upon the seminar/workshop topic) These 1 hour sessions focus on at least one of the seven dimensions of wellness (emotional, spiritual, occupational, environmental, physical, intellectual and social). Current listing of events may be found at http://www.umkc.edu/mindbody

Wellpoint value: 25 for each one-hour seminar/workshop (maximum of 300 wellpoints allowed)

The Relaxation Station offers a quiet space where students may take time for self-care:

A state-of-the-art massage chair offers a full body massage or focused attention on trouble areas. Relaxation recordings and aromatherapy are available. This space may also be utilized for quiet prayer and meditation.

Wellpoint value: 25 for each 30 minute (maximine of 200 wellpoints allowed)

emWave PC by HeartMath (spiritual, emotional dimensions) is a computer program that teaches users to control their heart rhythm patterns to trigger outcomes in the mind and body. Through practice, users are able to achieve feelings of balance and empowerment, a sense of calmness and mental focus, and overall improvements in their energy, health, and well-being. HeartMath is a powerful tool for reducing stress and anxiety of all forms.

Wellpoint value: 25 for each 30 minute (maximize of 200 wellpoints allowed)

Wii Hours of the Day is a program to increase physical activity and just have fun! The MindBody Connection encourages physical activity through the use of games such as Wii Sports, Wii Play, and Wii Fit. There is evidence that suggests physical activity and fun (laughing) can help reduce stress.

Wii Hours of the Day take place Monday - Thursday from 2:00 pm - 5:00 pm in the MindBody Connection.

Wellpoint value: 25 for each 30 minute (maximize of 200 wellpoints allowed)

**UMKC Counseling Center** (emotional, social, intellectual dimensions)

Feeling puzzled? The Counseling Center is here to help you sort through the pieces!

Welcome to the Counseling Center. Our mission is to foster the psychological wellbeing, personal development, and educational potential or our diverse students.

Wellpoint value: 50 wellpoints per 1 hour session (maximum of 300 wellpoints)

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**Student Health and Wellness Clinic**

Seasonal Flu Shot Visit http://www.umkc.edu/studenthealth/influenza-resource.asp for a current scheule

Wellpoint Value 25 wellpoints

Wellness Screenings (physical, emotional and intellectual dimensions)

Attend campus-scheduled screenings, such as vision and skin cancer screenings or provide documentation from your health care provider for preventative wellness measures. Examples include mammograms, prostate screening, annual checkup with your doctor, and annual OB-GYN visit, etc.

WellPoints value: 50 points for each preventative measure taken. Attach appropriate documentation to your tracking sheet.
Academic Fitness Classes (all dimensions depending upon the course completed) earn wellpoints by successfully completing and earning a passing grade in any of the following courses (must print an unofficial transcript as documentation of completion):
PE 157 Weight Training
PE 175 Personal Fitness
PE 180,181,182 Beginning/Advanced Swimming
PE 189 Kundaline Yoga
PE 206 First Aid and Safety
(Wellpoint value: 150 maximum of 2 classes per semester)

Student Involvement:
Campus Club/Organization-sponsored Service Projects (all dimensions depending upon the nature of the service project)
Participate in an UMKC approved campus club/organization service project. The respective club/organization advisor must document your participation to receive credit.
Wellpoint value: 50 for each project (maximum of four service projects for a total of 200 wellpoints)

Earth Day (physical, spiritual, social and environmental dimensions)
Join the Earth Club and help clean up the beaches. This is a great way to help your community and environment. Participants must sign in with Earth Club advisor to receive wellpoints.
Wellpoint value: 50

UMKC Dining Services and Sodexo:
Whether it is a food allergy, weight loss diet, eating healthfully while away at school, or another dietary concern, one of our managers will make him or herself available to meet with you. You can also visit http://balancemindbodysoul.com/ for your nutritional information. You will find recipes, nutritional and wellness information as well as have the opportunity to "Ask The Dietitian."
BalanceMindBodySoul.com provides reliable nutrition and health information that can easily be accessed any time of the day.
http://www.umkc.edu/foodservice/nutrition
Wellpoint value 50 wellpoints

Health Risk Appraisal (all dimensions, must be completed annually)
The online health risk appraisal (HRA) is used to increase awareness and help motivate you to improve overall wellness. Completion of the HRA is required for participants to be eligible for prize awards and tuition scholarships. To access the HRA:
1. Go to realage.com.
2. Click on the link to take the “Real Age Test.”
3. Follow the directions to complete all sections.
4. Print off the last page that displays your Real Age. Attach this page to your tracking sheet.
5. Click on “Get My Real Age Plan” (at the bottom of the page) and print this for your own records.
WellPoints value: 25

Weight Loss Program (physical, social, emotional, intellectual and occupational dimensions)
Provide documentation of consistent participation in a certified weight-loss program such as Weight Watchers, Jenny Craig, etc.
WellPoints value: 300 for 10 consecutive weeks

Dental Hygiene (physical dimension)
To receive wellpoints, a copy of your dental care receipt from or your practitioner must be provided.
Wellpoint value: 50

Donate Blood (spiritual, social and emotional dimensions)
Did you know that you can help up to three people by donating one unit of blood? Look for the bloodmobile signs on campus to donate.
Wellpoint value: 50 for successful donation

Fundraiser Walks (physical, social, intellectual and environmental dimensions) participate in any pre-approved charity walk/run event like the American Cancer Society’s Relay for Life, Breast Cancer Walk, American Heart Walk, etc. You must provide documentation from the event’s organizer to be eligible for wellpoints. Contact SRC administrative office for pre-approval.
Wellpoint value: 50 per event (maximum of four events for a total of 200 wellpoints

Kansas City Rep: (social, emotional, intellectual dimensions) attend any show at the KC Rep and attach your ticket stub to your weekly tracking sheet. For current show information go to: http://www.kcrep.org/
Wellpoint value: 50 wellpoints per event (maximum of 3 events for a total of 150 wellpoints).

Overall wellness is reliant on harmony between all the dimensions of wellness. Imbalance in one area will affect other areas. In order for our bodies and minds to perform optimally, our approach to wellness must be balanced.

The World Health Organization (WHO) defines health as, “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.* This definition has not been amended since 1948.