



## Letter From the Director



With the last of the snow melted, we can finally say "goodbye" to winter and welcome the spring season. Whether it's the birds chirping, trees and flowers budding, the greening of the grass, or simply the longer days and warmer temperatures - springtime symbolizes an exciting time of growth, renewal, and transformation.

Springtime also means more outdoor and engaging activities on campus and in our neighborhoods. Opportunities to build quality relationships and feel connected to our surroundings; opportunities that can positively impact our social and community wellbeing.

That being said, Stony Brook employees have a new resource for getting connected to the campus and the community - **Brookology** is a curated website of Long Island featuring leisure-time activities, special shopping deals, information on social groups and a digital bulletin board. Whether you're looking for a pick-up volleyball game, want to find your perfect beach or sell a car, or are searching for shopping discounts, Brookology offers the Stony Brook campus community options for fun, social, and engaging activities. **Learn more at the Brookology [homepage](#).**

In this issue, we interview wellness advocate and senior leader Richard Gatteau, Interim Vice President for Student Affairs and Dean of Students. Colleen's Corner emphasizes acceptance for a "Happier U"; the Environmental Health & Safety provides insightful information around combating springtime allergies; the Stony Brook Medicine Nutrition Division will help you "Spring into Nutrition"; our partners at Island Federal Credit Union detail how to deal with debt; and the Stony Brook Athletic Performance Program wraps up their two-part series around safely progressing foundational exercises.

If you'd like to contribute health and wellness articles to HEALTHIER NUWS, please email me at [bryan.weiss@stonybrook.edu](mailto:bryan.weiss@stonybrook.edu). Thank you for reading our newsletter and look for our next issue in the coming months.

Wishing you and your loved ones all the best in this season of freedom and rejuvenation.

Bryan Weiss

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## Leading the Charge

Richard Gatteau

*Interim Vice President for Student Affairs and Dean of Students*

### **Q: What is your current health and fitness goal?**

**A:** I am getting married this summer, so my partner and friends are all participating in a diet and healthy eating challenge. We do a weekly "weigh in". I have already met my goal weight, so I have been focusing on my diet, eating lots more fruits and vegetables. At work, I try not to take the elevator; instead, I take the stairs to get more exercise during the day. I also go to the gym - not as often as I should - doing mostly elliptical and treadmill work. I

enjoy taking our dog for regular walks and participating in short races including the Cow Harbor Run each fall in Northport.

**Q: What is one thing people might be surprised to know about you?**

**A:** People are often surprised when I tell them I am a twin. My brother, Ron, and I have always been close, and I'm lucky that we live nearby each other.

**Q: What makes you happy at work, at home, and in life?**

**A:** The best part of my work is interacting with colleagues and students. I love being in an educational setting because it's an environment that values learning and growth. At home, I love doing house projects and gardening. My partner and I bought a "fixer upper" a few years ago, and have done a lot of the work ourselves. It's amazing what you can do with a paintbrush, tile saw, and nail gun! My life is very blessed. I love my family, friends, and career at Stony Brook - and wake up every morning excited about the day ahead.



**Q: Describe the events of a typical Sunday.**

**A:** A typical Sunday is getting up at 6 am (we have a French bulldog, Jack, who is an early riser), drinking coffee, checking e-mails, doing some Stony Brook-related work, going for a walk, watching CBS Sunday Morning - the best show with the most interesting stories - and then running errands or spending time with friends.

**Q: Most recent book read or movie seen?**

**A:** I recently saw the Greatest Showman - a great, fun, and inspiring movie. The music is incredible too - and on my playlist for the drive into work.



## Colleen's Corner

### EAP for a Happier U

By Colleen Stanley, MFT, CEAP  
*Lead Coordinator*  
*Stony Brook University Employee Assistance Program*

#### Acceptance

Happiness is both a choice and a skill set. Happiness is not something abstract off in the distance like "When I hit the lotto, I'll be happy" or "When I retiree... then I'll be happy". Happiness already lives within you.

The good news is because happiness is a choice you have influence over it. And because it is a skill set you can increase your happiness as you grow this skill set. You can develop those skills more to help you experience the life that you prefer, no matter what is happening around you.

#### 7 Core Practices for a Happier U

Acceptance  
Gratitude  
Mindfulness  
Self-Care  
Kindness  
Flow/Creativity  
Spiritual Connection/Purpose

*"Do what you can, with what you have, where you are." Theodore Roosevelt*

**Acceptance** - What is - is. Don't fight it. Relax into it. Lean into it. Look closer, get to know it. Only from a place of understanding and accepting where we are can we move towards a place we prefer. This applies to situations and to feelings. As a therapist, I have helped thousands of people be with their feelings and then watch them shift. Fear is one of the biggest feelings that people do not want to look at. How much time and rumination have we all wasted wishing and wanting "it" to be different. "If my boss just saw things my way, things would be so much better", "if our budget was larger, I wouldn't be so stressed", etc.

Acceptance does not mean giving up and doing nothing. It means understanding and making peace with where you are, and what the situation is. From the place of acceptance, we can see clearly, enabling us to

choose where to head next. We can see clearly what next steps to take. Sometimes we find it difficult to find our way to acceptance. Blocks to acceptance:

1. Righteous Anger - A deeply satisfying indulgence that many of us have wasted a lot of time on. Thoughts of "it shouldn't be this way", "it's not fair", "it's not right", "if only...."
2. Denial - "The house is not leaking", "no problem here", "if I ignore it maybe it will go away", etc. Only when we recognize that the house is flooded can we take steps to address the situation. Look at the situation without judgement. It is what it is.

### ***What can you do when acceptance is hard?***

Look to what's not wrong. Peace Is Every Step, by Thich Nhat Hanh, is one of my favorite books. I have read it many times over. In it, he teaches us to look for what's not wrong; which always leads to gratitude. We are hardwired for survival, to notice what is wrong. Seeking out and appreciating what is not wrong will always make you happier.

**Gratitude Practice** - Begin each day, before getting out of bed, reviewing what you are grateful for. It will help you to enter the day gently, with feelings of love. It creates a space so that you may set your intention for the day focused on what is most meaningful to you.

It may also be helpful to talk with a professional if you are dealing with an issue for an extended period of time and are unable to find acceptance. You can utilize the EAP "Find a Therapist" tool by [clicking here](#).

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## **Environmental Health and Safety Focus**

### **When Will Spring Really Arrive?**

By Clifford Knee

*Safety, Training, Environmental Compliance, and EHS Manager Southampton Campus*

We were struck by **FOUR** Nor'easters within a month. And it feels that winter is trying to prolong itself. Are you tired of driving or walking in slippery snow? The good news is there is no more snow forecasted for April...so, spring might *finally* be coming. The biggest obstacle that prevents some of us from enjoying spring is spring allergies. According to Accuweather, allergy levels are low for now. But we all know that is only temporary.



The best advice for spring allergies is to avoid the allergens. However, it is nearly impossible to follow that advice. Some common symptoms of spring allergies include stuffy/runny nose, itchy eyes, and sneezing. And the medical treatments for spring allergies are antihistamines, nasal steroids, and decongestants. All three medications can be obtained over the counter at a pharmacy and it is important to know your medications and their side effects.

According to National Jewish Health here are a few tips to help ease your symptoms so that you can better enjoy the spring season.

- Avoid being outdoors on windy days, especially mid-morning to mid-afternoon, when pollen counts are often highest. If you must be out, cover your mouth with a scarf or an allergen mask.
- Keep car and home windows and doors closed, and avoid using electric fans inside the home, which can kick up pollen into the air.
- After returning from outdoors, shower, wash your hair and change your clothing.
- When cleaning, use caution with household cleaning products. Make sure the area to be cleaned is well ventilated. Never mix cleansers such as bleach, disinfectants, and deodorizers with ammonia products, either in the bucket or on the surface to be cleaned.
- It is best if non-allergic family members or others do the cleaning. Try to be out of the house during all cleaning, especially during carpet cleaning.
- Avoid being outside when fertilizers and pesticides are applied to the lawns, trees or shrubs in your neighborhood. If you garden, arrange for someone else to remove the leaves and branches that may have collected in your yard or hedges. This type of garbage usually has mold and other particles that can trigger your asthma.

**TIP:** According to National Center for Complementary and Integrative Health, some non-medical practice that might help your allergic symptoms are acupuncture, using a neti pot to rinse the sinuses, taking herb butterbur, and eating honey.

## Core Nutrition

### Spring into Nutrition

By Taylor Carberry

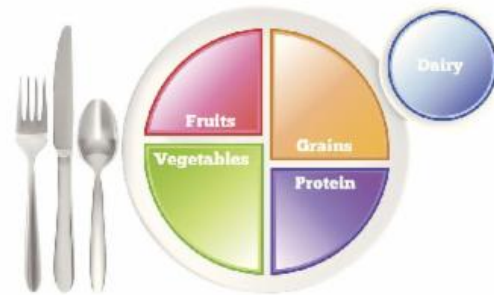
Dietetic Intern, Department of Family, Population and Preventive Medicine, Stony Brook Medicine

# Spring Into Nutrition

## WEIGHT LOSS

Summer is quickly approaching and now is the time to work on bad habits. Here are tips for some small changes that can make a big difference!

- *Drink a full glass of water before meals to feel more full*
- *Eat a high protein breakfast to stay more satisfied until lunch*
- *Use smaller plates at meal times to trick your brain into thinking you are eating more.*
- *Swap processed foods made with white flour for whole grains containing filling fiber*
- *Disconnect from electronics 1 hour before bed to get a better nights sleep*
- *Aim to incorporate 5-6 servings of vegetables into your diet every day*



Back to Basics: Use the USDA's MyPlate as a guide for a balanced plate at each meal

## Increase Your Greens

Oven roasted spring vegetables are an easy side dish

Add spinach or kale to smoothies

Replace soft tortillas with a large collard green

Add chopped broccoli to meatballs, burgers, or ground meat



Stony Brook University

## Dealing with Debt

By Catherine Roger  
*Director - S.B. Business Unit, Island Federal Credit Union*

Having trouble paying your bills? Receiving notices from creditors? Are your accounts being turned over to debt collectors? Are you worried about losing your home or your car? You're not alone.



Many people face a financial crisis at some point in their lives. Whether the crisis is caused by personal or family illness, the loss of a job, or overspending, it can seem overwhelming. But often, it can be overcome. Your financial situation doesn't have to go from bad to worse.

If you or someone you know is having financial difficulties there are some options you have. Some of these include debt counseling, self-help, debt relief services, debt consolidation or bankruptcy. How do you know which will work best for you? It depends on your level of debt, your level of discipline, and your prospects for the future.

The best place to start for information is your local credit union. Island FCU has 2 Certified CU Financial Counselors that can help you put a plan in place. This is a no cost, no obligation service we offer to anyone.

### **Helpful Information Related to Debt Management**

Debt Collection - The Fair Debt Collection Practices Act (FDCPA) is the main federal law that governs debt collection practices. The FDCPA prohibits debt collection companies from using abusive, unfair or deceptive practices to collect past due debts from you. Please visit the [Consumer Financial Protection Bureau](#) (CFPB) for more information regarding The Fair Debt Collection Practices Act (FDCPA).

If you are behind in paying your bills, you can expect to hear from a debt collector. A debt collector is someone, other than the creditor, who regularly collects debts owed to someone else. Lawyers who collect debts on a regular basis are also considered debt collectors.

Debt Relief Services - If you've maxed out your credit cards and don't know how you're going to pay off your debts, you may think that a company that promises to erase the debt for pennies on the dollar is the answer to your prayers. Not true! Debt negotiation can be risky, and it can have serious, long-term consequences for your credit report and your ability to get credit in the future.

Credit Repair - Every day, companies target people who have poor credit histories with promises to clean up their credit reports so they can get a car loan, a home mortgage, insurance, or even a job - after paying a fee for the service. The truth is that no one can remove accurate negative information from your credit report. It's illegal.

Debt Consolidation Loan - There are many companies that offer debt consolidation loans but chances are if you have missed payments or are overextended it could be difficult to obtain unsecured credit for debt consolidation. Look out for high interest rates or fees associated with the loan. Be sure to have a plan in place so you don't end up maxing out those cards again if you take this option.

Bankruptcy - There are various restrictions and obligations required to file bankruptcy. You need to make sure you have a reputable attorney to help you through this process. There will also be fees associated with this process and of course, your credit will be affected for at least 10 years in most cases.

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## Athletic Performance

### Safely Progressing Foundational Exercises (Part 2)

By George J. Greene III  
*Assistant Athletics Director for Athletic Performance, Stony Brook University Department of Athletics*

In part one of this series, I discussed the squat and hinge pattern. In part two I will share with you 5 other key movement categories. The vertical and horizontal push, the vertical and horizontal pull and loaded carries. Combining these movements with the squat and the hinge will have you on your way to designing a safe and

effective strength and conditioning program.

### **Movement 3:**

**Vertical & Horizontal Push:** The push category is made up of both horizontal and vertical variations. Below is a layout of progressions for each. One of the most important cues you should use when using any pressing movements is to keep your elbows in. Most people tend to flare their elbows out which puts more pressure on the shoulder.

- **Weeks 1-3**
  - **Vertical Push:** *Seated Dumbbell Military Press* - The seated dumbbell military press is a great place to start because the back support allows you to focus on the movement pattern without the core stability needed for the standing variation.
  - **Horizontal Push:** *Push-Ups* - The push-up is an underrated exercise that is often done incorrectly. The key is to keep your elbows in tight to your body and maintain a flat back throughout the movement. A good regression if you can't do traditional push-ups is to start on your knees.
- **Weeks: 4-6**
  - **Vertical Push:** *Standing Dumbbell Military Press* - Continue to keep your elbows in during this movement and keep in mind the standing variation will require more core control. Squeeze your glutes and push your head through at the top once your elbows are locked out.
  - **Horizontal Push:** *Dumbbell Bench Press* - During the dumbbell bench press keep a neutral grip and tuck your elbows in the same way you do during the push-up. Dumbbells are a great way to pick up any imbalances from one arm to the other and you will quickly notice if one side of your body is stronger than the other.
- **Weeks: 7-9**
  - **Vertical Push:** *Standing Barbell Military Press* - Use the same cue's as the dumbbell variation and continue to emphasize pushing your head through at the top. Imagine yourself putting your head through an open window as you complete each rep.
  - **Horizontal Push:** *Single-Arm Dumbbell Bench Press* - This variation is done with one dumbbell with the free hand empty. This requires more core control and stability than the double hand variation so brace and keep your core tight throughout each rep.
- **Weeks 10-12**
  - **Vertical Push:** *Push Press* - The push press requires the same set up at the standing military press however it includes a quick dip in the legs at the start making it a more explosive movement. A good cue to emphasize is "Dip and Drive" and hold the lockout with each rep to improve shoulder stability.
  - **Horizontal Push:** *Bench Press* - The bench press is probably the most popular exercise on the planet. As I've previously stated, keeping the elbows in is extremely important and grip the bar at shoulder width. It's also important to make sure you grip the bar properly. A lot of people tend to perform a thumbless grip which can be a recipe for disaster. Without the proper grip on the bar it can easily slip out of your hands and cause serious injury, and in some cases death. A spotter should be used at all times regardless of the amount of weight on the bar.

### **Movement 4:**

**Vertical & Horizontal Pull:** The pull category consists of both vertical and horizontal variations. A common problem I see with programs is they tend to over push and under pull. Having a balanced program of pulls to pushes will help avoid shoulder injuries and ensure you are developing the entire upper body. When putting together a program I like to include two pulls for every one push.

- **Weeks 1-3**
  - **Vertical Pull:** *Lat Pulldowns* - This variation will help strengthen the lats and develop the foundation for the pull-up variations that follow. A common issue I see with the lat pulldown is people tend to swing backward and pull the bar down towards the middle of the stomach. During this movement, you should keep your chest upright and pull the bar down towards your clavicle without swinging.
  - **Horizontal Pull:** *Chest-Supported Dumbbell Row* - For this exercise set a bench up on an incline with your chest against the bench. As you row the dumbbells up squeeze your shoulder blades together at the top. The support at your chest helps you gain comfort with what a row should feel like when done correctly.
- **Weeks: 4-6**
  - **Vertical Pull:** *Eccentric Chin-Ups* - The eccentric chin-up is a great way to get comfortable and strong enough to perform chin-ups with your own body weight. Set a box under your feet and jump up to get your chin above the bar with an underhand grip. Slowly come down for 4-6 seconds until your elbows lock out. Once you complete a rep jump back up and repeat the movement.
  - **Horizontal Pull:** *Single-Arm Dumbbell Row* - The single arm dumbbell row can be done on a bench or leaning against a rack or unmovable object. The free hand is used as a support

while you row with the opposite hand. Keep a flat back and control the dumbbell throughout the course of the movement.

- **Weeks: 7-9**
  - **Vertical Pull:** *Chin-Ups* - After a few weeks you may be able to begin to perform chin-ups on your own. Keep in mind everyone progresses differently and a good regression to the chin-up is a band or partner assisted chin-up.
  - **Horizontal Pull:** *Barbell Bent-Over Row* - The barbell bent-over row goes hand in hand with the hinge pattern at this stage. Once the bar is in your hands hinge down like you are doing an RDL and maintain a flat back before pulling the barbell in towards your stomach. Make sure to avoid pulling the bar up towards your chest and taking tension away from your lats.
- **Weeks 10-12**
  - **Vertical Pull:** *Pull-Ups* - Pull-ups are done with an overhand grip and require more lat strength than the underhand variation. At this stage, if you can perform 10-12 reps on your own without assistance you can also begin to add additional weight to the exercise.
  - **Horizontal Pull:** *Pendlay Row* - The Pendlay row is done with the barbell on the floor. Set up as if you are about to perform a dead-lift and maintain a perfectly flat back. Just like the bent-over row pull the bar towards your stomach and re-set it down following each rep while keeping your back in the same position. When done correctly this exercise also hammers the posterior chain as it works to stabilize during each rep.

### Movement 5:

**Loaded Carries:** The last category on this list is loaded carries. These variations give you tremendous bang for your buck including grip strength, core strength, shoulder strength and stability, and improved posture. Pick a manageable distance of 15-20 yards to start.

- **Weeks 1-3**
  - **Double-Hand Carries:** For this exercise hold a kettlebell or a dumbbell in each hand while keeping your chest up and shoulders back. Pick a distance that is challenging yet manageable to maintain your posture throughout.
- **Weeks: 4-6**
  - **Suitcase Carries:** This movement is similar to the double hand carry except you are carrying one dumbbell or kettlebell like a suitcase. Keep the dumbbell off of your leg and walk "normal" without tilting to one side. If done correctly you will feel this exercise in your core.
- **Weeks: 7-9**
  - **Front Rack Carries:** Hold a kettlebell in each hand in the front rack position (The start of the kettlebell front squat). Emphasize keeping a tall chest the entire length of each set.
- **Weeks 10-12**
  - **Overhead Carries:** The overhead carry is done with one dumbbell or kettlebell overhead with one hand free. Keep your elbow locked out the entire time and start lighter to get comfortable with this movement.

As you start to think about putting together a program for yourself my suggestion is, to begin with, 3 days per week and hit each of these patterns during every session. Think about weightlifting like practice, if you wanted to change an athlete's jump shot you would likely have them practice it each session. The same goes for these exercises. If you reduce the intensity and allow yourself the time to focus on the movements, you will end up more comfortable and confident and eventually progress to more advanced programs. Keep in mind that strength training is a process and it takes time however if good habits are created you will set a solid foundation for the future.

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## Programs & Events

### Target Fitness: Professional Nutrition Therapy Program

Are you ready to lose weight permanently? This 10-week nutrition education, wellness, and lifestyle program led by Registered Dietitians will help you reach your target weight! The team of nutrition experts provides participants with:

- Sustainable, customized nutrition program you can follow for life
- Body composition analysis (measure of body fat and muscle) Intensive education on research-based strategies for permanent weight loss
- Personalized short and long-term weight goals
- An introduction to stress reduction, mindful eating, and behavioral change techniques
- Training on innovative tools that will change your relationship with food
- Guidelines on reading food labels and a supermarket tour!

Target Fitness starts on 5/1 and will run every Tuesday until 6/26 (9 weeks) from 5:45 - 6:45pm at 181 Belle Mead Road, East Setauket. The cost is \$180 and can be made via cash or check.

**Target Fitness is offered by Stony Brook University Hospital Department of Family, Population & Preventative Medicine (Nutrition Division) and sponsored by Healthier U.**

For more information, and/or to register, please call Health Connect at 631-444-4000.

**Space is limited, so don't delay; get off the weight loss roller coaster and join Target Fitness today!**

## Meditation: The Path to Happiness - Weekly Sessions Starting Wednesday, 4/11

These beginner meditation classes are perfect both for newcomers and for those with more experience. Buddhist meditation gives us direct insight into the causes of happiness within our mind, shows us how to cultivate them, and how to integrate them into our everyday activities.

Research suggests there is an inverse relationship between stress and happiness, whereby the happier you are, the less likely you are to have, and more easily be able to combat, stress. That being said, these sessions can help greatly improve your life in all areas: work, school, home, and play.

Sessions will take place each Wednesday for five weeks (4/11 - 5/9) from 1-2pm in the Wang Center and are free to all students & employees. Sign up for one, or sign up for them all!

**This program is provided in partnership with the Kadampa Meditation Center Long Island and sponsored by Healthier U.**

Space is extremely limited and pre-registration is required. [Sign up today!](#)

## Stony Brook is Going Around the World for Yeardley!

**Join our virtual walk-a-thon to raise awareness about relationship violence among college students.**

*Yards for Yeardley* honors the memory of Yeardley Love, a University of Virginia student-athlete who was killed by her ex-boyfriend. Stony Brook is partnering with other SUNY schools and the One Love Foundation to raise awareness about relationship violence among college students and is hosting a virtual Yards for Yeardley walk-a-thon throughout the month of April.

Once you register, you just enter the steps or miles you walk, run or jog. All members of the Stony Brook community are eligible to participate, and everyone who registers for the *Yards for Yeardley* challenge is entered to win one of 10 Fitbit Zips!

For more information and to register, visit the [program homepage](#).



## The Murph Challenge - Saturday, April 21, 2018



**The Office of Veterans Affairs recently announced that Stony Brook University will be an official host of *The Murph Challenge*!**

*The Murph Challenge* is an intense workout that takes place annually across the globe as a fundraiser in memory of Navy Seal Lt Michael Murphy. Lt Murphy is an American Hero, who made the ultimate sacrifice in 2005, while trying to save his men in Afghanistan. [Lt Michael P. Murphy](#), a Long Island native, was posthumously awarded the Congressional Medal of Honor, and was the subject of the 2013 film, *Lone Survivor*.

**The family will be in attendance at the Stony Brook Murph Challenge, and will be bringing Lt Murphy's Congressional Medal of Honor for our guests to view.**

For more information and to register for this amazing event as either a guest or participant, please [click here](#).

***Hope to see you there!***



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[stonybrook.edu/healthieru](http://stonybrook.edu/healthieru)

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