
**FREE For APU
Students, Staff, and Faculty**

Lap Swimming:

Mon-Fri.:

7-9am, 10:30-11:30 am, and 12-2pm

M/W/F: 5:30-6:30pm & Sat/Sun 3-5pm

Water Aerobics: M/W/F 12-1pm

Yoga: Tues. 9-10am, Wed. 12-1pm, & Fri.
5-6pm.

Pilates: Mon. & Fri. 12-1pm

Zumba: Tues. 5:30-6:30pm & Thurs. 8:30-
9:30am

Kayak Polo: Tues. 7:30-9:30pm

Open Boating: Fri. 7:30-9:30pm

Healthy Workshops

Relax your way to Better Health
Thursday, Oct. 24th, 5:30-6:30

Cultivating Self Love for Better Self Care
Thursday, Nov. 14, 5:30-6:30

Healthy Eating Guidelines
Thursday, Dec. 5th, 5:30-6:30pm

**Contact the Moseley Sports Center
to learn more about fitness, recreation
and wellness activities/events:
907-564-8239**



APU's Holistic Health Fair



Health and Wellness

The greatest wealth is health ~ Virgil

Friday October 11, 2013

11am-2pm

Center Atwood Building

4101 University Dr. Anchorage, AK

Aspects of Health

Alaska Pacific University would like to invite you to participate in our 13th Annual Health and Wellness Fair. With the understanding that our health is determined by more than the state of our physical body, this year our health fair has a holistic theme. We've invited a variety of different vendors, and we encourage you to take time to consider the 7 different aspects of Health.

Environmental Health

The state of our earth, air and water directly affect our physical health. Take action in protecting our resources and the health of our planet!

When one tugs at a single thing in nature, he finds it attached to the rest of the world. ~John Muir

Social Health

A strong social network is surprisingly more crucial to physical health than exercise for beating obesity. Isolation can lead to decreased mental, emotional and physical health, so put yourself out there and get involved! Help create a strong APU community. Along with being more social, be kind and treat others in a positive manner to get that "helpers high" When a person performs an act of kindness the brain produces dopamine and endorphins making you feel good on a chemical level!

Spiritual Health

Having a spiritual belief system and practice which assists you in looking beyond the immediate moment is beneficial for your health. Whatever your spiritual beliefs are make time for a spiritual practice even if that's just taking time to enjoy some quiet contemplation.

Intellectual Health

We all have an inner dialogue, and it's easy to identify our thoughts as who we are, but for personal growth it's important to remember that we are not our thoughts. We are the inner spirit; the one that recognizes and is able to observe our thoughts. Taking this third person objective position allows us to recognize negative thought patterns. Just like we train the body for better health, we also need to train the mind. Think positively, remind yourself of all the things you have to be grateful for, challenge yourself and keep learning, growing and changing for the better.

**Your always a student, never a master.
You have to keep moving forward.
~ Conrad Hall**

Physical Health

Practice cultivating more appreciation for your body. The more you appreciate the body the more you'll start treating yourself with loving kindness. Just as you would love and care for a pet, treat your body well; exercise, eat nutritious foods, relax, play and get good sleep!

Emotional Health

Good emotional health is not defined by the mere ability of controlling your emotions. It's important to process and express your emotions as opposed to repressing them and allowing them to build up until you reach your breaking point. Observe your emotions, learn from them and practice communicating them instead of reacting from them.

A sad soul can kill you quicker than a germ. ~John Steinbeck

Occupational Health

Our professional work encompasses so much of our time. A lot of us may dream of spending our days relaxing somewhere on a warm beach, but a career and an income is a necessity in our society. Instead of day dreaming of something better, make the changes you'd like to see in your professional life. Find ways to incorporate what you're passionate about, work on creating a strong professional community, and use your time spent at work to establish healthy environmental, social, spiritual, intellectual, physical and emotional practices in your life!

Create more sustainable and environmentally friendly work practices. Engage in community activities. Keep your awareness beyond the immediate moment. Keep a positive outlook. Participate in the fitness and wellness programs offered. Take every opportunity to communicate and learn from your emotions.

The Holistic Approach

By actively engaging in practices to establish healthier routines in each of the 7 dimensions of health we start taking a more holistic approach to our wellbeing. Take steps to a healthier and ultimately happier life.

**The part can never be well
unless the whole is well ~Plato**