



September

“If it is to be, it is up to me!”

The above simple 10 words from William H. Johnsen are powerful in their meaning. Over my career I have heard many people who had great ideas look at a problem in need of a solution that said, “Someone ought to do something.” I have worked on modeling the concept, “Then why not me (you).” As Family & Consumer Sciences professionals, we through our training, learn to look at the big picture and to consider multiple perspectives. We see the roles that others can play and what they might add to what is needed. Sometimes what is needed is “Leadership.” Someone that sees the bigger picture and can work with multiple perspectives. What is needed is you.

FCS Wellness Passport Program

To kick off our new degree program in Nutrition & Wellness we are inviting everyone to join with us in our FCS Wellness Passport Program. This program began with the making of Wellness Journals. The process included reaching out to our Art department and having their department chairperson share with us how he has made hundreds of sketchbooks for use by students of all ages. We used this to compile booklets for “wellness journals.”

Next, we set up a Yoga @ Noon activity with a community Yoga instructor visiting our program to work with our faculty and students. The goal is to have monthly activities focusing on areas of Nutrition, Wellness and Healthy Living... In each FCS Connect monthly newsletter we will have a few simple things for use by teachers or students to

Desktop Yoga

Back

Relax and stretch your back

- Place both hands behind your neck
- Point elbows out
- Lift your chest and arch your lower back while inhaling
- Feel the stretch as you bend backward over the chair
- Exhale

Neck

Stretch your neck muscles

- Sit upright and extend your neck – (Think giraffe)
- Relax your shoulders
- Turn your head slowly to one side
- Stretch further, but don't force it
- Hold, then return slowly to center
- Repeat on the other side

Body

Place your hands behind your neck, feet shoulder width apart on the floor

- Slowly allow your entire body to lower down between your legs
- Hang, keeping your elbows together
- Breathe deeply

Mind

Sit erect and breathe naturally

- Quietly inhale and exhale 20 times
- Focus on your breathing, but don't ignore thoughts that come into your mind
- Acknowledge them and then let them go



The President's Council on Sports, Fitness & Nutrition (PCSFN)

The President's Council is a federal advisory committee supported by the Office of Disease Prevention and Health Promotion that works to increase sports participation among youth of all backgrounds and abilities and to promote healthy and active lifestyles for all Americans.

Be Active

Physical activity is an essential component of a healthy lifestyle. Getting active is easier than you may think. Find ways to add in or mix up daily activity and discover a healthier you.

Ways to Be Active

Just 30 minutes a day for adults and 60 minutes for children. Sound daunting? Set easy activity goals to improve your physical fitness. <https://www.hhs.gov/fitness/be-active/ways-to-be-active/index.html>

Physical Activity Guidelines for Americans

The Department of Health and Human Services issued the 2nd edition of the Physical Activity Guidelines for Americans in 2018 to help Americans understand the types and amounts of physical activity that offer important health benefits. <https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>

Eat Healthy

Your food choices each day affect your health — how you feel today, tomorrow, and in the future. Good nutrition is an important part of leading a healthy lifestyle. Take a small step to better nutrition today, and move toward a healthier you.

Importance of Good Nutrition

Everyone can benefit from eating healthy—from controlling your weight to preventing chronic diseases, like heart disease and cancer. Eating healthy at a young age sets kids on the path to a healthy life, but remember, it's never too late to get started. <https://www.hhs.gov/fitness/eat-healthy/importance-of-good-nutrition/index.html>

How to Eat Healthy

It's easier than you think to start eating healthy! Set healthy eating goals to improve your nutrition. <https://www.hhs.gov/fitness/eat-healthy/how-to-eat-healthy/index.html>



Resource Center

The (PCSFN) Resource Center is a comprehensive source of information on physical activity, nutrition, and obesity in the United States. (<https://www.hhs.gov/fitness/resource-center/index.html>)

[Physical Activity Resources](#)

There are many organizations that offer credible and practical resources on physical activity. Use these resources for ideas on how to incorporate activity into your daily life.

[Nutrition Resources](#)

Use these additional resources for information on how to incorporate healthy eating into your daily life.

[Resources for the Military Community](#)

Resources for service members, veterans, and their families to receive information on programs related to physical activity and nutrition.

[Facts & Statistics](#)

Find facts & statistics on physical activity, nutrition, and obesity.

[Research & Reports](#)

Read research and reports on physical activity, nutrition, and obesity.

[Elevate Health](#)

Elevate Health is a publication of the President's Council on Sports, Fitness & Nutrition's Science Board and managed by its Editorial Board.

[Photo Gallery](#)

View a gallery of PCSFN images.

[Video Library](#)

Look through a library of PCSFN videos.



Information about Pittsburg State University:

We have flat rate tuition:

The affordability students need. The flexibility they want. Our Flat-Rate Tuition program allows full-time undergraduate students (enrolled in at least 12 credit hours) and graduate students (enrolled in 9 or more credit hours) to pay single tuition rate regardless of the amount of total credits taken. Want to explore a topic outside of your major or take additional courses to help accelerate your graduation date? Thanks to our Flat-Rate you can do so without paying additional tuition. Whether you're taking 12 hours or 20 hours, you pay the same rate.

An infographic titled "Tuition Breaks" set against a background of a student on a campus. The infographic lists four programs with their respective state coverage areas shown on a map of the United States:

- The Gorilla Advantage**: In-state tuition for students in Missouri, Arkansas, and Oklahoma. (Red states on map)
- The Gorilla Edge**: 150% of in-state tuition for students in Colorado, Iowa, Nebraska, and Texas. (Yellow states on map)
- Midwest Student Exchange Program (MSEP)**: 150% of in-state tuition for students in Illinois, Indiana, Michigan, Minnesota, North Dakota, Ohio and Wisconsin. (Blue states on map)
- Pitt State Legacy Program**: 150% of in-state tuition for students with a parent or grandparent who graduated from PSU. Students who have a friend or family member interested in attending PSU may also qualify for the tuition break under the Gorilla Companion Plan.

AAFCS (American Association of Family & Consumer Sciences) has regularly scheduled webinars that are available live and archived as a member benefit. A complete listing of this year's new webinars is found on the attached document. Take advantage of this outstanding resource to bring up-to-date knowledge and resources to your classroom.