

Embry-Riddle Aeronautical University

From the Selected Works of Aaron D. Clevenger

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Taking Care of You so You Can Take Care of Business

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Available at: https://works.bepress.com/aaron_clevenger/5/



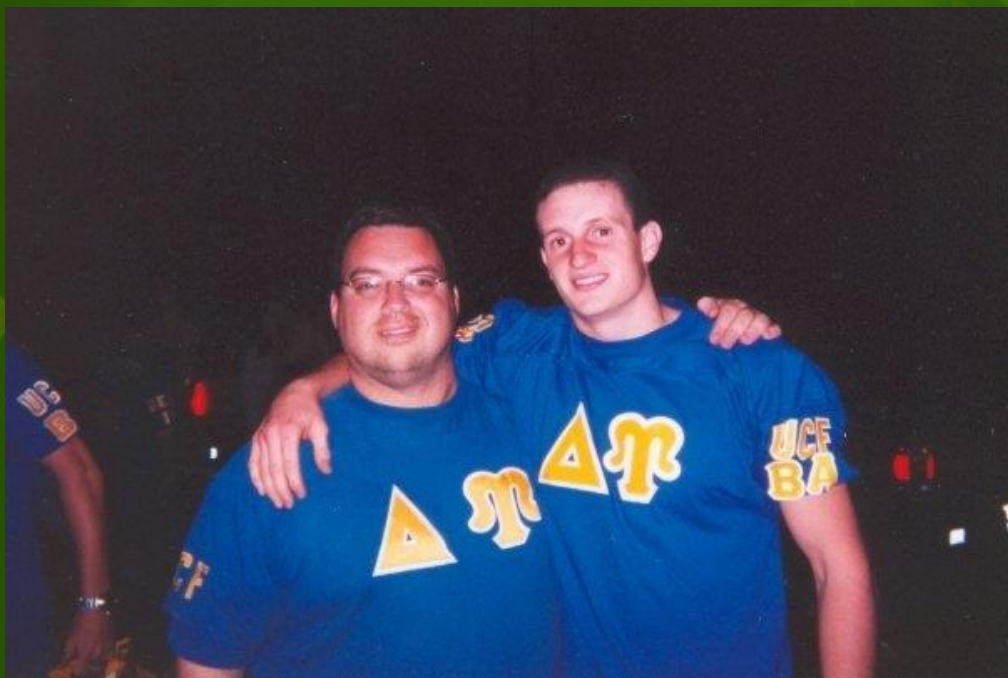
**“Taking Care of YOU
so you can take care of
BUSINESS!”**

Robyn B. Carr
Director of Philanthropy
Eastern Illinois University

Aaron D. Clevenger
Director of Student Activities &
Campus Events
Embry-Riddle Aeronautical University



Robyn in 2005 (with Colleen Coffey!)



Aaron in 2003

A woman with dark hair tied back, wearing a pink tank top and light-colored pants, is running on a paved path in a park. The background is a lush green landscape with trees and a path. The entire image has a green tint.

What outcome will you achieve?

- Establishing a game plan requires you to know the outcome you wish to achieve
- Positively Stated
- Specific
- Within your control
- A good fit with your lifestyle

A woman with dark hair tied back, wearing a pink tank top and light-colored pants, is jogging on a paved path in a park. The background is a lush green landscape with trees and a bright sky. The overall image has a green tint.

AFA experience

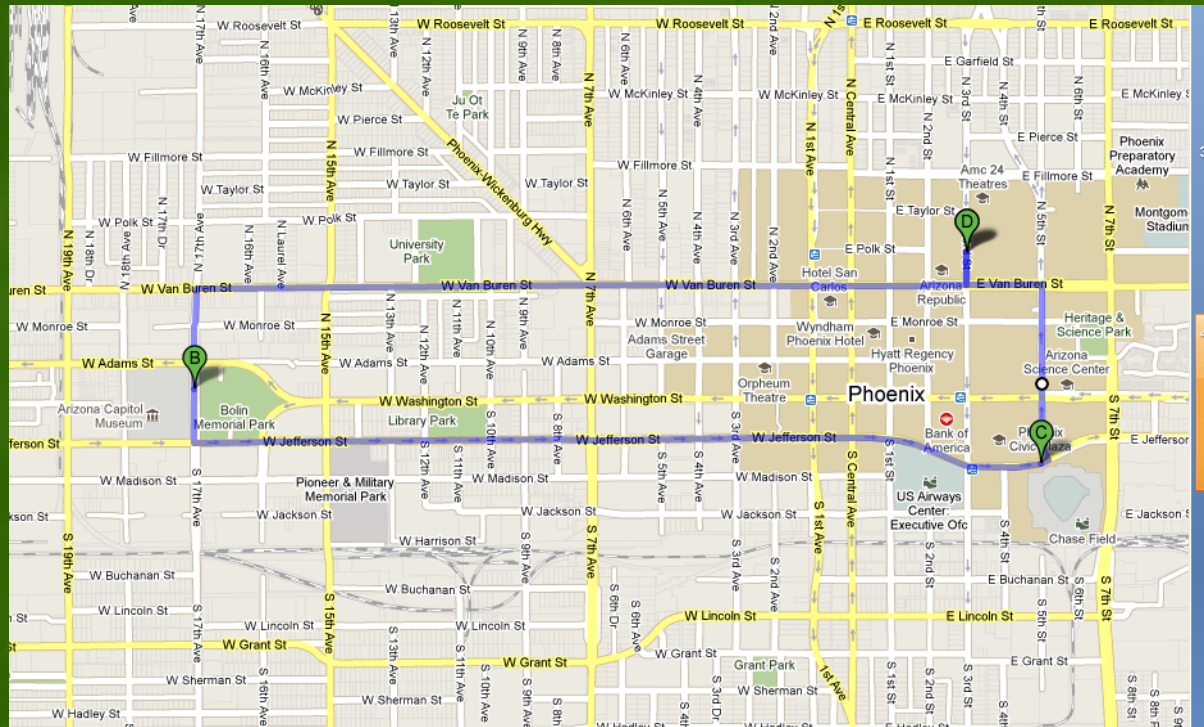
- What will make this a healthy experience for you?
- What temptations might we all face while here?
- What specific challenge might restaurants in the area pose?
- How can we be healthy and still eat what is on the conference menu?
- Are daily routines important and if so how can we stay as true as possible to our daily routines?



AFA Activity

- Hotel Fitness Center is open 24 hours a day!
- Conference Wellness Opportunities
 - Thursday: Piloga – 6:45am
 - Friday: On your own – 6:45am
 - Saturday: Piloga – 6:15am
- What are other ways to get activity?
- What are some non-exercise related activities that we could do that might help with our health/weight/fitness?

1. Head south on N 3rd St toward E Van Buren St.
2. Turn right at E. Van Buren St.
3. Turn left at N 17th Ave.
4. Head south on S. 17th Ave toward Jefferson St.
5. Turn left at W. Jefferson St.
6. Head east on E. Jefferson St. toward S. 5th St.
7. Turn left at S. 5th Street
8. Turn left at E. Van Buren St.
9. Turn right at N. 3rd St.



A woman with dark hair tied back, wearing a pink tank top and light-colored pants, is jogging on a paved path in a park. The background is a lush green landscape with trees and grass. The entire image has a green tint.

Phoenix Outdoor Tips

- While it is nice during the days in December it can get very cold at night.
- It is a much drier climate than many members might be used to so hydrate both your body and your skin.
- The sun is still damaging to skin during the winter months.
- When in an area you are unfamiliar with, its important to exercise caution.

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AFA Socializing

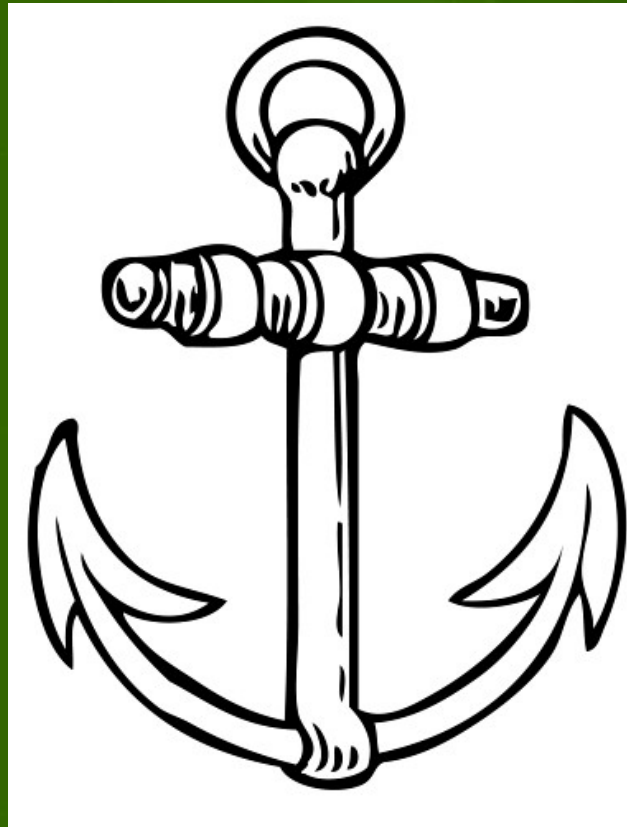
- How can alcohol affect your planned outcome?
- Does alcohol impact choices we make?
- What are some tips and tricks to keep alcohol from adversely affecting our weight?

A woman with dark hair tied back, wearing a pink tank top and light blue pants, is running on a paved path in a park. The background is a lush green landscape with trees and a path leading into the distance. The overall scene is bright and sunny.

Daily lives – Back at home

- Create a routine
- Eating smarter
 - Filling Foods
 - The myth of metabolism
 - Red light foods
- Moving more
 - Thermodynamics
- Having support v. People who think they are being supportive.

Anchors





Questions?

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