Taking Care of You so You Can Take Care of Business

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

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Robyn in 2005 (with Colleen Coffey!)
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
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.
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.
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?
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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