Bystander Intervention: Strive to Be the Owl!

Have you ever witnessed an event that made you feel uneasy? Did you intervene or think about intervening? Bystander intervention is the act of assisting someone in an emergency. This theory of intervention describes individuals as five different animals; turtle, bear, shark, fox and owl. What animal are you like?

Are you like a turtle?

“It’s none of my business.”

Do you:
• Avoid the situation?
• Think problems will go away if you ignore them?
• Think that you should intervene, but don’t because you think you’ll be going against the norm?

If yes, you are like a TURTLE.

ADVANTAGE: If you ignore a problem, small issues may not become bigger ones.

DISADVANTAGE: You miss important times to intervene early.

YOU NEED: COURAGE

Hiding under your shell could be beneficial in some situations, but in many of them it is better to speak up. Look for the next Stall Talk to see what animal is featured next!

Caught Green Handed Raffle

The Office of Campus Sustainability is holding a free Caught Green Handed raffle now through March 30 which includes weekly prize drawings and a grand prize drawing at the end of the RecycleMania competition. All you have to do is get caught recycling and you could win a BGSU Dining gift card!

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of healthy eating and physical activity habits. The theme this year is “Eat Right Your Way Every Day.” BGSU Dining is utilizing a take-off of that theme entitled “Taste Your Way to Wellness.” During the month of March, Dining Services is emphasizing whole grains, plant power and beverage choices. Look for promotions in the dining facilities and join in on cooking demos, education and games available throughout the month.

Registered Dietitian Day is Wednesday, March 13 and is celebrated as a part of National Nutrition Month®. This day increases awareness of registered dietitians as the vital providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

For more information:
Daria Blachowski-Dreyer
dariabd@bgsu.edu.

New Specialty Workshops Begin in March!

Falcon Fitness is offering new BODYPUMP® and TRX® workshops starting in March. Workshops are only $30 for group-X members and $40 for non-group-X members. Pre-registration at the SRC Front Desk is required. Don’t delay, space is limited! To view the complete schedule, please visit www.bgsu.edu/offices/sa/recwell/fitness.

For more information:
Anne Yenrick
eyenric@falcon.bgsu.edu.

Couch to 5K Running Workshop

Are you interested in training for your first 5K? Falcon Fitness is here to help you start your jogging journey! The couch to 5K Running Workshop includes 10 small group sessions with a personal trainer, registration for the SAAM 5K on Saturday, April 20, and a 5K race t-shirt. The workshop fee is $40 and pre-registration at the Student Recreation Center Front Desk is required. All are welcome to participate – students, faculty/staff and community members.

Workshop dates and times

Noon Workshop
• Tuesday & Thursday: 12:00 PM- 12:45 PM
• Dates: March 19 - April 18

Evening Workshop
• Monday & Wednesday: 7:00 PM- 7:45 PM
• Dates: March 18 - April 17

The registration deadline is Sunday, March 17.

For more information:
Anne Yenrick
yenric@falcon.bgsu.edu

Stall Talk

Your source of health news,
events and tidbits

March: National Nutrition Month

BGSU Core Value #1: Collaboration

The Student Wellness Network collaborated with the University Activities Organization in order to host “The J-Spot,” a mind-blowing lecture performance where attendees learned about where we’ve been, where we are, and where we’re headed sexually and how to enjoy healthy relationships. How have you lived up to the core values of BGSU and collaborated with someone else in order to achieve your goals?

Like us on Facebook!
www.facebook.com/bgsuWellnessConnection

Follow us on Twitter!
www.twitter.com/BGSUWellness

A Wellness Connection Publication

214 Student Recreation Center
www.bgsu.edu/recwell
wellness@bgsu.edu
419.372.WELL (9355)