



NMSU-A HEALTH & WELLNESS FAIR

February 18, 2017 8:00 am – 5:00 pm Tays Center



BlueCross BlueShield of New Mexico

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Free & Open to Everyone

Sponsored by NMSU Alamosordo and Blue Cross Blue Shield of New Mexico

Allied Health Free Screening



Faculty & Students
8:30 – 2:00 pm
Tays Gym Stage

**Blood Pressure
Blood Glucose Testing**



Yoga

Dr. Erin O'Neill Armendarez
Instructor
9:00 – 9:50 am
10:00 – 10:50 am
Rm 105

Wheel of Portions



Dr. Christine Trapp
Licensed Dietitian
8:30 – 2:00 pm
Tays Gym

Qi Gong



John Ely
11:00 – 11:30 am
South Patio

Volleyball Game



4 Teams
Co-ed
3 out 5 Match
4:00 pm – 5:00 pm

Registration for volleyball tourney before February 13 or call Dr. Baca at (575) 439-3857 or email to ernebeca@nmsu.edu



"An apple a day keeps the doctor away." There are hundreds of clever sayings that emphasize health and wellness as the most important attributes to leading a happy life. No question about it, without good health and wellness, very little else matters. It is within that context that we welcome you to the 2nd annual "Health and Wellness Fair" at the Tays Center on the campus of New Mexico State University Alamosordo. I know you will discover a number of important, informational, and interesting ways to improve health and wellness in your life. NMSU-A believes that health and wellness are so important that they are components of student success in the college's strategic plan.

I can't wait for you to meet our special guest and keynote speaker, Rene Sepulveda, a successful running coach and personal trainer for over 30 years and Alamosordo High School graduate. He will inspire and help you understand how to live a healthier lifestyle

regardless of age or experience.

This year NMSU-A is pleased to recognize Blue Cross Blue Shield New Mexico as a corporate sponsor and appreciate the support they have shown to our campus and community.

A special thanks goes to Dr. Ernie Baca and the Health and Wellness Committee in organizing this special Saturday. It takes hours and hours of planning to manage a day of this magnitude and it is obvious that they have worked extremely hard to bring our community a first rate event. Also thank you to the many volunteers from the campus and community for your time in facilitating the successes of today.

Please make yourself at home, let us know how we may help, and most importantly, enjoy New Mexico State University Alamosordo's Health and Wellness Fair!

Dr. Ken Van Winkle, President
New Mexico State University Alamosordo

**FITNESS FIRST
CHANGING LIVES!**

**LIVE HEALTHY
LIVE HAPPY
LIVE LONGER**



Weight Training Circuits

Dr. Ernestine Baca
35 years of Experiences

Weight Training Room

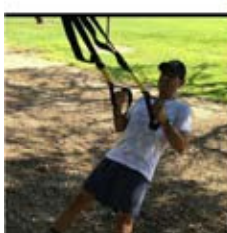
Tays Lobby

8:30 am – 2:00 pm



Registration: Obstacle Race before or on February 18 call Dr. Baca at (575) 439-3857 or email to ernebeca@nmsu.edu

- Wall Climb (5ft)
- Water Carry
- Bucket Carry (Rocks)
- Tire Rope Pull
- Hay Bale Jumps
- Net Crawl
- Jump Rope



HEALTH FAIR AGENDA

- 8:00-8:15 am Dr. Van Winkle Welcome Program Information
- 8:15-8:30 am Morning Walk/Run (NMSU-A Trail)
- 8:30-9:45 am General Exercise—(Emphasis on Assessment) - Rm117 Sepulveda **HEALTH FAIR ACTIVITIES IN TAYS GYM**
- 10:00-11:30 am Senior Citizens (Balance, Coordination, Agility) Rm 117 Sepulveda **HEALTH FAIR ACTIVITIES IN TAYS GYM**
- 12:00-1:30 pm Sport Conditioning Rm 117 Sepulveda **HEALTH FAIR ACTIVITIES IN TAYS GYM**
- 2:00-3:30 pm Obstacle Sprint Challenge (NMSU-A Trail) Sepulveda
- 4:00-5:00 pm VB Tournament (Coed)

Note: Lunch will be on your own.

Dress Comfortably for a workout!

Prize Drawing



Rene Sepulveda

Returns by Popular Demand
Keynote Speaker—Room 117
8:00 am—3:30 pm



Elite Personal Trainer
Former NCAA Division 1
Running Coach

1983 Grad of Alamosordo HS

NMSU-A Obstacle Sprint Challenge



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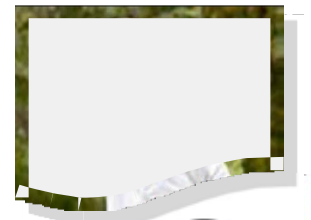
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ACTIVITY & DISPLAY LOCATION

NMSU Alamogordo 2400 N. Scenic



Come Visit with Dr. Cleo



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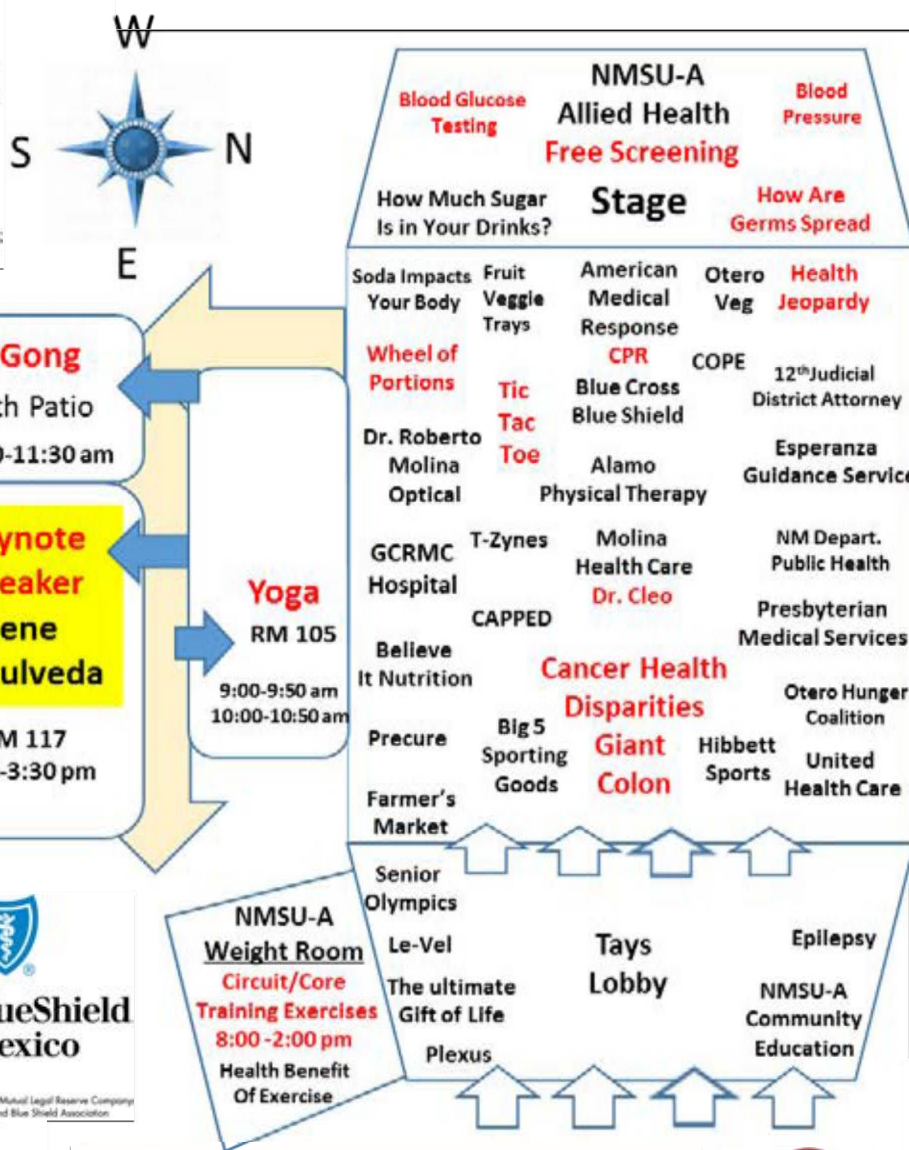


Alamogordo Senior Olympics



Thank You Donations

- Blue Cross/Blue Shield
- NMSU Alamogordo
- KOBR 8
- KZZX 105.3
- Otero Veg
- Big 5 Sporting Goods
- Hibbett Sports
- Home Depot
- Otero Veg
- Albertsons Market
- Believe It Nutrition
- Precure Chiropractic
- Molina Health Care
- Ultimate Gift of Life Foundation
- General Hydraulics, Inc.
- Mr. Gilbert Subia
- Mr. George Padilla

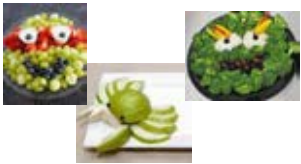


Participant Interaction

Health Jeopardy



Cute Fruit VeggieTrays



How Much Sugar Is in Your Drinks?



How Are Germs Spread?

How Soda Impacts Your Body



Health Benefit Of Exercise

Prize Drawing



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Believe It Nutrition



Dr. Roberto Molina
Intuition Optical



Esperanza
Guidance Services



Gerald Champion Regional Medical Center
Our Family Caring For Yours

HIBBETT SPORTS®



PRESBYTERIAN MEDICAL SERVICES



Farmer's Market



UnitedHealthcare®
Community Plan



GIANT INFLATABLE COLON

Thank you for Attending the Health & Wellness Fair at NMSU Alamogordo 2017!