

# CAAR Newsletter



## What's Going On?

Thanksgiving Holiday Begins (No classes)	Wednesday, November 23	7:30am	
Classes Resume	Monday, November 28	7:30am	
Test Taking Workshop	Wednesday, November 28	10am-11am	Alumni 113
Motivation Workshop	Thursday, December 1	3pm-4pm	Alumni 113
Language Placement Test	Friday, December 2	4:00-5:00pm	SBET 139

### Accessibility Resource Program (ARP)

Students receiving testing accommodations for **finals week** must submit their completed **Testing Accommodation Request Forms** to CAAR by 5:00pm on November 28th. This is the Monday right after Thanksgiving. You can pick up blank Testing Accommodation Request Forms from CAAR or print them from the CAAR website under the heading Download Forms.

Contact Wendy Perkins or email [ARPttesting@callutheran.edu](mailto:ARPttesting@callutheran.edu) with any specific questions.

### Tips for Managing Stress

- Accept only *your* responsibility in situations
- Set *realistic* expectations
- Focus on your successes
- Create variety in your schedule
- Take some time to do things for yourself
- **Don't procrastinate**
- Good diet and exercise go a long way!
- Avoid excessive use of alcohol/drugs
- Spend time on hobbies you enjoy

"Adopting the *right attitude* can convert a negative stress into a positive one. "

**Hans Selye**

## Quick and Easy Workout

- 10 Minutes of cardio (treadmill, bike, elliptical, stair master)
- 10 Minutes of weight-free training (planks)

### **Plank**

Begin in the plank position with your forearms and toes on the floor.

- Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. You should be looking at the floor.
- Hold this position for 10 seconds to start. Over time work up to 30, 45 or 60 seconds.

### **Plank with Leg Lift**

Start in the same plank position as above with your forearms and toes on the floor.

- Slowly raise one leg 5-8 inches off the floor. Count to two and slowly lower your leg to the floor.
- Switch legs and repeat. Do about 2-3 sets of 10 reps.

### **Plank with Arm Lift**

Start in the same plank as above. Carefully shift your weight to your right forearm.

- Extend your left arm straight out in front of you. Hold 3 seconds
- Slowly bring your arm back to starting position. Switch arms and repeat. Do 2-3 sets of 10 reps.



Source: <http://sportsmedicine.about.com/od/abdominalcorestrength1/qt/plank.htm>

This



That

#### **Fried chicken-->**

starchy batter, rich in cholesterol and fat  
1 breast: 408 calories & 66mg of cholesterol

#### **White bread-->**

processed and is more starchy, lacks nutrients

#### **French Fries-->**

between 500-700 calories

#### **Energy Drinks-->**

Red Bull high in sugar, false energy supplement  
1 can: 108 calories, 27g of sugar

#### **Ice Cream-->**

high in sugar  
1 cup: 289 calories

#### **Grilled/Baked chicken**

lower cholesterol and fat  
1 breast: 210 calories & 55mg of cholesterol

#### **Whole Wheat**

contains essential nutrients, not processed, rich in fiber and protein

#### **Pretzels**

150 calories

#### **Water**

0 Calories, 0 Sugar

#### **Frozen Yogurt**

natural, rich in antioxidants, low in sugar  
1 cup: 100-120 calories

### CAAR

Pederson Admin. Building  
8:30am-5pm  
Monday-Friday

805.493.3260

car@callutheran.edu  
facebook.com/CAARCLU

