

# HEALTH & WELLNESS

BENEFITS WELLNESS WORKLIFE  
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## Success Story:

### Dan & Jenna Vainner

Dan and Jenna Vainner have always had healthful mindsets, but with nearly opposite approaches. Jenna has always been conscious of her nutrition, she began a paleo diet three years ago after being diagnosed with two autoimmune diseases: Irritable Bowel Syndrome and Sjorgen's Syndrome. Dan's focus is mostly on physical activity through running, cycling, and playing ultimate frisbee.

Throughout the five years they've been together (one married), they've found a balance in sharing their lifestyles. While Dan isn't as strict with his diet, Jenna's cooking has caused him to eat "secondhand paleo" because "He eats whatever I make for him," Jenna says with a laugh. But paleo is a diet that can work for a lot of people. "Once you get the hang of it and you realize how much it helps and benefits you, you feel so good," she says. As an avid gardener, she grows a lot of fruits, vegetables, and flowers, and also takes advantage of the [GVSU farmers market](#).

They both participate in [Active Commute Week](#) and the [Pedometer Challenge](#), both of which bring out Dan's competitive side. This year he won the "Most Bus Rides" award during ACW, and of his Pedometer Challenge team, he laughs and says, "we probably push it a little too hard." He recalls a stormy day last year where he went to the mall to get his steps in and saw one of his teammates doing the same thing! Dan appreciates the awareness the challenge raises about movement. "During a regular day in the office you won't break 10,000 steps, and that's sad. The challenge is a good way to keep that awareness up."

Jenna has participated in group exercise classes, and has grown to love yoga. "I like the calm, relaxing, more meditative types of exercise." She and Dan also ride their tandem

Jenna is the Office Coordinator for Research and Instruction at the Mary Idema Pew Library, and Dan is the Associate Registrar at the Student Assistance Center - Pew Campus

bicycle regularly. “The only way we can work out together is if we have a metal bar connecting us,” Dan laughs. Jenna adds, “We’ve tried running together. It didn’t work out very well.” While each of them enjoy exercising on their own terms, they also love the social aspect of sports. Many of their friends were made through Dan’s ultimate frisbee team. “I don’t even play, but most of the people we hang out with play ultimate,” says Jenna.

When asked to give a piece of healthful advice, they both suggest that everyone find what works for them. “You don’t have to run five miles a day to be healthy,” Jenna says. “Find what’s right for you.” They have also found that having a routine is a crucial part of health. Dan stresses the importance of “having an established pattern that you know you can get back into” in case you fall off track.

Dan explains, “This is good depiction of our relationship: I was running a marathon on Grand Island and while I was doing that, she was going to a farmers market in Marquette.” Jenna said, “Then I came back and watched him cross the finish line.” Dan and Jenna are proof that balance is key and possible with another person, and that you can create your own definition of health.

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## **Pedometer Challenge Team Registration NOW OPEN!**

*October 2-November 13*

This 6-week fitness competition allows you to compete with your fellow faculty and staff members by tracking pedometer steps, either

individually or as part of a team.

Participants of all fitness levels are welcome. We'll provide you with the tools and resources to easily set goals, track your progress, and motivate a team. Prizes are awarded for teams who earn the most steps and reach set goals.

A new pedometer will be provided to all participants, or you may use your own fitness tracker.

[REGISTER ONLINE](#)

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## October 4, 2-8pm Kirkhof Center

Trying to find some balance in your life? The first GVSU Wellness Summit has much in store for all who participate. The following events will be featured this year:

- **[Flu Shot Clinic](#)**

The Kirkhof College of Nursing will be providing flu shots to help protect you from the upcoming flu season. Why should people get vaccinated against the flu? Check out this [Centers for Disease Control article](#) outlining the facts.

- **Flash Talks**

We are looking for GVSU faculty, staff, and advanced students from any discipline who are willing to give a 5-6-minute talk highlighting their programs, research, scholarship, or creative output. The goal is to show the many exciting ways that health & wellness is being used on and around the GVSU campus. Presentations will be limited to 5-6 minutes plus a few minutes afterwards for questions. We are allowing great flexibility in the content of the flash talks. Faculty who are working with outstanding students are encouraged to ask them to present.

Abstract submission deadline is September 13. [Click here](#) for more information.

- **Vendor Expo**

Visit booths from Campus Dining, Campus Recreation, and Outdoor Adventures. Get ready for the benefits open enrollment period by visiting our participating organizations: Fidelity, TIAA, Delta Dental, Lincoln Financial, Eyemed, Caremark, and Priority Health.

- **Cooking Demos**

Campus Dining will be teaching you how to prepare healthy meals.

*[Registration](#) is encouraged but not required. Sponsored by members of the [GVSU Health and Wellness Task Force](#): Campus Recreation, Campus Dining, Human Resources, Sustainability, KCON, Public Health, GVSU Counseling Center, Biomedical Sciences, and Movement Science.*

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