



Jump Start! *To fitness, health, and wellness*

Do you know what Jump Start is? Gannon University started the employee Wellness Program on campus so you can be in the driver's seat to improving your quality of life. The wellness initiative is a comprehensive program designed to address many areas including physical activity, nutrition, obesity, stress, smoking, alcohol, office ergonomics, and health promoting behaviors for employees and their spouses. Are you aware of all the Wellness initiatives here at Gannon University? Start the semester off with one of the group programs! You can pick from Gannon Striders, Ballroom Dance Classes, and Weight Watchers. If you aren't one for doing things in groups, try out the directed

individualized wellness campaigns: Color Your Plate or Personal Nutrition Coaching! The Jump Start Committee will also have three informative presentations! Energy Therapy, Osteoporosis, and Recipes for the Holidays.

website at <http://www.gannon.edu/depts/HR/Benefits/wellness/index.html> or email the committee at

JumpStart@gannon.edu

The Wellness Program now has Lifestyle rewards points! All you have to do is participate in the Wellness Program! Points are accumulated from the beginning of the spring semester to the end of the fall semester. Check out the website for point values and the rewards!



If you are interested in any of these initiatives, please check out the Wellness

Erie Walks Competition

We are pleased to report that Gannon had first place in Week 2 with an average of 6.32 days walked per participant. Keep up the good walking! Here are some little words of encouragement: Walking helps beat other health

problems too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, reducing body fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for

medication. If you have any questions please contact Nancy Kujawinski at 871-7657 or

kujawins004@gannon.edu

Dates for upcoming GUSSA events!

October 16	Fall Membership Luncheon
November 13	GUSSA Meeting
December	Christmas Party
February 12	GUSSA Meeting
March 11	Women's History Month
April 8	GUSSA Meeting
May 13	GUSSA Meeting
June 10	GUSSA Summer Picnic

Little Reminders!

- Save your pink lids from Yoplait! Eileen Jolls is collecting and turning in the lids. Please mail your washed lids to the School of Education.
- Mark your calendar for the 4th Annual Employee Wellness Fair—February 5, 2008, 8:00 a.m. to 12:00p.m.

National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month, and we encourage you to visit this site in October and regularly throughout the year as updates and information and resources are added. http://www.nbcam.org/about_nbcam.cfm



Here are some questions and answers about breast cancer.

Q: How many new cases of breast cancer are estimated in the United States in 2007?

A: New cases of breast cancer in the United States are estimated to be 178,480 (female); 2,030 (male). Of these an estimated 40,460 (female) and 450 (male) will die from the disease. (National Cancer Institute figures).

Q: How common is breast cancer in the United States?

A: Breast cancer is the most common cancer in women, aside from skin cancer.

Q: What are the treatments for breast cancer?

A: The basic treatment choices for breast cancer are surgery, radiation,

chemotherapy, and hormonal therapy, which may or may not be included in the treatment regimen, depending on hormonal involvement in the growth of the tumor. Local treatments such as breast surgery and radiation therapy are focused on the breast itself to remove or destroy the cancer cells confined to the breast. Systemic treatment such as chemotherapy aims to destroy the cancer cells that may have spread throughout the body



Golden Harvest

Keep your ears and eyes open for time and locations for dropping off your donations for Golden Harvest. Student Living will be setting up signs and drop off locations for dry or canned goods! If you have any questions please call the Student Living office!



Membership Luncheon

You are invited to GUSSA'S Annual Membership Luncheon on October 16th in the Boardroom of Old Main. Flyers will be mailed out soon!

November 13th Meeting

Mr. Ron Kerman, Executive Director of Marketing, will be speaking on the new Gannon University brand, letterhead, and publications!

Log your steps!

Just a little reminder to log in your steps if you are participating in: ErieWalks or Striders! Go to www.gannon.edu/jumpstart. Click on the "Striders -log your steps" and log in. If you have any questions, contact Nancy at x7657 or kujawins004! Nancy needs everyone to submit their steps no later than 4:30 on Tuesdays!

Relay for Life of Gannon University

Gannon University will be participating again this year in the Relay for Life. The 2008 website is currently under construction and will go live sometime in October. Online registration will be available as soon as this happens.



The walk will be held on May 2, 2008 on the field next to the recreation center.

The students really participate and work hard for this event. Any support will be appreciated! Last year Gannon University raised over \$24,000! I'm sure this year we will be able to reach \$25,000! Keep your eyes out for information and GUSSA will keep you posted!