

Healthy Penguin Nation

The Healthy Penguin Nation wellness program conducted by human resources and the college well-being team has been awarded the Zo8 Award for 2024 by the Washington State Health Care Authority.

Run with your Penguins



Tired but triumphant, Clark's 30th annual Hood to Coast team poses at the finish line in 2016.

This addition to Employee News was submitted by Haley Tucker in Event Services.

Are you interested in running events outside of Clark? If so, we have created a Clark team with the below events. I hope you can join us.

Shamrock Run

Website: <https://www.shamrockrunportland.com>

Distances include: 4 mile Walk, 5K, 10K, 8K, 15K, and Half

Coupon code "PENGUINS" for an additional 10% off, through January 31st.

Team name: Clark Penguins

March 13, 2022

Hood to Coast

Website: <https://hoodtocoastrelay.com/htc/relay-info/>

Each of the 12 runners run 3 legs over the two-day event. Here is an info video to show you how fun this event is: https://youtu.be/1m_1Vm666bc

\$266 per runner.

We are also looking for drivers of our two 12 passenger vans.

August 26-27, 2022

If you have any questions, or are interested in joining, please send Haley Tucker an email at htucker@clark.edu.

Penguins are champion walkers



Oswald and some Clark College Walktober participants pose with their 2020 trophy.

For the first time, Clark College has won Walktober, a 31-day walking challenge between Clark College, Lower Columbia College, and Washington State University Vancouver.

Participants used fitness trackers and mobile apps to track steps and entered their daily activity on a Walktober log. The school with the most steps, Clark College, is presented with a trophy (and bragging rights).

The following three

Clark winners will be awarded prizes for taking the most steps:

- **1st place: Sydney Brahmavar from Environmental Science** with 843,756 total logged steps
- **2nd place: Aaron McPherson from Facilities** with 826,264 total logged steps
- **3rd place: Travis Kibota from Biology** with 720,732 total

logged steps

The **Departmental Walktober Challenge Winner** was Environmental Science, with an average daily total of 27,218 logged steps.

Official Walktober results

- **1st place: Clark College** with an average daily total of 9,694 logged steps (based on 68 participants).
- **2nd place: Washington State University – Vancouver** with an average daily total of 9,399 logged steps (based on 48 participants).
- **3rd place: Lower Columbia College** with an average daily total of 8,391 logged steps (based on 57 participants).

Now What?

- **Consider participating in the Free Fall Fitness Fun Run or Walk** on Tuesday, November 26 at 1:15 p.m. in front of Cannell Library.
 - **Keep up with your activity levels** by setting Specific, Measurable, Actionable, Realistic, and Timely (S.M.A.R.T.) goals, scheduling time on your calendar to move, and finding an accountability partner.
 - **Come to an event.** You can find upcoming events by visiting the **TLC Event Schedule**. Remember, we follow a more holistic model of wellness, so there are various ways to engage throughout the year. Check out the **Six Dimensions of Wellness** for more information.
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Healthy Penguin Walkabout is back for third year



Clark College welcomes the community to its third annual Healthy Penguin Walkabout on Saturday, June 2, on its main campus. This free, family-friendly event offers a wide range of opportunities for personal health assessments, wellness-related education, and healthy activities.

Activities run 10:00 a.m. to 1:00 p.m. and will take place both indoors and outside. Guests will begin their visit in Gaiser Hall, where they can register and receive an event passport as early as 9:30 a.m. Gaiser is most easily accessed from the Green 1 and Red 3 parking lots. Clark College is located at 1933 Fort Vancouver Way, Vancouver. Driving

directions and parking maps are available at www.clark.edu/maps.

This year's event is organized and volunteer-staffed by Clark College faculty and students from the Business and Health Sciences Unit, Clark College Athletics, and Child and Family Studies.

Free health assessments and learning activities include:

- Blood glucose levels
- Oral Health and Wellness
- Body mass index (BMI) and body fat percent
- Grip strength and balance
- Diabetes risk level
- Blood pressure and pulse
- Stress reduction strategies
- Sports skills challenge with Clark College athletes
- Children and families connecting with nature
- Medication safety
- See inside an ambulance

Stations on the walkabout will include children's activities, fun souvenirs, healthy snacks, a raffle for both adults and children, as well as additional prizes that include an annual membership to the college's Thompson Fitness Center. Children's activities include a "ninja warrior" obstacle course in the O'Connell Sports Center gymnasium. Guests are also invited to walk a half-mile "Penguin Pathway" through the college's beautiful, 90-acre campus and arboretum. Organizers are also collecting donations of non-perishable food and personal-hygiene items for the college's Penguin Pantry. Guests will receive one extra raffle ticket for every four pantry items they donate.

To learn more about the details of this event, visit www.clark.edu/cc/walkabout.

This event is a part of the college's focus on inter-

professional learning for Clark Business and Health Sciences students. “When healthcare disciplines work together, including business, healthcare is more efficient in terms of cost, resources, and time,” said Dean of Business and Health Sciences Brenda Walstead. “The event also increases engagement and learning among Clark College’s students, and provides the community with access to a wealth of information that can lead to healthier outcomes for all individuals.”

Anyone needing accommodation due to a disability in order to fully participate in this event should contact Clark College’s Disability Support Services Office at (360) 992-2314 or (360) 991-0901 (VP), prior to the event.

Photo: Clark College/Jenny Shadley

Clark College Wellness Team Walk Schedule



The Clark College Wellness Team includes, *left to right*, Steve DaMassa; Vanessa Neal; Guisela Eberle; Tahnya Huneidi; Veronica Brock; Darci Feider. Not pictured: Rebecca Benson and Julie Taylor.

Join your Clark College Wellness Team in celebrating SmartHealth Week, an annual celebration of health and wellness, June 5-11.

We will be waiting for you near the Chime Tower and will start walking promptly at the times listed below. Remember, you can join us on the college's Penguin Pathway at any point during a walk (search for the blue shirts). Invite a fellow Penguin to walk with you!

As supplies last, there will be SmartHealth giveaways for those who join us.

Scroll down for next week's activity schedule and remember, your wellness matters!

New to SmartHealth? See what it is about by watching the SmartHealth How-To video.

Walk Schedule

Note: All walks start at the Chime Tower.

Monday, June 5

- 10:00 a.m. – 10:15 a.m.
- 2:00 p.m. – 2:15 p.m.

Tuesday, June 6

- 12:15 p.m. – 12:30 p.m.
- 2:00 p.m. – 2:15 p.m.

Wednesday, June 7

- 11:00 a.m. – 11:15 a.m.
- 4:30 p.m. – 4:45 p.m.

Thursday, June 8

- 10:00 a.m. – 10:15 a.m.
- 2:00 p.m. – 2:15 p.m.

Friday, June 9

- 12:00 p.m. – 12:15 p.m.

Photo: Clark College/Jenny Shadley

Congratulations to our Walktober champs!



Haley Tucker

Thirty-Eighty Penguins got up and moving during the month of October for the second Walktober Challenge against the WSU Vancouver Cougars and the Lower Columbia College Red Devils. Collectively, Clark logged in 12,412,963 steps – earning second place in the college challenge. Way to go, Penguins!

The top three participants at Clark were:

- **1st Place:** Haley Tucker *1,019,955 steps*
- **2nd Place:** Garrett Hoyt *953,790 steps*
- **3rd Place:** Travis Kibota *673,157 steps*

Article and photos submitted by Vanessa Neal.

Help the Penguin Nation get healthier



Did you attend a wellness seminar?
Participate in a wellness event? What
are your wellness interests?

The Healthy Penguin Nation team is asking for your feedback to these and other questions, which will help focus our planning efforts and ensure the wellness program is relevant to your needs and interests.

You can access the survey through **May 20** by following this link: [Healthy Penguin Nation Wellness Program Survey](#)

Thanks for your participation!

Get Ready to Run



Members of Team Penguin 2013 show off their tees. (Oddly, organizer Joe Jenkins, *front right*, is wearing a shirt and tie.) *Photo: Clark College/Alison Pezanoski-Browne*

Once again, academic advisor Joe Jenkins is organizing a Clark College team to run in the next Shamrock Run, held March 16 in Portland. Last year, 115 members of Team Penguin completed one of the courses—which range from a 3.1-mile walk to a 15-kilometer run—raising \$575 for the Alex Montoya Scholarship Fund at Clark College Foundation. Interested in learning more? Jenkins has created a Facebook page for team members to share information, schedule training runs, and cheer each other on.