



Newton South Wellness Newsletter



The Global Wellness Institute defines wellness as **the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.**

Welcome to Volume 7, Issue #3 of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into five sections: Wellness Dimension Focus, Message from the Editor, What's New(it's new!!), Wellness in the News, and Tips for Living. Let's get started!

Wellness Dimension Focus – Environmental Wellness – The ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us. The ability to make a positive impact on the quality of our environment be it our homes, our communities or our planet contributes to our Environmental Wellness. (<https://you.stonybrook.edu/bewell/7-dimensions-of-health-and-wellness/>)

Message from the Editor (Mr. Rotatori, Wellness Department Head) - I had just finished watching the daily news and they were reporting that by 2050, five major east coast cities will be dealing with rising ocean water. My first thought was, oh good, one of those cities is not Boston and it won't impact any of my immediate family or friends. That's all the thought I put into it until I started writing this newsletter. We are so numb to news like this that we hear it and it doesn't necessarily ring any alarms but what they said was OUR COUNTRY IS SINKING! Is that better? Did I get your attention? Oh, I know the solution, let's pay a private company to build a spaceship and land on the moon, just in case we need a new place to live. No, it is time for us to make real changes and YES, you CAN make a difference by changing things in your own environment. I read an article in Consumer Reports about plastics infiltrating our food and water sources. The next day I was packing my lunch for work and realized that I was putting everything in small plastic bags that I would eventually throw out after lunch. I have been doing this for 34 years! Not anymore! I immediately bought myself a reusable lunch container([ECOlunchbox](#)). My future goal is to eliminate as many plastics in my life as I can. If you have ever met me then you know I have a slight passion for fishing(understatement of the year). I have been thinking about this lately because most of the fishing lures I use are made of materials that are not biodegradable or environmentally friendly. As I head into retirement at the end of this year, I will be making every effort to change this habit. Maybe I will start my own fishing lure business? After all, I will have plenty of time on my hands!

What's New! - We continue our efforts to provide the highest quality wellness education for our students at Newton South. Here are a few more NEW things happening this year!

- NEW BABY BOY! PJ had a baby boy, welcome Spencer James to the family!
- Coming Soon! New Bulletin in field house lobby showing off student created work "raising awareness" and "offering support" from our Health classes
- Technology additions - our fitness classes will be using new wrist monitors that will supply valuable feedback on time, heart rate, steps, and more!

- Battle Ropes - in the next couple of weeks battle ropes will be installed in the fitness center. Battle ropes are used to burn fat, build muscle, and improve your cardio conditioning.
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Wellness in the News –Environmental Wellness: The Human Footprint - Chris Martin Mahr/ WWF - Canon

THE HUMAN FOOTPRINT

The Human Footprint



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The Human Footprint

OVERVIEW

In a typical day, you might drive to work, do a load of laundry, or watch TV in an air-conditioned room. Every one of those actions comes with a price that extends beyond the one measured in dollars and cents withdrawn from a bank—this price comes in the form of natural resources withdrawn from the Earth.



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By adding up all of those withdrawals, we can calculate the human footprint on the planet—a measure of how much we are using the Earth’s natural resources. The withdrawals come in six categories:

- **Carbon:** A measure of carbon emissions, represented by the amount of forest land that would be needed to sequester carbon dioxide emissions, not including the fraction that is absorbed by the oceans and leads to acidification.
- **Cropland:** The amount of cropland used to grow plants for food, fiber, animal feed, and commodities including oil, soy and rubber.
- **Grazing land:** The amount of grazing land used to raise livestock for meat, dairy products, hide and wool.
- **Forests:** The extent of forests required to supply timber, pulp and fuel wood.
- **Fishing grounds:** The estimated primary production required to support the fish and seafood caught in freshwater and marine environments.
- **Built-up land:** The amount of land covered by human structures, including transportation, housing, industrial structures and reservoirs created by dams.

At the same time, we calculate the planet’s total biocapacity—Earth’s ability to produce natural resources, provide land for humans to build on, and absorb waste such as carbon emissions.

Put the two numbers together and the problem becomes increasingly clear. It takes a year and a half to generate the resources that the human population uses in only a year. Simply put, this is not a sustainable path for our planet's future.

Another way to look at this is to say that it would take 1.6 Earths to produce all the renewable resources we use. And worse, the human population is expected to use the equivalent of 2 Earths of renewable resources per year by 2050. The effect of this overuse is a growing scarcity of resources—2.7 billion people, for example, already face water scarcity at least one month out of the year.

Tips for Living – “We do not inherit the earth from our ancestors; we borrow it from our children.”

- **Chief Seattle**

Choose  Kindness!