



Nutrition Incentive Program Teaches Value of Healthy Living



BYU—Idaho employees and students now have a new reason to eat healthy and exercise: to win a new set of wheels—mountain bike wheels, that is.

The Wellness Center at BYU—Idaho is sponsoring the Nutrition Incentive Program to help educate employees and students about the important role that healthy eating and exercise play in their lives. The participant with the most points at the end of the program will win the grand prize mountain bike.

Both employees and students are encouraged to participate in the program. “We want to help everyone improve their nutrition,” said Kristin Gibson, assistant director over the Nutrition Incentive Program.

Participants are required to keep a food journal and record everything they eat for two days. A nutrition specialist at the Wellness Center will then evaluate their diets and help participants establish personalized healthy eating plans.

Healthy eating plans are based on the individual needs of each participant. For example, if participants want to manage their weight more effectively or increase energy levels, a specialized eating plan will help them meet their goals. Eating plans are based on food serving sizes rather than calories.

Each week, participants are required to meet with a nutrition specialist from the Wellness Center to evaluate their progress and make necessary adjustments. At that time, points earned will be tallied.

To earn points, participants fill in a chart provided to them by the Wellness Center. This tracks their commitment to the eating plan as well as exercise and overall health.

Although the main point of the program is to improve nutrition, additional points can be earned by exercising, participating in fitness classes, strength training, stretching and meeting with a campus fitness consultant. A separate category in which participants can earn points is non-fitness related but pertains to overall health. Such categories include daily scripture study; “you time;” and attending devotional, firesides, concerts and family home evening.

Points are tallied weekly, and at the end of Winter Semester, the participant with the most points will win the mountain bike grand prize. Two other runner-up prizes will also be awarded.

The Wellness Center promotes and facilitates health and wellness among the entire BYU—Idaho community through incentive programs as well as preventive, therapeutic and health care services. The Nutrition Incentive Program is a free service offered by the Wellness Center. The Center is located in Hart 152.

Winter 2009 Enrollment

The number of students attending BYU—Idaho in Winter Semester 2009 has slightly decreased when compared to Winter Semester 2008.

Official enrollment statistics show the headcount standing at 12,667 students compared to 13,292 students a year ago—a 4.7 percent decrease from Winter Semester 2008.

The level of full-time equivalent (FTE) students has also decreased from 11,769 to 11,474—a 2.5 percent drop from last year. FTE is calculated by taking the total number of credits for all students and dividing it by 15.

Last year, BYU—Idaho was at the “high end” of its target enrollment with 11,769 FTE students enrolled. BYU—Idaho projects that 11,600 FTE students will be enrolled each semester, and tries to cap enrollment at that number. With 11,474 FTE students officially enrolled for Winter Semester 2009, “we are within range of our projection for enrollment,” said Kyle Martin, university registrar.

There are two reasons enrollment has decreased, according to Martin. First, the number of students that were enrolled

in the Spring and Fall 2008 semesters and then continued their enrollment into Winter 2009 slightly declined. In general, poor economic conditions are to blame for causing some students to discontinue their enrollment.

The second reason for the decline stems from a change in the way students are now counted. Off-campus students participating in opportunities such as internships or student teaching are no longer counted in the total headcount.

DMBA Financial Planner

A DMBA financial planner will be on campus Tuesday, Feb. 17, Wednesday, Feb. 18, and Thursday, Feb. 19. If you would like an appointment, please call Human Resources at x1130.

Birthdays: Feb. 12-18

- 12 Jason Hunt, Biology
Alynda Kusch, Home & Family
- 13 Richard Neff, Comp Science & Engineering
Thomas Rane, Home & Family
Brenda Reeser, Univ. Aid & Scholarships
Matt Stucki, Grounds
Bill Twitchell, Ag Bus Plant & Animal Science
Greg Wilson, ROTC
- 14 Hyrum Conrad, Theatre
Scott Franson, Art
Gerald Griffin, Art
Kehaulani Molifua, Online Learning
Jerry Phillips, HVAC
Nykolus Vail, Electrical
David Woodbury, Structural Shop
- 15 Karen Dayley, University Store
Harmon Esplin, ROTC
Derek Fay, Student Act/Peer Instruction
Darin Lee, Purchasing
JoAnn Peters, Campus Police
Gwendolyn Stott, Nursing Programs
Earl Tolman, Health Science
Zebulun Weeks, English
- 16 Jason Brown, Art
Judy Kay Drake, Student Life
Richard Hollinger, Infrastructure
Mary Martin, Grounds
Warren Moore, Catering
- 17 Tyler Andreasen, Financial Services
David Barker, Architecture & Construction
Byron John, Horticulture
Theron Josephson, Hist/Geog/Pol Science
Daniel Porter, Custodial
Ryan Sargeant, Chemistry
David Teichert, Tutoring Center
- 18 Suzanne Williams, University Aid

Devotional: Rulon Nielsen



Brother Rulon Nielsen was born in Rexburg and raised in Idaho Falls. He graduated from Idaho State University with a bachelor’s degree in architecture.

Since then, he has worked in private practice, in the building department for the city of Idaho Falls, and at the Idaho National Laboratory. In 1998, he came to BYU—Idaho to work as the campus architect and now serves as the facilities planning and construction director.

Brother Nielsen has served the Church in many capacities. He was a missionary in the Uruguay/Paraguay Mission, and has acted as a counselor in a bishopric and an elders quorum presidency. He has also taught in many organizations of the Church. Currently, Brother Nielsen serves as the assistant to the high priest group leader.

Brother Nielsen and his wife, Carol, are the parents of five children. They also have four grandchildren with two more expected in the spring.

For Sale

1997 Pontiac Bonneville SE, well maintained, many new parts. 171,400 miles. Asking \$1,500. Call 496-1143 between 7:30 a.m. and 5:30 p.m.

Thank You

Thank you for your kind support and love during our time of need. We are truly grateful.
Philip Ricks family

Thank you for the beautiful flowers, cards and telephone calls at the recent loss of our mom, Shanna L. Henderson. She loved her years of service at Ricks College. Your friendship and thoughtfulness are sincerely appreciated.
Shane & Louise Ricks, Jeff & Teresa Brewer, Arden & Connie Ricks, Lael Miller, and Julie McCowan

My brother and I would like to thank the university and the employees in Physical Facilities for the beautiful plant that was sent to the funeral of our father, Bill Forbush. We are both so grateful to be part of BYU—Idaho. Thank you.
Bruce & Holly Forbush, Craig & Lauri Forbush

<p>News & Notes A weekly publication of University Communications</p>	<p>226 Kimball Bldg. Rexburg, ID 83460-1660 (208) 496-1150</p>
<p>If you have information for future issues, please contact Andy Cargal at 496-1537 or e-mail cargala@byui.edu</p>	<p>News & Notes Staff Jessica Anderson, Emily Crane, Veronica Chugg, Kjerstin Wittwer, Erica Colvin, Scott Raney</p>