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09/26/1990 - Festival of Health and Wellness

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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

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FILE COPY

FOR IMMEDIATE RELEASE:

FESTIVAL OF HEALTH AND WELLNESS

CHARLESTON, IL--WellFest '90, a festival of health and wellness for all ages, Sept. 29, at Eastern Illinois University, will have a variety of health screening booths to help individuals learn about their personal health and how to maintain or improve it.

The festival is sponsored by Eastern's College of Health, Physical Education and Recreation, with the center of activity in and around Lantz Building on Fourth Street.

"The health screenings, given from 10 a.m. to 4 p.m. in Lantz Gym, provide visitors a chance to be tested for free or at minimal cost. They can also find out if further medical attention is needed. That's what WellFest is all about: learning what health is, becoming healthy and staying that way," said David Dutler, director of recreational sports at EIU and WellFest coordinator.

The EIU Adult Fitness Program and Human Performance Lab will offer a battery of health and fitness screening items. "These selected tests can evaluate certain aspects of physical fitness. They also may simply wave a red flag for someone who may have elevated blood pressure, excessive body fat or abnormally low pulmonary functions," said Tom Woodall, professor of physical education and director of the Adult Fitness Program and the Human Performance Lab at Eastern.

Tests include explosive power, flexibility and grip strength for the fitness portion, and blood pressure, lung volume and body fat for the health portion. The free tests will be administered by EIU faculty and graduate students from the physical education department.

Dr. Mark Esarey of Charleston will offer free vision tests and cataract screenings, including testing vision with and without glasses and making recommendations as to whether an eye care professional is necessary.

Dr. Robert Montgomery of Charleston will provide simple foot screening and information on the scope of podiatric medicine and how to keep feet healthy.

EIU Speech and Hearing Clinic professionals will screen participants' hearing using a portable audiometer, which analyzes whether one's hearing is good or a more thorough exam is needed. The screening is free.

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WELLFEST '90

Central Illinois Physical Therapy will provide information about physical therapy and demonstrate an electromyographic unit, which visually and audibly tests the amount of activity in a muscle.

Lincolnland Visiting Nurse Association will offer free blood pressure checks throughout the day and blood sugar tests for a \$2 donation. Cholesterol screening will be offered by the Coles County Health Department for a \$2 fee.

Other health related organizations offering information at WellFest '90 will be the American Cancer Society, the American Lung Association, the Embarras River Basin Agency-Family Planning, Lake Land College Dental Hygiene department, the Leukemia Society and Effingham's St. Anthony's Memorial Hospital.

In addition to the exhibits, WellFest offers activities for sportsmen, outdoorsmen, senior citizens and children.

One activity for all ages is the Volksmarch, designed to promote walking as an exercise. Participants may register and begin the walk anytime from 7 a.m. to 1 p.m. on Saturday at the tent near the Campus Pond.

Other related activities include a "Take Back the Night" Safety Walk on Friday evening, an American Red Cross Crossover Training Course on Friday and Saturday and a 5-K run on Saturday.

For more information about any of these activities, call the EIU Rec Sports Office at 581-2821.