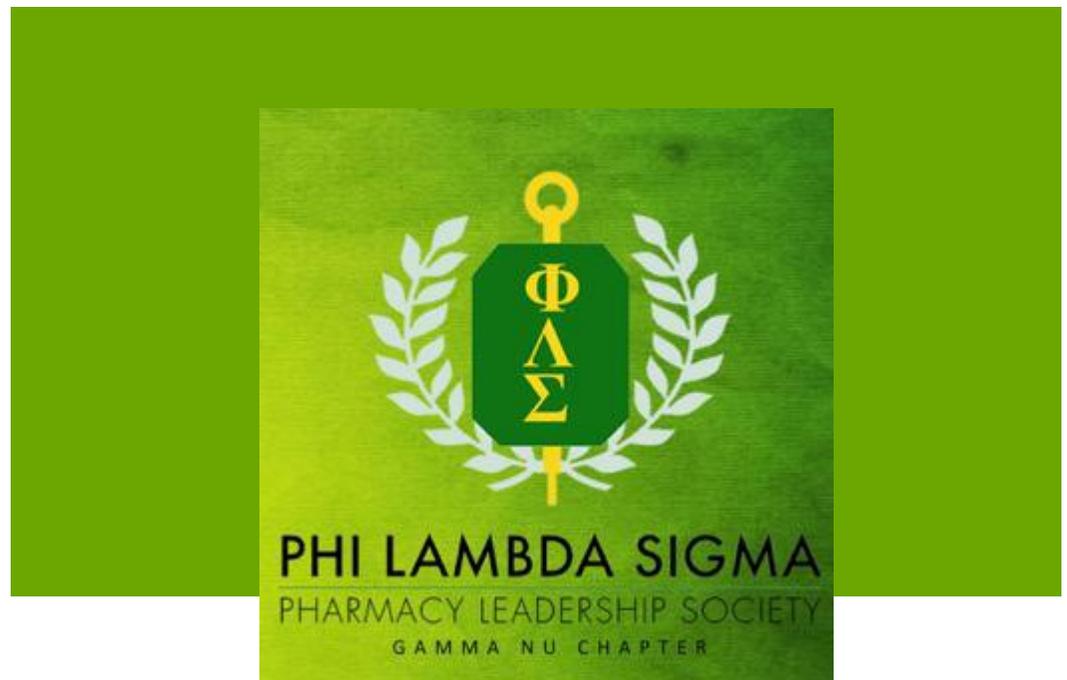


WESTERNU PLS

NEWLETTER

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New Beginnings

By Jane Kim, President, PharmD 2019



As the semester comes to an end, our newly initiated Phi Lambda Sigma Gamma Nu Executive Board is just beginning our term. As I look forward to serving our Chapter, I also look back at previous Gamma Nu Executive initiates, and am reminded of the legacy we need to maintain and cultivate. Even now, a month after being inducted, I can still feel the pride and honor that comes with PLS membership. As the next president, it is my goals to expand upon this prodigious standing that invokes such pride.

As we start off our term, I want to thank the 2015-2016 Gamma Nu Executive Board in whose footsteps we follow. Sandy Hoang, Melissa Nuesa, Edwin Tong, Brandon Huang, Vincent Mach, Gorby Singh, and Adrian Lau have laid out a strong foundation for us to build upon. And under their guidance, we have begun to make PLS Gamma Nu our own. To start off our term, we have finished our proposal for the 2016-2017 Leadership Challenge application with the full support of Dean Robinson. This challenge was a fun and creative outlet for our board, and has opened a flow of ideas I hope to carry into our term. Having worked together on the Leadership Challenge, I cannot aptly express what a privilege it is to work with such a talented group of leaders. Each new initiate brings a unique perspective and set of experiences which I hope to capitalize upon to expand Gamma Nu Chapter's presence both on and off the WesternU campus.

To every Gamma Nu member and alum, I want to express a simple "Thank you" for inducting us into this exceptional society. Just as our new board has been invited to carry on PLS's legacy, we invite all Gamma Nu members to reach out to any board member with ideas, questions, or concerns. With your help, our 2016-2017 Phi Lambda Sigma Gamma Nu Executive Board hopes take our chapter to great heights.

The Leader Within

By Phi Nguyen, PharmD 2017

To many of us at WesternU, we believe that leadership involves holding a title in one of the various organizations we have on campus. Though that is one type of leadership, I would like to remind you that your choice to be a pharmacist is a decision to be a leader. As a pharmacist, you are depended on in a team. You lead a group of individuals. Patients depend on you for their safety and wellbeing. You are a leader.

Now we often forget this important feature as we cram for exams, stress over which rotations we should pick, and prepare our letter of intents for our future careers. This leadership aspect that each of you possess really lies dormant, until one day while at work, you are left to be the one in charge. That is when it matters. So why wait until then? It takes repetition to be comfortable and experienced to do anything, and the same can be said in leadership. Whether you are a 1st year, 4th year, or a pharmacist now, be the leader of your profession. Be involved and active in your school organizations or local associations. Be a part of volunteering events. Be in charge of the setting up a timeline for your team. Be the one at work to accept challenges and encourage your colleagues to achieve whatever tasks. Be motivated to connect with others. Just do something more. With every dedicated and involved action, you are honing this leadership skill that is so important to our profession; so be the leaders whom society views us to be.

Congratulations and welcome to the PLS family!





Nutrition and Exercise in Pharmacy School

By (Gorby) Divvjyot Singh, PharmD 2018

Students continually struggle in balancing time with the rigors of pharmacy school. Students must prioritize time among curricular classes, outside academic involvement, extracurricular commitments, family commitments, and a working life. Most of all, health is undermined and taken from granted. All students, in any respective year, can benefit by delving an hour of their time daily to either nutrition or exercise. These seven hours on a weekly basis can help improve confidence and attitude on numerous avenues of a student's life in pharmacy school.

The following are simple changes a student can make to be a little healthier.

Nutrition:

General tips

- Cut out soda and substitute with water
 - Goal: consume half to a full gallon of water a day
- Substitute chips with fruits
- Implement a snack between breakfast/lunch and lunch/dinner
- Make sure to eat three times a day to fuel your body. If you do not eat breakfast then have light snack.
- Lunch and dinner should consist of some sort of veggies, protein and carbohydrates. Avoid fast food for one of the meals (try to incorporate lean meats like turkey, tuna, or salmon).
 - Goal: If you eat fast food 5 times a week then cut it down to 3. If you eat fast food 3 times a week then cut it to 1-2 times. Try to incorporate a healthy meal for dinner and it will automatically take out a fast food meal.

Types of snacks: sliced apples with peanut butter, cashews or mixed nuts, power/protein bar, fruit smoothie, Greek yogurt with strawberries, OR make something creative you will like.

Fruits: apples, bananas, kiwis, pineapples, strawberries. Rotate around 3 types of fruits/week. Have at least one fruit a day.

Exercise:

- Walk 20 minutes everyday (increase to 30 minutes when you are ready)
- Try to incorporate some sort of full-body workout 3 times a week for strength. This does not need to be anything hard. An example is provided in the reference.*
- If you have gym membership, then use it (easier to pay for membership than consistently go to gym). Try to join the classes at the gym; this will make it a fun experience. Pick up a sport and make it a hobby when exams are not around the corner.

Time (7hours/week)

- Allocate time to prepare meals (pick one day) and write down what you will do and prepare your meals (1-2 hours)
- Allocate time to go to gym or do a home full-body work out (3-4 hours)
- Walk or play some sort of sport (1 hour)

Remember, only you can choose your lifestyle and the choices you make. In the end, an unhealthy lifestyle can catch up with you.

Closing remarks:

Stay active and stay consistent. REMEMBER, this is all a process. Make good choices that can develop as habits. These habits will follow you in the rest of your lives!

Friendly Apps/websites (free):

- MyfitnessPal App, Mapmyrun App
- CDC diet/habit guideline
- Myprotein.com full body workouts

#NOEXCUSES™
 → workout series
 Full Body Workout

WARM UP 5- 10 MIN

15 MOUNTAIN CLIMBERS
15 SQUAT JUMPS
45 SEC PLANK
10 BURPEES
45 SEC JUMPING JACKS
15 PUSHUPS
25 SUMO SQUATS
45 SEC BUTT KICKS
45 SEC PLANK
15 MOUNTAIN CLIMBERS
25 SQUAT JUMPS
15 PUSHUPS
30 JUMPING JACKS
10 BURPEES
REPEAT 2-3XS

COOL DOWN 5 MIN

HAIRSPRAYANDHIGHHEELS.NET

Workouts like these are perfect to begin with and start building strength.

* Reference

<http://www.myprotein.com/thezone/training/full-body-workout-bodyweight-exercises-fat-burn/>
http://www.cdc.gov/healthyweight/losing_weight/eating_habits.html

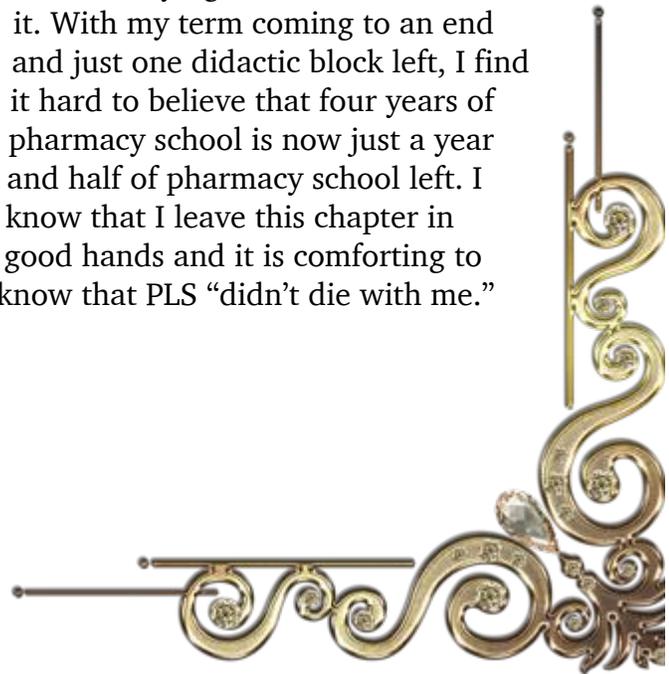
Closing Thoughts

By Sandy Hoang, PharmD 2018



It seems like yesterday when I took the oath to serve as President of Phi Lambda Sigma Gamma Nu chapter. At the time, I didn't know what I was getting myself into, but I knew that I was in good hands because I was surrounded by a strong executive board and guided by a fearless advisor. Our mission inspired the events that we have hosted, which is to support leadership commitment by recognizing leaders and fostering leadership development. We spent the year inspiring pre-pharmacy students to get involved and be aware of where our profession is headed, welcomed first-year students to our WesternU family, focused on the importance of time management at our annual Leadership Retreat and inducted another class of ambitious individuals into our society.

It has been an eventful year for PLS and I would be lying if I said I wouldn't miss it. With my term coming to an end and just one didactic block left, I find it hard to believe that four years of pharmacy school is now just a year and half of pharmacy school left. I know that I leave this chapter in good hands and it is comforting to know that PLS "didn't die with me."



PLS Welcomes the New Initiates to Our Family!



PharmD 2019

Yasmeen Altawaty
Sun Chang-Vega
Alvin Fong
Jane Kim
Clarissa Ko
Mikaela Sampayan

PharmD 2018

Chris Beecher
William Lu
Kevin Mai
Thao Nguyen
Lauren Okine
Violet Valencia



PharmD 2017

Elizabeth Akhparyan
Jennifer Briggs
Shawn Healer
Eunice Kim
Jaime Lu
Alex Poladian

Faculty of the Year

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Authors

Sandy Hoang
Jane Kim
Phi Nguyen
(Gorby) Divvjyot Singh

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Sun Chang-Vega
Mikaela Sampayan

