

# GAMMA-RHO HEALTH & WELLNESS



# KAPPA SIGMA FRATERNITY

FELLOWSHIP • LEADERSHIP • SCHOLARSHIP • SERVICE



## Our Vision

**Gamma-Rho's vision is to provide our members with a great college experience; to ensure they are career-ready; to start a lifetime of friendships; and help them have successful lives.**

- We will be a values-driven organization.
- We will be innovative and not afraid to lead.
- We will adapt as it makes sense and will collaborate with our campus & community stakeholders.
- We will focus on creating a fun and healthy environment.
- We will provide a quality living-learning environment.
- We will recruit those focused on academics, campus & chapter involvement, career-readiness, diversity & inclusion, leadership development, service and respect for differences, as well as those with a competitive spirit.
- We will on-board our members successfully, ensure our members are career-ready, and help them develop a lifetime affinity to Gamma-Rho, Kappa Sigma and the University of Arizona.

Welcome to the University of Arizona and the Wildcat Nation Family as well as the Brotherhood of the Gamma-Rho Chapter of Kappa Sigma Fraternity here on campus! As you pursue excellence in your academic career, develop lifelong friendships, enjoy a wide variety of social experiences throughout campus and Greek life, it is important to maintain focus on your physical and mental health and well-being.

We want to give you some tips to help you develop the most solid and secure foundation as you begin to build upon the strengths learned in childhood and your high school years. It is important to understand that life happens while you are working towards your future dreams and goals, and equally important to understand the difference between a minor inconvenience and a life altering event. We know the resiliency that you bring to the situation and the healthier you are in both mind and body, the more you can hurdle through life's obstacles and not lose sight of the finish line you set for yourself.

As a Brotherhood, we are committed to helping you develop this resiliency. One way we can help is by directing you to resources early and often should we see problems arise. As you will learn, part of Brotherhood means being your Brother's Keeper and looking out for each other. This allows a safer journey throughout college and beyond.

Our sincerest desire is for you to achieve true success both professionally and personally now and in the future. Adopting healthy routines and habits is a critical element in the foundation of that success. AEKDB!

## Eating Well

Nutrition is the first step in taking care of your body and your life. The right food improves your mood, your health, and your abilities. Food is the fuel your body uses to perform all daily activities and inferior fuel sources can lead to suboptimal performance in all areas of life. Some key factors to consider include:

- A. A well-balanced diet consisting of a combination of fruits, vegetables, proteins, and carbohydrates. Fad diets and severe calorie restriction may achieve short term goals but are generally not sustainable or healthy for a lifetime.
- B. Hydration can be critical. This is especially true in the hot summers of Arizona, but even during optimal temperatures, your daily activities may require additional water stores, especially if you are engaging in exercise activities.
- C. Be aware of sugary foods and drinks. The impact of these empty calories on a diet can often be much higher than you think, especially if you are attempting to achieve certain fitness and weight goals.

Maintaining an optimal weight has many long-term health benefits and learning healthy nutrition strategies while young can help to prevent many disease complications later in life. At the same time, establishing a healthy relationship with food is important as there

are many individuals who struggle with over and undereating. Resources are available to help you maintain a healthy diet as well as support you if you are struggling with unhealthy relationships with food.

For more information, consider an outreach to student health services:

[Health and Wellness for Students at the University of Arizona](#)

## Exercise and Fitness

Getting moving doesn't need to be a huge push. Whether you're going for a walk or running a marathon, you're doing good things for your health. If you've never exercised regularly before, there's no better time to start than now. At the same time, if you've been regularly active in sports and fitness, it is important to continue these habits through your college years and beyond. Intramural activities provide an excellent opportunity to participate in athletic competition on campus and Kappa Sigma has a long tradition of fielding teams in all sports. You'll also find that part of campus life includes access to a state-of-the-art fitness center with a multitude of group classes as well as facilities and equipment for individual workouts. Whether you're a complete novice or a regular gym goer, there's a place for you to start to meet your fitness goals and expectations. You'll also find the same diversity in your Brothers! Pair up with someone at your fitness level and you'll find that having a "workout buddy" helps you to both achieve your goals as well as maintain consistency during times when it might be tempting to remain sedentary. One of the best strategies to maintain a healthy mood is to have regularly scheduled activity on your calendar too, so don't underestimate the benefits that exercise and fitness can have on both your physical and mental well-being!

## Mental Health

There are many firsts in your college years: first time away from home, first time living on your own, first time doing laundry. Most of these firsts will be new but fun and other than an inadvertent pink shirt or pair of socks, most will likely end well with a funny story to tell later. However, your early college-age years can also be a time for other firsts that are more serious including first episodes with conditions including, depression, anxiety, and for some, serious mental illness. It is normal and even expected to have bouts of "home-sickness" as you adjust to the life-changes college brings and having your Brothers by your side and supporting you can be a good way to get past these episodes quickly and get into the many opportunities that campus life has to offer. But for some, these are not normal bouts of missing a previous home life but instead the start of a potentially serious mood disorder or more.

If you are experiencing exaggerated feelings of sadness, fear, or panic, you are not alone and there is help. Mood disorders are among the most common mental illnesses suffered by many and they should not be stigmatized as being any different than a physical diagnosis. The best thing you can do is to reach out for assistance early and often. At the same time, people experiencing issues with their mental health may not always be the first to recognize the changes they are exhibiting, and it is imperative as a Brotherhood that we look out for one another. If you see a Brother having issues that concern you, reach out to your chapter advisor or health and wellness advisors to discuss your concerns. And again, campus health can be a very valuable resource for those seeking assistance with mental illness of all types as well:

[Health and Wellness for Students at the University of Arizona](#)

## Substance Use Disorders

The University of Arizona and the Gamma-Rho Chapter of Kappa Sigma Fraternity have very specific rules and regulations surrounding the use of various substances, both legal and illicit. There are also many State and

Federal regulations of these substances including age requirements for those considered to be legal. These will be discussed in depth as part of your obligations during your new member/pledge period of Kappa Sigma. If you choose to voluntarily partake in the use of legal substances, you must be in compliance with all the rules and regulations subject to you as a student of the university and Brother of the fraternity and any violation of such can result in severe consequences including expulsion from both organizations. At no time should you ever feel pressured or coerced into engaging in any of these activities and if you feel this is occurring in any form, it is your obligation to inform the chapter advisors and/or health and wellness advisors. If you see something, say something!

At the same time, college students engaging in activities like drinking alcohol for the first time, even legally, may not be prepared for the associated effects and consequences. The Brotherhood of Kappa Sigma Fraternity exists to enhance your college experience and beyond and should be an added benefit to your life. We never want to see any Brother struggle with the disease of addiction or suffer the consequences of poor choices while under the influence of mood- and mind-altering substances. You are your Brother's Keeper, and they are yours; if you see someone struggling with addiction or recognize a problem in yourself, the quicker you reach out for help, the better. Your chapter advisors and health and wellness advisors are here to assist you with these issues should the need arise. Again, don't try to hide or suffer in silence or shame and know that if you find yourself in this situation, you are not alone.

## Suicide Awareness and Prevention

Death by suicide is the tenth leading cause of death in the US, and the second leading cause of death for people 15-34. If you or your Brother are struggling with these thoughts, DO NOT stay silent and DO NOT think you can handle this problem alone. This should be considered a Mental Health Emergency in all cases! Do not think you have the expertise to determine when someone is serious in their intent or when they are just joking or attention seeking. Reach out to your chapter advisors and/or health and wellness advisors immediately or call 911. This is a preventable cause of death if actions are taken quickly and definitively. Additional resources include:

**National Suicide Prevention Lifeline: 1 (800) 273-8255**

**Crisis Text Line: Text HOME to 741 741 from anywhere in the USA**

## LGBTQ Health

The University of Arizona and the Gamma-Rho Chapter of the University of Arizona are both LGBTQ inclusive organizations. While most people will often tell you that they knew who they were from a very early age, the college years may be the first time that they officially "come out" publicly to friends and family. We have certainly had many Brothers of Kappa Sigma do so throughout the years and we don't love and care for them any less....they are still and always be your brothers for life. At the same time, revealing this very personal and important aspect of who you are can present many challenges and difficulties that are unique to this community and we want to be as supportive as we can to them. There are many organizations on campus that can provide such assistance including direction from campus health:

[Health and Wellness for Students at the University of Arizona](#)

## Advancing the Racial Dialogue and Inclusivity

It should go without saying that in addition to LGBTQ inclusivity, both the University of Arizona and the Gamma-Rho Chapter of Kappa Sigma Fraternity remain open organizations to all races. Kappa Sigma Fraternity in particular recognizes the importance of diversity in its ranks and celebrates the inclusion of Brothers of all races

and the benefits such diversity brings to the organization as a whole. Racial intolerance in any form will not be accepted and any witnessed acts should be reported immediately to your chapter advisors and/or health and wellness advisors.

## Final Thoughts

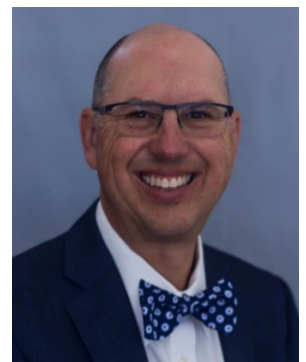
Your college years are some of the most exciting and memorable times you will ever experience, and we are thrilled that you have considered Greek Life and the Gamma-Rho Chapter of Kappa Sigma Fraternity to play a part in this experience. The Fraternity has much to offer you now and in your future endeavors and what you get out of it is very much equated to what you put into it. Your college years are filled with new and exciting choices and it is our hope to guide you along a healthy path and steer you towards the best choices for you. Our goal from a health and wellness perspective is to see you develop into a complete individual that is the best they can be in both body and mind because your health is the foundation for all you will do and accomplish in your undergraduate years and beyond. It is our hope that this foundation is what you use to build on to develop your career and personal relationships later in life and that you will give back and pay it forward as an Alumni to the undergraduates who will follow you.

**“Kappa Sigma...not for a day...  
an hour...or a college term only...but for life”**



**Isaac Martinez, MD** grew up in Southern Arizona and attended the University of Arizona for both undergraduate and medical school and was initiated into the Gamma Rho Chapter of Kappa Sigma Fraternity in 1992. After completion of a dual residency program in Internal Medicine and Pediatrics at Maricopa Medical Center and Phoenix Children’s Hospital, he started an Adult Hospitalist company in the East Valley of Phoenix and practiced for over a decade. Today, he is the Senior Medical Director of National Inpatient Trend Management and Core Case Management for Cigna Healthcare.

**Randal Christensen** grew up in Tucson and started his career at the University of Arizona in 1985. He pledged Kappa Sigma in 1988 and served as Chair of Philanthropy and Grand Procurator. After graduating in 1990 from the University of Arizona with a BA in Sociology, Randal Christensen earned both his MD and his MPH degrees from Tufts University School of Medicine in 1995. He then began a four year combined Internal Medicine and Pediatrics program in Phoenix, Arizona. Currently he serves as the Chief Clinical Information Officer for Chiricahua Community Health Centers in Southern Arizona. He lives 2 miles away from his childhood home and a short distance away from the UofA.



**[www.uakappasigma.org](http://www.uakappasigma.org) | [www.kappasigma.org](http://www.kappasigma.org)**

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