

Healthy Hall of Fame

Mavourneen Rister- Faculty (English) – Winter 2019

Getting to Know Mavourneen:

Mavourneen has been clean and sober for nearly 30 years. She is notorious for her ready-fire-aim mentality and is always ready for a new adventure.

Mavourneen loves her job, is excited to come to work every day, and maintains a great attitude. Other instructors on campus, especially Armando Herbelin, helped to push her to get where she is and she wants to give that back to her students. They had faith in her, just like she does for her students.

Exercise:

Mavourneen has done martial arts for 20 years and teaches martial arts in the summer to share knowledge of self-defense to both men's and women's groups, realtors, instructors, LGBTQ groups, and more. She noted that martial arts is first, about having awareness in all situations, and second, being assertive when needed and only as a last resort to be aggressive. She loves nature, hikes a lot with her family, and spends a lot of time off the grid in a family cabin.

Mavourneen has arthritis in her back and knee, but knows that in order to help alleviate pain from stiffness, she has to keep moving. By keeping her body in motion, she is happier, has a clearer mind, and her body feels better.

Healthy Eating Habits:

Mavourneen enjoys raw foods and believes that clean foods fuel the brain better than processed foods. She also believes that prepping food makes things easier.

Motivation:

Mavourneen likes to stay positive but when she's down, she uses good self-talk to flip her mood around. She believes in positive mental attitude, the concept to

feed your brain positive thoughts. She believes that negative thoughts will keep a person down, feeling angry and bad about themselves. She noted that people should be good to the little voice inside.

Advice to Others:

Mavourneen's advice to others is to not do too much at once because giving up everything at one time is hard and won't likely stick. Start small and stick to it, building off the small changes. For example, increasing the number of days you walk per week after you've made a routine of it, or increasing the number of minutes on the days you walk or exercise. Mavourneen says that it's okay to have a cheat day and that you shouldn't beat yourself up about it.