

Sound Mind ideas

I. Speakers

- a. Philosophy professor on Greek Philosophy
- b. Multi-Cultural club presentation on minority culture
- c. Religious speaker on different religion
- d. Mental health speaker to speak on self-esteem
- e. Dating life and what women really want presentation
- f. Local government official to speak on civil duties and voting
- g. Local business leader to speak on time management
- h. Local business leader to speak on networking
- i. Local business leader to speak on his/her path to success
- j. Artist to speak on his/her work
- k. Musician to speak/play his/her instrument
- l. Mother/Father to speak on parenting
- m. Jeweler to speak on engagement rings
- n. Professor to speak about becoming a teacher
- o. Grandparent or elderly to speak about his/her generation
- p. Military leader to speak on military practices
- q. Peace advocate to speak about his/her issues
- r. Dress for success presentation with men's apparel company
- s. Holocaust survivor to speak on his/her experience
- t. Writer to speak on his/her writing
- u. Entertainer to speak on the business
- v. Social worker to speak on issues in society
- w. Speaker from Planned Parenthood
- x. History professor to speak on his/her field of study
- y. Travel agent to speak on traveling different parts of the world
- z. Scientist to speak on his/her work

II. Activities

- a. Attend a play or the ballet
- b. Attend a musical or concert
- c. Attend a political rally
- d. Attend a speaker on campus
- e. Visit a historical site in your community
- f. Host an etiquette dinner
- g. Learn to play an instrument together
- h. Attend an ethnic restaurant
- i. Plan a trip abroad
- j. Apply for the Balanced Man Quest to Greece
- k. Attend a reading from a novelist or poet
- l. Participate in a community event
- m. Participate in a community forum or town hall meeting
- n. Learn to paint or draw something together
- o. Visit an art museum

- p. Visit a history museum
- q. Take a class on dancing together
- r. Attend a different Religious service
- s. Form a small SigEp choir
- t. Attend a class on budgeting and investment
- u. Participate in a psychological experiment or study
- v. Create an awards banquet for academic performance
- w. Award Faculty for outstanding research or teaching
- x. Host an alcohol free dinner and dance
- y. Practice writing fiction and poetry
- z. Organize a photography contest

Sound Body ideas

I. Speakers

- a. Dietician to speak on eating habits
- b. Fitness trainer to speak on exercise programs
- c. Doctor to speak on risks to young males
- d. Doctor to speak on hygiene
- e. Coach to speak on athletics in college
- f. Athlete to speak on lifetime sports (golf, etc...)
- g. Health specialist to speak on effects of alcohol and substance abuse
- h. Presentation from recovered alcoholic
- i. Presentation from recovered drug abuser
- j. Men's health specialist to speak on trends in men's health
- k. Cook to speak on healthy cooking habits
- l. Presentation from an elderly man about remaining healthy
- m. Doctor or health professional to speak on tobacco
- n. Health professional to speak on stress management
- o. Health professional to speak on women's health issues
- p. Professional athlete to speak on commitment and goal setting
- q. Massage therapist to speak on massage techniques
- r. Yoga professional to speak on yoga techniques
- s. Doctor to present on sleeping habits
- t. Health professional to speak on overcoming bad habits
- u. Vegetarian to speak on his/her diet
- v. Health professional to speak on eating disorders
- w. Occupational therapist to speak on reducing risk of bodily harm
- x. Dietician to speak on effects of obesity
- y. Physical trainer to speak on stretching techniques
- z. Speaker on alternative sports

II. Activities

- a. Participate in intramurals
- b. Organize fitness programs for members
- c. Give blood together

- d. Set up an appointment for a physical examination
- e. Get your blood pressure and cholesterol checked
- f. Organize weekly athletic events
- g. Attend a Yoga class
- h. Plan a massage therapy session
- i. Host a healthy dinner
- j. Set up diet plans for the chapter
- k. Attend an AA meeting
- l. Attend a speaker on campus
- m. Learn to play an alternative sport
- n. Learn to play a life sport
- o. Participate in a community walk or run
- p. Set up quiet hours in the chapter house
- q. Organize diet programs for members
- r. Test your body fat
- s. Host a SigEp Olympics on campus with other fraternities
- t. Host a weightlifting competition on campus
- u. Set up a daily exercise sign up sheet
- v. Award members that loose weight, quit smoking, and reduce body fat
- w. Organize Marine Fitness test and award most improved and winners
- x. Organize athletic tournament on campus
- y. Organize athletic tournament for children
- z. Obtain discounts for joining the gym