

December 2016

# Healthy Habits

## EMPLOYEE WELLNESS:

OUR MISSION IS TO ENRICH LIVES & IMPROVE WELLNESS  
AT OLD DOMINION UNIVERSITY!



### ODU EMPLOYEE WELLNESS

Our goal is to provide a supportive environment that encourages employees to adopt and maintain healthy behaviors and overall lifestyle.

### Fitness and Wellness Programs

Fitness Assessments  
REC & Well Trek Online Programming  
Wellness Coaching  
Faculty and Staff only  
Group Exercise classes  
Drop- In Faculty/Staff Workouts

### National Influenza Vaccination Week

December 4-10

Even though the holiday season has arrived, it is not too late to get your flu shot. As long as flu viruses are spreading and causing illness, vaccination should continue through the flu season in order to provide protection against the flu. Symptoms of the flu include fever, headache, chills, dry cough, body aches, fatigue, coughing, runny nose, and general misery. Depending on which flu vaccine you get, it can protect you from 3-4 different flu viruses so even if you have already gotten sick from the flu, the vaccine can still be beneficial. More than 200,000 people in the US are hospitalized from flu-related complications each year. Other than getting vaccinated, other ways to avoid getting the flu or other illnesses is to wash your hands often, eat right, get enough sleep, keep stress levels under control, and exercise.

### Recreation and Wellness

1207 Student Rec Center  
4700 Powhatan Ave, Ste. 1207  
Norfolk, VA 23529  
(757) 683-3384 (office)

### SRC Hours of Operation

Monday-Friday	6am-Midnight
Saturday	8:00a – 9:00p
Sunday	10:00a- Midnight

### UFC Hours of Operation

Monday-Thursday	8:30am-11:00pm
Friday	8:30am-6:30pm
Saturday/Sunday	10:00am-4:00pm

Tamara Morgan  
Assistant Director for Fitness & Wellness  
[tmorgan@odu.edu](mailto:tmorgan@odu.edu)

### Wellness Institute and Research Center

1006 Student Rec Center  
(757) 693-6407  
Kim Baskette  
Director, Wellness Institute  
& Research Center  
[kbaskett@odu.edu](mailto:kbaskett@odu.edu)

## Benefits of Barre Sculpt

Barre sculpt is a ballet inspired workout that also includes some yoga and Pilates inspiration. Anyone can do it regardless of age, weight, fitness level, or dance experience. It mostly consists of bodyweight exercises but small weights, resistance bands, and exercise balls are often used. Barre Sculpt:

- Helps to strengthen the arms, abs, legs, and glutes with small, rhythmic movements
- Elongates, lifts, and reshapes muscles
- Increase endurance
- Improves mind/body connection
- It is challenging and fun!



## Exercise of the Month



### Russian Twist

Muscles worked: Core

- Sit on the ground with your knees bent and lean back a few inches
- Lift your feet off the floor, keeping them together and keeping your back straight
- Reach your arms in front of you with your hands together and twist your torso from right to left, letting your arms follow
- Repeat for one minute
- If necessary, you can keep your feet on the ground

## HOLIDAY SHOP 2016

Dec 2<sup>nd</sup> - Dec 22<sup>nd</sup>

Good Mojo Thrift Store: 2411 Granby St. Norfolk, VA

EVERY YEAR, THE DONORS OF THE ORGANIZATION FOR KIDS PROVIDES BRAND NEW TOYS AND GIFTS FOR FAMILIES TO BRIGHTEN UP THEIR HOLIDAYS. COME OUT TO ASSIST WITH ORGANIZING THE "SHOP" OR BE A PERSONAL SHOPPER WITH A CURRENT OR FORMER CLIENT TO HELP THEM CHOOSE GIFTS FOR THE CHILDREN! THERE ARE MANY SHIFTS AVAILABLE. FOR MORE INFORMATION ON THE "SHOP," SHIFTS AVAILABLE, AND TO REGISTER, VISIT

[HTTPS://ODU.GIVEPULSE.COM/EVENT/32571-HOLIDAY-SHOP-2016.](https://odu.givepulse.com/event/32571-holiday-shop-2016)

\*VOLUNTEERS UNDER THE AGE OF 18 MAY ONLY ASSIST WITH PREP SHIFTS. DISTRIBUTION SHIFTS REQUIRE AGES 18+ DUE TO CONFIDENTIALITY RESTRICTIONS.

## Vegetable of the Month



Although zucchini is treated as a vegetable, it is actually a fruit! It is low in calories and high in anti-inflammatory properties. It has a high water content as is a great source of potassium, manganese, vitamins A, B6, and C, folate, and riboflavin. Zucchini goes perfect with savory dishes or can be simply steamed or sautéed.

### CHRISTMAS TOWN DASH 8K

DEC 4, 2016

BUSCH GARDENS  
WILLIAMSBURG, VA

The Christmas Town Dash 8k is an event for family, fitness and fun! Enjoy the sights, smells, and sounds of Christmas as you run through Christmas Town in Busch Gardens. Participants will receive a discounted ticket to Christmas Town, Free Day Pass to 2017 summer season, long sleeve shirt, a medal, and a Chick-fil-A coupon. The kids can run too in the Running of the Chick-fil-A Cows event. Participants will receive a medal, post-race food, and hot chocolate. After the race, there is a Chick-fil-A family fun zone that includes face painting, balloon artists, arts & crafts, cornhole, and more!

The registration fee for the 8k dash is \$55 and the Running of the Chick-fil-A cows is \$10. A processing fee is also charged. Visit <http://christmastowndash.com/> for registration and more details.

# ❄️ Recipe of the Month ❄️

## **Baked Parmesan Zucchini Sticks**



### Ingredients:

- 4 zucchini, quartered lengthwise
- ½ cup fresh grated Parmesan
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- ½ tsp. dried basil
- ¼ tsp. garlic powder
- Kosher salt to taste
- Ground black pepper to taste
- 2 tbsp. olive oil
- 2 tbsp. chopped fresh parsley

### Directions:

Preheat oven to 350 °F. Coat a cooling rack with nonstick spray, place on a baking sheet, and put it to the side. In a small bowl, combine the Parmesan, thyme, oregano, basil, garlic powder, salt, and pepper. Drizzle olive oil on the zucchini sticks and place them side by side on the baking sheet. Generously sprinkle on the Parmesan mixture. Place in the oven and bake for about 15 minutes, or until tender. Broil for 2-3 minutes, or until golden brown and crisp. If desired, garnish with the fresh parsley. Serve immediately. Enjoy!

## *Don't Sit Get Fit*

- Please consult your doctor before starting this or any other exercise activities.
- **Hulbert's 10-minute workout:** Do as many reps as you can while still maintaining good form.  
**Round 1:** Perform each exercise for 1 minute; take a 30-second rest between each move.  
**Round 2:** Perform each move for 45 seconds; take 15-second rests.  
**Round 3:** Perform each move for 30 seconds; take 10-second rests.  
**Round 4:** Finally, perform each move for 15 seconds with 5-second breaks.

### Turning kicks -

- Works: *quads, lower abs, balance, side hip flexors, hamstrings*

### Star plank-

- Works : *trapezius, core, arms*

### Crab walk -

- Works: *total body; especially glutes, core, and shoulders*

### Standing calf raise-

- Works : *calves, ankles*

## *Winter Wonderland Coleman Collection*

### **Portsmouth Art & Cultural Center**

December 1 & 2 @ 9am-5pm

December 3 @ 9am-8pm



For the holidays, the Portsmouth Art & Cultural Center has decked the galleries and courtyard with yuletide cheer and animated displays from the Coleman Nursery Collection. Along with holiday favorites of bakery elves, Victorian Skaters and carolers, are snow babies, enchanted forests with woodland animals, penguins, toy trains and new created display to add to the attraction. Admission includes exhibits and programs and is free for museum members, \$3 for ages 2 & up and free for under 2. On Saturday, Dec 3<sup>rd</sup>, there will also be cookie decorating, face painting, live music, chocolate dipping, and a visit from Santa Claus. Call 757-393-8543 for more information.

## **Good Mojo Donation Pickup Assistance**

Saturday December 10<sup>th</sup> & 17<sup>th</sup>  
10am-1pm

2411 Granby St. Norfolk, VA 23517

*Good Mojo receives many donations daily and is in constant need of volunteers to help organize, sort, tag donations, hang clothing, and arrange items on the sales floor. They are currently searching for volunteers to assist with furniture and other large donation pickups by riding along with their Mojo truck driver and help with loading and unloading. Volunteers must be 18 years+ and must be able to lift 50 pounds, unassisted. Closed-toe shoes are required. For more information or to sign up, contact [volunteer@forkidsva.org](mailto:volunteer@forkidsva.org)*

# December Employee Wellness Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Holidays Around the World Week	6 Wellness Institute <b>Employee Fitness</b> 11:45a-1:15p	7	8	9 Wellness Institute <b>Employee Fitness</b> 11:45a-1:15p	10
11	12	13 Wellness Institute <b>Employee Fitness</b> 11:45a-1:15p	14	15	16 Wellness Institute <b>Employee Fitness</b> 11:45a-1:15p	17
18	19	20 Wellness Institute <b>Employee Fitness</b> 11:45a-1:15p	21	22	23 <b>Holiday Break</b> University Closed	24 <b>Holiday Break</b> University Closed
25 <b>Holiday Break</b> University Closed	26 <b>Holiday Break</b> University Closed	27 <b>Holiday Break</b> University Closed	28 <b>Holiday Break</b> University Closed	29 <b>Holiday Break</b> University Closed	30 <b>Holiday Break</b> University Closed	31 <b>Holiday Break</b> University Closed



For more information on Employee Wellness Programming and Events contact:  
 Tamara Morgan at [tmorgan@odu.edu](mailto:tmorgan@odu.edu)

