

April 2016

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Healthy Habits

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



Recreation and Wellness

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

Spring SRC Hours of Operation

Monday-Friday 6am-12am
Saturday 8am-9pm
Sunday 10am-12am

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Spring into Fitness

Finals are coming quickly, allergies are in full force, and you're ready to hit the beach! Spring time is a great time to adopt some new healthy habits. Work on improving to be the best person you can be by adopting these helpful habits.

1. **Drink more water.** Mild dehydration can leave you feeling tired and drained so make sure you are drinking an adequate amount of water.
2. **Wear sunscreen.** Before heading out for the day lather up in some SPF 30 to avoid those potentially damaging UV rays,
3. **Try new fruits and veggies.** Fruits and vegetables are essential to maintaining a healthy diet. Check out your local grocery stores for the best fruit!
4. **Spend at least 20 minutes outside.** Try eating lunch outside on your break or even taking a walk around campus to enjoy nature and the sunlight.
5. **Check your phone less.** Find your own balance in checking your phone or emails. Take time to relax and not worry about all

Fitness and Wellness Programs

Fitness Assessments
REC & Well Trek
Wellness Coaching
Faculty and Staff only Group
Exercise classes
Drop- In Faculty/Staff Workouts
Activity Breaks (Library)

ODU EMPLOYEE WELLNESS

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

Tips to Get You Started Running

1. **Pace Yourself**-One thing that people do during running is expend all of their energy in the beginning of the run. When first starting off running, find a speed where you are somewhat challenged, but can keep a steady pace for a longer amount of time. Over time, your body will adapt and you will be able to increase your speed, along with your distance.
2. **Don't Over Train**- Understand how your body is feeling. However make sure you know the difference between, "not wanting to" and "absolutely exhausted". If you over train, your body won't be able to improve in performance. In order to get optimal results, taking a rest day or two throughout the week will do your body good.
3. **Take Days to also Practice Speed**- Once you have started getting accustomed to running, take some days out of the week to practice improving your speed. Get on a treadmill or mark off certain distances on a track and practice some sprints. You could even take a time trial of how fast you can run a mile. That way you can keep track of improvement! The only way to know your body and performance is changing is to make notes and keep record! It is the most fulfilling feeling to see how well you improve!

J & A Racing Corporate 5k
Harbor Park, Downtown Norfolk
May 5, 2016 at 6:30p
Hampton Road's largest outdoor office party!

Vegetable of the Month



Fennel- Is a fibrous vegetable that is rich in Folic Acid, Magnesium, Vitamin C, Iron and essential oils. Fennel can help in digestion by reducing acidity in the stomach and digestive tract. It can also help with the absorption of nutrients in the body!

April 7th is World Health Day, which is the birthday of the World Health Organization. Each year, the organization has a topic to recognize. This year is, "Beat Diabetes". Get involved by starting a discussion on Facebook, Twitter etc. and use #diabetes to share photos, stories or anything else to get the word out to beat diabetes!!!!



Exercise of the Month

Leg Raises

1. Lie flat on the floor (on a mat) place your arms out to the side on the floor with your palms facing down.
2. Make sure that your head, legs and bottom are all in contact with the floor.
3. Engage your stomach muscles and grasp the sides.
4. Slowly lift your legs to a 90-degree angle, keeping your legs straight and not bending at the knees.
5. Pause for a second then slowly lower the legs back down.



National Walk @ Lunch Day

April, 27th 2016 marks the 10th year of National Walk at Lunch Day, which is designed to complement your busy lifestyle, not compete with it. This special day was created to improve personal health by starting a new daily walking routine, helping you to improve your health step by step.

Studies have found that regular walking, particularly at a brisk pace of 3mph, can substantially reduce the risk of developing heart disease, stroke, and diabetes. Simply performing 30 minutes of moderate physical activity at least five times a week also has significant health benefits, lowering the risk of developing cardiovascular disease, and helping to improve the health of muscles, bones and joints.

So grab a couple of your colleagues and get out of the office on Wednesday, April 27th! Enjoy a stroll around campus!



Recipe of the Month

Roasted Fennel and Carrots

Ingredients

- 1 large or 2 medium fennel bulbs
- 1/2 lb. multicolored baby carrots
- 1 1/2 Tbs. olive oil
- 3 or 4 fresh thyme sprigs
- 1/2 tsp. salt



Directions:

Preheat an oven to 375°F.

Cut the stalks and feathery leaves from the fennel bulb; discard or reserve for another use. Cut the bulb in half lengthwise, then cut each half into wedges about 1/2 inch thick. Cut the carrots in half crosswise if they are long. Place the carrots and fennel in a baking dish or a cast-iron fry pan just large enough to hold them in a single layer. Drizzle with the olive oil, add the thyme, sprinkle with the salt and turn to coat evenly. Spread the vegetables out in a single layer.

Roast until the fennel has caramelized lightly and the carrots have begun to wrinkle slightly, about 35 minutes. Serve immediately. Serves 4.

Adapted from Williams-Sonoma *Vegetable of the Day*, by Kate McMillan (Weldon Owen, 2012).

Don't Sit Get Fit

- Please consult your doctor before starting this of any other exercise activities.
- Go at your own pace and stop if any exercises cause pain.
- All exercises are followed by 10 seconds of rest.

Make sure to include a proper cool down and stretch.

Warm-up

- 15 seconds of high knees
- 15 seconds of butt kickers
- 10 long lunges

Workout

- 2 sets of 20 squats (with weight or no weight)
- 2 sets of 20 lunges with weight (whichever is challenging but doable.)
- 2 sets of 20 calf raises with weight (whatever is challenging but doable.)
- 2 sets of 20 leg raises. (each leg)
- 3 sets of 15 crunches
- 15 minutes of walking or cycling.

Cool Down

- Slow down your pace on the treadmill or bike until heart rate has gone down.
- Make sure to stretch out your legs by doing a quick quad stretch and calf stretch.

APRIL IS STRESS AWARENESS MONTH

Stress is unhealthy. Give your brain a break!

43% of adults experienced adverse health effects from stress. 75-90% of visits to a physician's office are for stress-related conditions and complaints. Understanding your mind and triggers can help you better manage your stress and improve your health and overall well-being. Adapted from <http://foh.hhs.gov/>

The Fight or Flight Response

The sympathetic stress response is a survival mechanism. When you perceive a threat, stress hormones rush into your bloodstream-increasing heart rate, blood pressure, and glucose levels. Danger triggers the stress response. Although one bad day at work won't compromise your health, weeks or months of stress can dampen your immune response and raise your risk for disease.

Combat Your Stress

If you can't change your current stressful situation then focus on changing your approach. Be willing to be flexible. You have the ability to choose your response to stressors.

- Recognize when you don't have control
- Don't get anxious about situations that you cannot change
- Take control of your own reactions and focus your mind on something that makes you feel calm
- Develop a vision for healthy living, wellness, and personal growth. Set realistic goals.

Relax and Recharge

Take some time out of your day to relax and take care of yourself. Everyone has different ways they like to relax and unwind. Here are a few ways to get you started.

- Take a walk
- Read a book
- Go for a run
- Have a cup of tea
- Play a sport
- Spend time with a friend or loved one
- Meditate
- Do yoga

April Employee Wellness Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1) Activity Break Library Conference Room 2:00-2:45pm
4)	5) Drop-In Workout Wellness Institute 11:45-1:15pm	6) Nutrition Corner SRC Lobby 12:30-1:30pm	7) Drop-In Workout Wellness Institute 11:45-1:15pm Monarch Fuel SRC Lobby 12:30-1:30pm	8)
11)	12) Drop-In Workout Wellness Institute 11:45-1:15pm	13) Nutrition Corner SRC Lobby 12:30-1:30pm Health Hut- Stress Management Perry Library 11:30-1:30pm	14) Drop-In Workout Wellness Institute 11:45-1:15 Monarch Fuel SRC Lobby 12:30-1:30pm Doggy Day 3K & Yappy Happy Hour  Quad-Intramural Field 5:00-7:00pm	15) Relay For Life SRC Track 6:00p-3:00a  Activity Break Library 2:00-2:45pm
18)	19) Drop-In Workout Wellness Institute 11:45-1:15pm	20) Nutrition Corner SRC Lobby 12:30-1:30pm	21) Drop-In Workout Wellness Institute 11:45-1:15 Food and Fitness SRC Studio *Must be SRC Member 5:30-7:30pm	22)
25)	26) Drop-In Workout Wellness Institute 11:45-1:15pm	27)	28) Drop-In Workout Wellness Institute 11:45-1:15pm	29)

For more information on Employee Wellness Programming and Events contact:
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