

May 2016

▶ SRC HOURS OF OPERATION, SPRING INTO FITNESS.....1

▶ BENEFITS OF YOGA.....2

▶ HEALTHY RECIPE AND DON'T SIT GET FIT.....3

▶ EMPLOYEE EVENTS CALENDAR.....4

▶ 4TH ANNUAL ODU TRIATHLON.....5

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
- Activity Breaks (Library)

Recreation and Wellness

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

Summer SRC Hours of Operation

Monday-Friday	6am-9pm
Saturday/Sunday	10am-4pm

Summer UFC Hours of Operation

Monday-Friday	8:30am-7:30pm
Saturday/Sunday	Closed

Tamara Morgan
Assistant Director for Fitness & Wellness
tmorgan@odu.edu

Lauren Mayes
Coordinator for Fitness and Wellness
lrmayes@odu.edu

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

May is National Physical Fitness and Sports Month

The month of May is all about physical fitness and all of the different types of sports to be active in! Physical activity is important for everyone. In adults, it helps lower the risk of heart disease, different types of cancer, and Type 2 Diabetes. You can support National Physical Fitness and Sports Month by making changes such as:

- Taking a walk during a break in the day,
- Going out to play Frisbee on Kaufman Mall or the Quad,
- Taking a quick bike ride around campus utilizing our OAP Bike Share program
- Incorporate a physical activity during your weekly work meeting, or take your meeting outside for a wellness walk!

Benefits of Yoga

Yoga is an exercise many people use to satisfy their emotional, social and physical dimensions of wellness!

- Improved Brain Function
- Lowered Stress Levels
- Increased Flexibility
- Improved Lung Capacity
- Lowered Blood Pressure
- Reduced Joint Pain
- Stronger Bones
- Healthy Weight



Exercise of the Month

1. Sit on your exercise mat with your legs bent.
2. Now adjust your position so that your legs are bent at 90 degrees and your torso is leaning back slightly. Seen from the side, your legs and torso must be in a V shape.
3. Hold a weight plate or a medicine ball with both hands and stretch your arms out.
4. Keep your stretched arms parallel to your thighs. This is the starting position.
5. Keeping your lower body still, twist your torso to the right.
6. Stop twisting when your arms are parallel to the floor.
7. Move back to the starting position.
8. Repeat steps 5 to 7, twisting to your left.
9. Repeat 8 times (=one set), or as many times as your exercise program tells you.
10. Rest for 30-60 seconds.
11. Do one or two more sets.



Vegetable of the Month

Red Bell Pepper

Red Bell Pepper is a sweet crisp and colorful addition to any meal that contains a good source of Vitamin A, B6, and Magnesium. It helps aid in decreasing anxiety symptoms and also helps reduce bloating.



Better Sleep Month

Sleep is a huge importance when wanting to keep our physical, emotional and mental health in good shape. The **Better Sleep Council** is supporting the event of **Better Sleep Month**, which aims to raise awareness about how sleep benefits your health and well-being!

Inadequate sleep can lead to an increase in stress hormone production and also an increase in blood pressure. Poor sleep can also lead to reduced concentration, mood swings, a weakened immune system, and irritability.

There are many influences that can cause poor sleep. Worries about everyday life like, child care, family conflicts, financial concerns etc.

You can achieve better sleep by:

- Keeping a consistent sleep schedule
- Relax prior to settling in to sleep
- Make sure your sleeping area is quiet and dark.
- Having a healthy diet and incorporating exercise can aid in better sleep

J & A Corporate 5 K

Shake things up at the office...Run Now, Work Later!
Come join Hampton Road's largest outdoor office party. The race will begin at 6:30pm along the Norfolk Waterfront and finish at Harbor Park. The race concludes with a huge outdoor party in the Harbor Park parking lot where teams can gather and celebrate their 5k finish. Awards will be given to the top team in each company category! All participants receive a cotton blend shirt and finisher medal!

For more information

<http://norfolkcorporate5k.com>

Recipe of the Month

For the filling:

1/2 lb. lean ground turkey
1 can of black beans, rinsed and drained
1 can of sweet corn, rinsed and drained
1 large diced tomato
1 clove of garlic, minced
4 Tablespoons of chopped onion
3 Tablespoons of Taco Seasoning
1 Tablespoon of Cumin
salt to taste

For the peppers:

3 red bell peppers, cut in half lengthwise
1/3 cup reduced sodium, fat free chicken broth
9 tbsp. shredded reduced-fat Cheddar cheese
1 tbsp. chopped green onions

In a large skillet brown the turkey and season with salt. When the turkey is starting to brown, add taco seasoning, onion and garlic. When turkey is cooked through add your black beans, corn, cilantro, diced tomatoes, and cumin. Mix well and simmer on low, covered for 10 minutes. Remove lid and cook for 5 to 10 more minutes until most of the liquid is gone.

Preheat oven to 350°. Cut peppers in half lengthwise, removing seeds and stem. Place peppers, cut side up in an oven-proof dish. (I used a 9X13) Fill each pepper with 1/2 cup turkey mixture. Pour about 1/3 cup water or chicken broth on the bottom of the dish. Cover tight with foil. Bake 45 minutes, or until the peppers become soft. Remove foil, top each with cheese and bake uncovered an additional 5 minutes. Top with green onions and serve with reduced-fat sour cream if you want.

<http://www.sixsistersstuff.com/2012/10/healthy-meals-monday-healthy-southwest.html>



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

- 10 long lunges
- 10 air squats
- 10 mountain climbers

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.

Have you had a Hug Today?

Hugging helps to boost your immune system, reduce risk of heart disease by lowering your blood pressure, improves depression, promotes sleep and helps boost your self-esteem!

GIVE SOMEONE A HUG TODAY TO HELP LIFT THEIR SPIRITS AND THEIR HEALTH!



Sometimes a hug speaks volumes
When someone's feeling low
And more then words are needed
To set a heart a glow.


Stress Management Tips for the Month:

With the hustle and bustle of your hectic work schedules, it is important to keep a clear mind and level of relaxation to carry you throughout the day. Here are some suggestions to keep stress-free in the month of May:

- Make sure to work in a cool, isolated environment
- Play some soft, quiet music to ease your mind as your work
- At times of stress, be sure to breathe deeply for 10 seconds with slow, soothing breathes



March Employee Wellness Events

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Wellness Break VBHEC 12:30-2:00pm Drop-In Workout Wellness Institute 11:45-1:15pm	4	5 Drop-In Workout Wellness Institute 11:45-1:15pm J & A Racing Corporate 5K Harbor Park 6:30pm	6 Activity Break Perry Library 2-2:45p 
9	10 Drop-In Workout Wellness Institute 11:45-1:15pm Quality of University Life Ice Cream Social North Cafeteria 11:00a-1:00p 	11	12 Drop-In Workout Wellness Institute 11:45-1:15pm	13
16	17 Drop-In Workout Wellness Institute 11:45-1:15pm	18	19 Drop-In Workout Wellness Institute 11:45-1:15pm	20 Activity Break Perry Library 2-2:45p 
23	24 Drop-In Workout Wellness Institute 11:45-1:15pm	25	26 Drop-In Workout Wellness Institute 11:45-1:15pm	27
30	31 Drop-In Workout Wellness Institute 11:45-1:15pm			

4th Annual ODU Triathlon and Youth Super Hero Splash & Dash

Sunday, May 22nd 2016

Triathlon begins at 9:00am

Splash & Dash begins at 10:00am

Register at

<https://endurancecui.active.com/event-reg/select-race?e=13467253>

See flyer on next page for details!

For more information on Employee Wellness Programming and Events contact:
 Tamara Morgan at tmorgan@odu.edu or Lauren Mayes at lrmayes@odu.edu

4th Annual ODU Triathlon and Youth SuperHero Splash & Dash

Sunday, May 22, 2016

Cost of participation:

Early Bird deadline - **May 4**

Triathlon: \$23 ODU, \$25 Community

Splash and Dash: \$3

After May 4:

Triathlon: \$27 ODU, \$30 Community

Splash and Dash: \$5

*Must purchase USAT day license with registration
if not already a member: Youth: \$10/Adult: \$12*

Event Distance:

Triathlon

400 yard snake swim,
6 mile bike, and 3 mile run

Splash & Dash

100 - 200 swim, 1-2 k run
(children will be running in their best super hero costume)

Triathlon Race Starts: 9:00am (Pre- Race Meeting- 8:30am)

Splash & Dash Race Start: 10:00am (Pre- Race Meeting- 9:30am)

Register at: Active.com

NORFOLK, VIRGINIA



**SUPERHERO
SPLASH AND
DASH**

For More Info Contact:

Tamara Morgan
tmorgan@odu.edu



ODU Recreation & Wellness
4700 Powhatan Ave., Suite 1 207
Norfolk, VA 23529-0200
P: 757-683-3184 F: 757-683-3186
www.odu.edu/recreports
Division of Student Engagement
and Wellness Services