

June 2016

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# 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](mailto:tmorgan@odu.edu)

Lauren Mayes  
Coordinator for Fitness and Wellness  
[lmayes@odu.edu](mailto:lmayes@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)

## June is Men's Health Month

The month of June is all about heightening the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers an opportunity to seek regular medical advice and early treatment for disease injury.

You can support Men's Health Month by raising awareness about important health issues by:

- Take your dad/brother/uncle/grandfather/significant other to the doctor
- Bring your coworkers or neighbors together to be healthy and active. Activities include:
  - Golfing
  - Tennis
  - Bowling



## Benefits of Cycling

Cycling is a great low impact muscle workout that uses all the major muscle groups without causing a lot of strain on the body.

- Increased cardiovascular fitness
- Increased muscle strength and flexibility
- Improved joint mobility
- Decreased stress levels
- Improved posture and coordination
- Strengthened bones
- Decreased body fat levels



### Free Heart and Vascular Screening

Saturday Jun 4 2016 | 9:00 am

Join The Hampton Roads area for free heart and vascular screening at the Bon Secours Mary Immaculate Hospital. The Heart & Vascular Institute will check your heart health, blood pressure, cholesterol and more. By participating, you'll gain a better understanding of the risk factors that lead to an unhealthy heart and what you can do to reduce them.

*For more information and to register call*  
757-889-CARE (2273)

## Vegetable of the Month



Corn is considered a whole grain which tastes great in a variety of ways. A normal sized ear of corn can contain 5 grams of protein. Corn is also a great source of fiber for your diet which helps lower levels of cholesterol in your blood and reduces your risk of cardiovascular disease.

## Exercise of the Month

### Plank

1. Begin by getting into a press up position
2. Bend your elbows and rest your weight onto your forearms and not on your hands
3. Your body should form a straight line from shoulders to ankles
4. Engage your core by sucking your belly button into your spine
5. Try and hold this position for 30 seconds while breathing deeply then rest

### Side Plank

1. Lie on your side, in a straight line from head to feet, resting on forearm
2. Elbow should be directly under shoulder
3. With abdomen contracted lift hips off the floor, maintaining a straight line
4. Keep hips square and new in line with spine
5. Try and hold 20 to 40 seconds then lower



## Men's Health Week

June 13-19, 2016

Men's health week is celebrated each year as the week leading up to and including Father's day in the month of June. Take action to be healthy and safe and encourage men and boys to make their health a priority. Different steps men can take to improve health:

- Get good sleep
- Toss out the Tobacco
- Eat healthy
- Tame the Stress
- Move More

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**MEN'S HEALTH WEEK**



# Recipe of the Month

## Cilantro Tomato Corn Salad:

### 15 min prep

3 ears of fresh corn in husks  
¼ cup of butter (melted)  
2 roma (plum) tomatoes, chopped  
1 jalapeno pepper, seeded and finely chopped  
½ small red onion, finely chopped  
2 cloves garlic, minced  
½ bunch of fresh cilantro, chopped  
Salt and freshly ground black pepper to taste  
1 pinch lemon- herb seasoning



### 5 min cook

Peel back corn husks, but make sure to leave them attached at the bottom. Remove the silks and then fold the husks back over the corn. Place corn on a plate and cook in the microwave for 5 minutes, make sure to flip the corn over half way through. Retrieve corn and let cool down, then slice corn kernels from the cob and place in a serving bowl. Mix in the butter and tomatoes with the corn along with jalapeno, red onion, garlic and cilantro. Season well with salt and pepper. This dish can be served warm or may be placed in the fridge for a few to give it a chill before serving.

<http://allrecipes.com/recipe/70285/cilantro-tomato-corn-salad/>

## 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 squat jumps
- 10 arm circles
- 10 jumping jacks

### Workout

- 2 sets of 20 side step lunges
- 2 sets of 20 walking lunges with weight (whichever is challenging but doable.)
- 2 sets of 20 ankle bounces with weight (whatever is challenging but doable.)
- 2 sets of 20 leg raises. (each leg)
- 3 sets of 15 sit-ups
- 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.

## **Pump Up The Blue.**

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue. If Friday of Men's Health Week doesn't work for you then pick any other day of the year and start a fun **Wear BLUE** day at work.

Wear BLUE Day 2016:  
Friday, June 17th




## **An Introduction to Prostate Cancer:**

Prostate cancer is the most common cancer among men in the United States, after skin cancer. Prostate cancer often has no early symptoms, which makes it extremely important to get regular scheduled checkups. Prostate cancer usually grows very slowly. Most men with prostate cancer are older than 65 years old. However, this does not mean only older men should be getting prostate checkups. Men as young as 19 years of age should begin to think about going to the doctors to have a prostate exam.



# June Employee Wellness Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					Activity Break Perry Library 2:00-2:45 pm	
5	6	7	8	9	10	11
		VBHEC Wellness 12:30-2:00 pm				
12	13	14	15	16	17	18
	Start of Employee Wellness Walking Program		Health Hut Outside of Webb 11:30 – 1:00 pm (Prostate Cancer)		Activity Break Perry Library 2:00-2:45 pm	
<i>Men's Health Week</i>						
19	20	21	22	23	24	25
		International Yoga Day				
						
26	27	28	29	30	31	

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





# Employee Wellness Walking Program

## 6 week incentive program

- Starting **June 13th** and ending **July 25th**
- Registration begins **June 1st**
- Sign up by emailing [salvanzo@odu.edu](mailto:salvanzo@odu.edu)
- Registration Deadline **June 10th**

- Steps will be tracked with the provided pedometer
- A reward will be given to those who have completed all 6 weeks of the program



**EVERY PARTICIPANT WHO SIGNS UP RECEIVES A FREE PEDOMETER TO USE FOR TRACKING STEPS**

For more information on the Employee Wellness Walking Program contact: The fitness and wellness intern at [salvanzo@odu.edu](mailto:salvanzo@odu.edu)