

September 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

## 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)

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

## National Childhood Obesity Awareness Month

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

## Benefits of Pilates

Pilates elongates and strengthens your body improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is led likely to become injured.

- Refreshing mind-body workout
- Develop a strong core- flat abdominals and strong back
- Gain long, lean muscles and flexibility
- Create an evenly conditioned body, improves sport performance , and prevents injuries



## Manage Anger Stress and Conflict Effectively & Live a Life Worth Living

Thursday Sept 1, 2016 | 5:00 pm

The program includes education, support and wrapped with a wellness approach to include but not limited to fitness, yoga, massage therapy, healthy eating recipes, small groups, 1:1 with a therapist, light snacks and several other proven techniques to deal with anger, stress, and conflict.

**For more information call:**

757-431-7321

## *Vegetable of the Month*



Spinach is an edible flowering plant native to central and western Asia. Spinach is an excellent source of vitamin K, vitamin A, calcium, and is a very good source of dietary fiber.

## Exercise of the Month

### Superman (arm and leg extension on all fours)

Muscles worked: abs, glutes, lower back, quads, bicep and triceps

- Keep tension in abdominal muscles
- Keep head down , ensuring spine remains straight
- Hold extension for longer to increase intensity and improve balance
- Movement should be slow and controlled



## Monarch Walking Trail



Come out to **Perry Library** and enjoy the Monarch Walking Trail set up on each floor. As you walk you will see healthy walking tips posted throughout the trail to keep you motivated! Grab a friend and stop by anytime the library is open! Perfect walking site for a rainy day☺. Maps of the trail are available at the library and included on page 5.

# Recipe of the Month

## Knorr Spinach Dip recipe

### Ingredients:

- 1 box (10 oz.) frozen chopped spinach, cooked, cooled and squeezed dry
- 1 container (16 oz.) sour cream
- 1 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1 package Knorr® Vegetable recipe mix
- 1 can (8 oz.) water chestnuts, drained and chopped (optional)
- 3 green onions, chopped (optional)

### Directions:

Combine all ingredients and chill for about 2 hours.



## Fruits & Veggies – More Matters Month

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

- Spread the word about programs that support local agriculture.
- Encourage families to make small changes, like keeping fresh fruit or carrot sticks within easy reach.



## 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.

### Mountain Climbers -

- Works: core, shoulders, hips and thighs

### Burpees -

- Works : legs, core, and upper body

### Push-Ups -

- Works: chest, shoulder, and arms

### Frog Leaps -

- Works : full-body

## What is Cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke. Help prevent or treat high cholesterol by:

- **Eating a healthy diet.** Avoid saturated fats and trans fats
- **Exercising regularly.** Physical activity can help lower cholesterol.
- **Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels
- **Not smoking.**

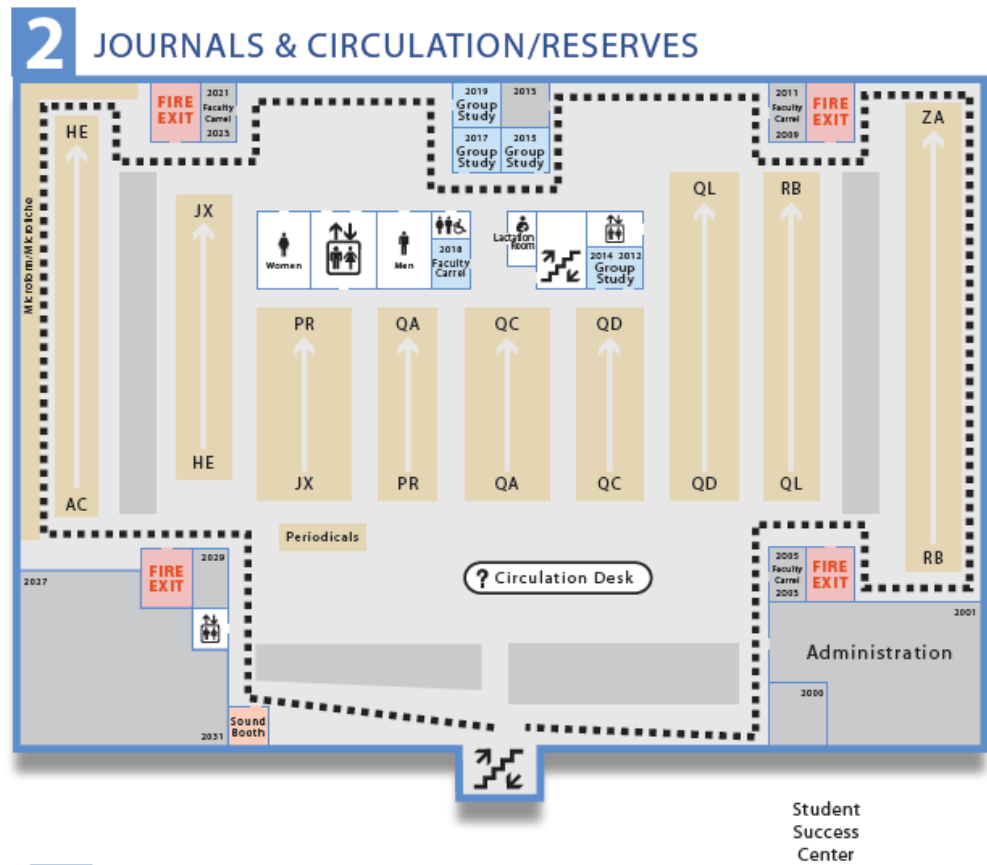
# September Employee Wellness Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	<b>Weight Watchers meeting</b> <b>Webb Center Virginia Rice Room</b> <b>12:00 – 1:00pm</b>					
4	5	6	7	8	9	10
	<b>Weight Watchers meeting</b> <b>Webb Center Virginia Rice Room</b> <b>12:00 – 1:00pm</b>					
11	12	13	14	15	16	17
	<b>Weight Watchers meeting</b> <b>Webb Center Virginia Rice Room</b> <b>12:00 – 1:00pm</b>	<b>VBHEC Wellness</b> <b>12:30-2:00 pm</b>	<b>Wellness Institute Open House</b> <b>11a-2p</b>			
18	19	20	21	22	23	24
	<b>Weight Watchers meeting</b> <b>Webb Center Virginia Rice Room</b> <b>12:00 – 1:00pm</b>					
25	26	27	28	29	30	
	<b>Weight Watchers meeting</b> <b>Webb Center Virginia Rice Room</b> <b>12:00 – 1:00pm</b>					

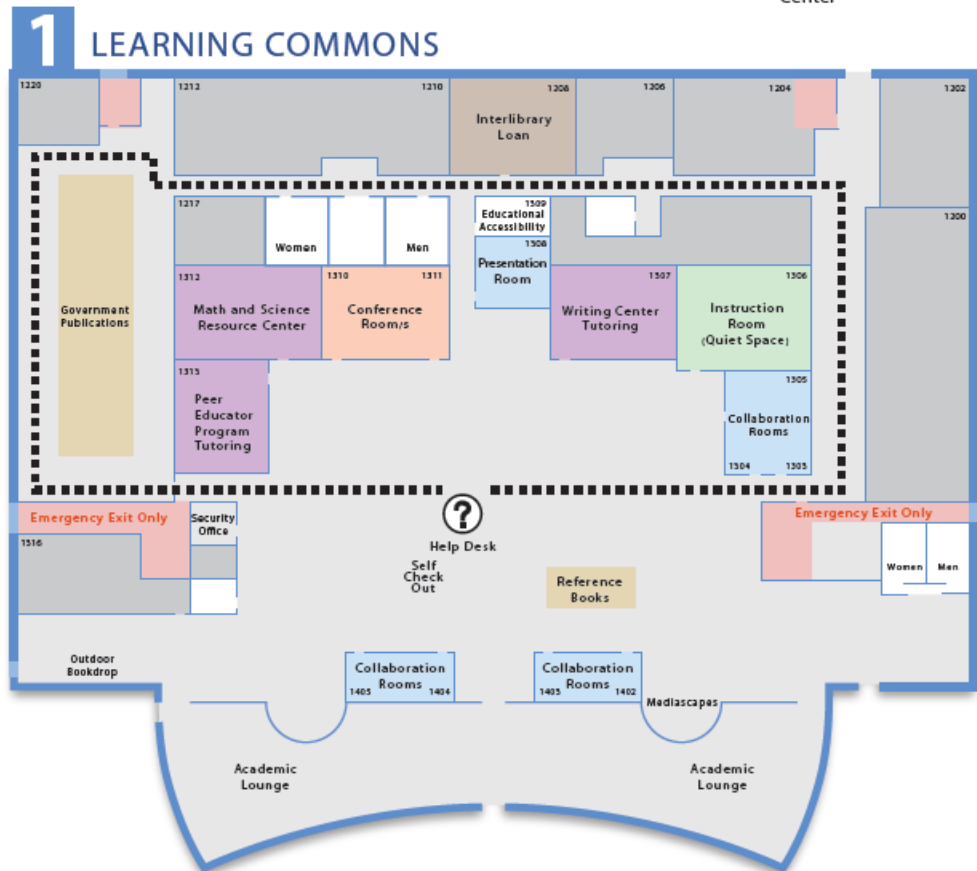
For more information on Employee Wellness Programming and Events contact:  
 Tamara Morgan at [tmorgan@odu.edu](mailto:tmorgan@odu.edu) or Lauren Mayes at [lmayes@odu.edu](mailto:lmayes@odu.edu)

# THE MONARCH WALKING TRAIL

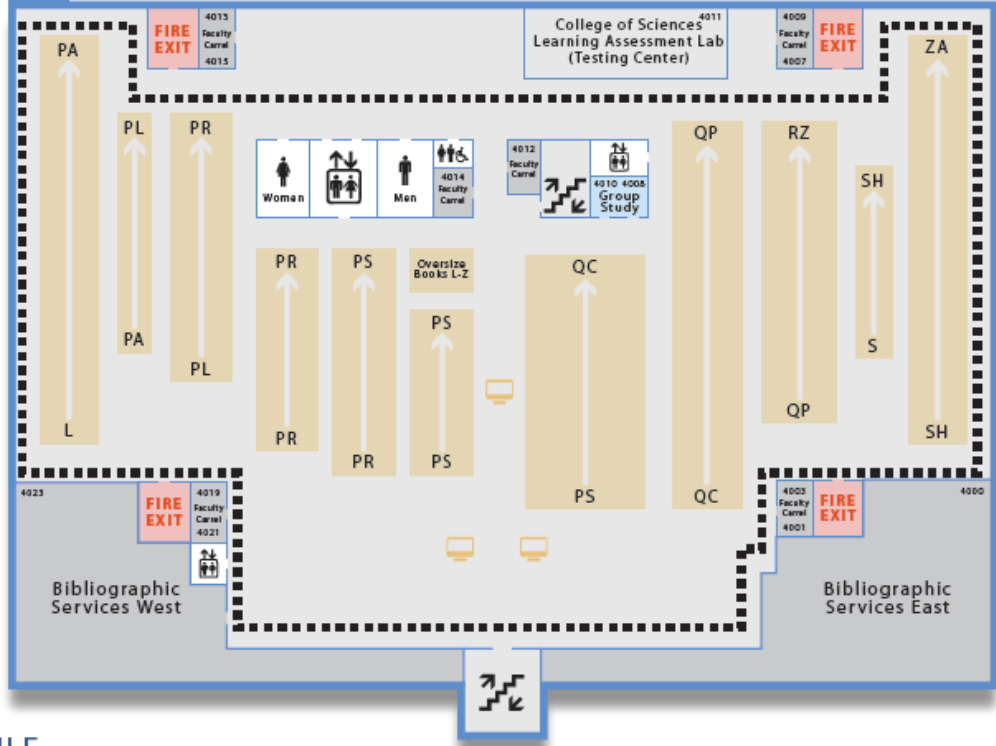
2ND FLOOR  
876 FT/6 LAPS=1 MILE



1ST FLOOR  
619 FT/8.5 LAPS=1 MILE

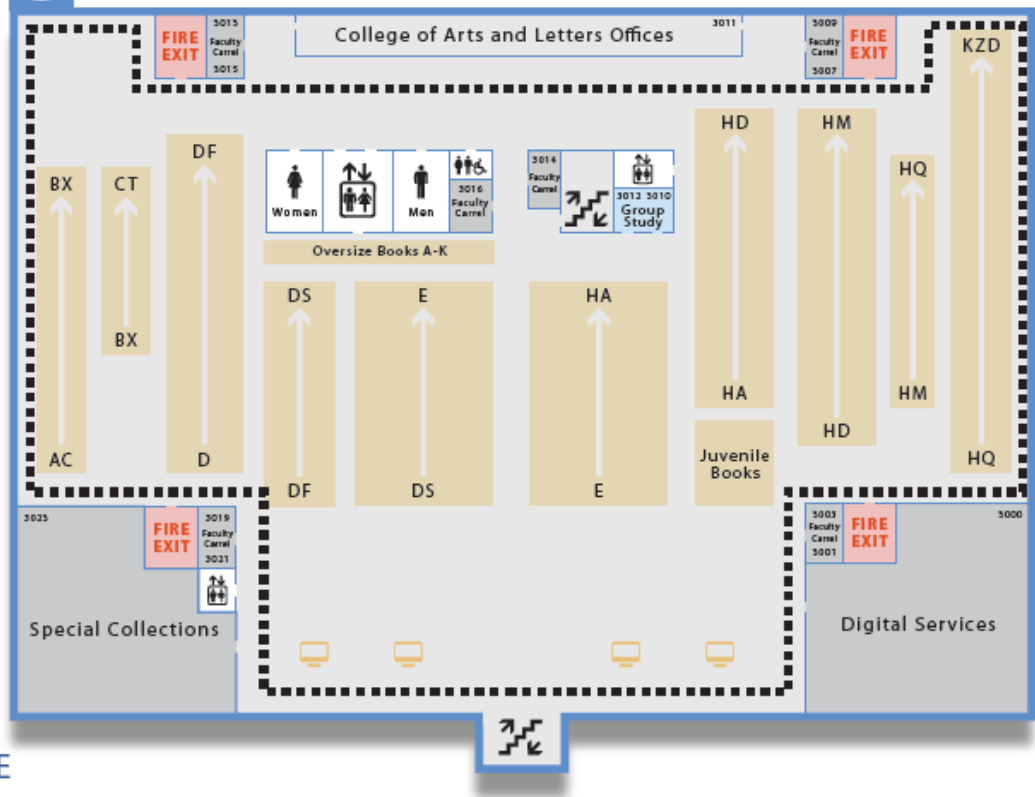


## 4 BOOKS L-ZA & QUIET STUDY



**4TH FLOOR**  
819 FT/6.5 LAPS=1 MILE

## 3 BOOKS A-KZD



**3RD FLOOR**  
882 FT/6 LAPS=1 MILE