

January 2017

- ✓ SRC HOURS OF OPERATION.....1
- ✓ BENEFITS OF STRETCHING2
- ✓ HEALTHY RECIPE AND DON'T SIT GET FIT.....3
- ✓ EMPLOYEE EVENTS CALENDAR.....4

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

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

CERVICAL HEALTH AWARENESS MONTH

January is Cervical Health Awareness Month dedicated to raising awareness about how women can protect themselves from HPV (human papillomavirus) and cervical cancer. HPV is a common infection that is spread through sexual activity and is a major cause of cervical cancer. Many people with HPV don't know that they are infected and each year, more than 11,000 women in the US get cervical cancer. Luckily, we have an HPV vaccine shot that can prevent HPV and cervical cancer can often be prevented with regular screening Pap tests and follow-up care. These screenings help detect abnormal cells early before they turn into cancer. It is important to get routine well-woman visits each year and encourage teens and young adults (girls and boys) to get the HPV vaccination.

Exercise of the Month

Benefits of Stretching

As we age, our muscles tighten and range of motion in the joints can be minimized. Taking time out of each day to stretch can help lengthen your muscles and keep them flexible. Be sure to know the difference between stretching and straining; it should never be painful. Also, don't forget to breathe deeply while stretching and hold each stretch for at least 30 seconds. Apart from feeling great, stretching:

- Reduces stress and muscle tension
- Increases range of movement in the joints
- Enhances muscular coordination
- Increases circulation of the blood to various body parts
- Increases energy levels
- Lessens possibility of injury
- Better posture



Plank Glute Kickback

Muscles worked: abs, glutes, hamstrings

- Lay down on your stomach with your arms bent so that elbows are resting on the floor
- Get into the plank position
- Kick your right leg upwards as high as you can
- Put right leg back down
- Kick your left leg upwards as high as you can
- Continue alternating right and left leg

*** 20% off ***

Personal training packages and massage therapy packages at the Student Recreation Center. Take some time for yourself to start off the New Year.

(Must be a SRC Member to participate)



Vegetable of the Month



Brussels sprouts have a bad rep despite their amazing health benefits. They are a great source of vitamins A, C, and K, folate, fiber, and antioxidants. They can also aid in cardiovascular support and cancer prevention. Most people cannot get past the taste, texture, and/or smell, but if prepared correctly, they taste great!

MacArthur on Ice & Winter Carnival

January 1-16

Get active and have fun ice skating outside the MacArthur Center! Go with family, friends, or on a date and spend some quality time. The ice rink is 7,200 square feet and there are public skating sessions, ice hockey clinics, figure skating exhibitions, and more. There are also skate guards on-site for those who are new to ice skating or a little rusty. Every night, you can skate under the stars and enjoy magical snow!

Regular admission is \$7 for skating and \$7 for skate shoe rentals. Military personnel and their family members receive \$2 off their admission price. There are adult's sizes and limited children's sizes in the skates and you are welcome to bring your own.

Recipe of the Month

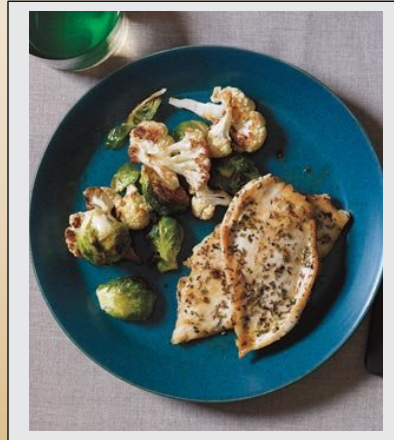
Herbed Chicken Cutlets with Roasted Winter Vegetables

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- ½ medium head cauliflower, cut into small florets (about 4 cups)
- 3 tablespoons olive oil
- 8 small chicken cutlets
- Salt to taste
- Freshly ground pepper to taste
- Garlic powder to taste
- 1 tablespoon of your choice of herbs

Directions:

Heat oven to 425 degrees F. On a large rimmed baking sheet, toss the Brussels sprouts and cauliflower with 2 tablespoons of the oil, ½ teaspoon each salt and pepper, and garlic powder to taste. Roast, tossing once, until tender and brown (20-25 minutes). Meanwhile, heat the remaining tablespoon of oil in a large skillet over medium heat. Season the chicken with your herbs of choice, garlic powder to taste, ½ teaspoon salt, and ½ teaspoon pepper. Adjust to your taste. Working in batches, cook until golden brown and cooked through and add more oil if necessary. Serve with the vegetables.



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.

Jumping squat-

- Works: glutes, hips, quads, calves, hamstrings

Wall sit -

- Works : glutes, calves, hamstrings, quads, adductors

Russian Twist -

- Works: rectus abdominis, internal and external obliques, transverse abs

Arm circles-

- Works : trapezius, deltoids, shoulders, triceps, biceps

Folic Acid Awareness Week

January is also National Birth Defect Prevention Month. Not all birth defects can be prevented but there are steps that women can take to avoid some and have a healthy pregnancy. Folic acid, the manmade form of folate is a B vitamin that helps the body make new cells. Everyone needs it but it is extremely important for women to take before, during, and after pregnancy. Taking folic acid and eating foods high in folate (like leafy vegetables, asparagus, broccoli, citrus, beans, and whole grains) can help prevent major birth defects like Spina bifida and Anencephaly. Spina bifida is when a fetus' spinal column does not close to protect the spinal cord. Because of this, the nerves that control leg movements and other functions do not work, causing lifelong disabilities and many surgeries. Anencephaly is when most or all of the brain does not develop. Sadly, babies with this problem die before or shortly after birth. Studies suggest that folic acid can also help prevent other birth defects. The typical amount of folic acid that women need is 400 to 800 mcg every day. Don't forget to consult with your doctor to know exactly how much is beneficial for you.



**MT. TRASHMORE
310 EDWIN DRIVE
VIRGINIA BEACH, VA
JANUARY 14, 2017 @ 9AM**

Come out to support the American Cancer Society! All participants get finisher medals and event tee shirts. Register at <https://www.raceit.com/Register/groups/default.aspx?newgroup=true&event=38106>

January Employee Wellness Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 University closed	3	4	5	6	7
8	9 Focus on Fitness in 2017 program begins	10 Wellness Institute Employee Fitness 11:45a-1:15p	11 Nutrition Corner SRC Lobby 12:30-1:30p	12 Wellness Institute Employee Fitness 11:45a-1:15p	13	14
15	16 Martin Luther King Jr. Holiday (no class)	17 Wellness Institute Employee Fitness 11:45a-1:15p	18 Nutrition Corner SRC Lobby 12:30-1:30p	19 Wellness Institute Employee Fitness 11:45a-1:15p	20	21
22	23	24 Wellness Institute Employee Fitness 11:45a-1:15p	25 Nutrition Corner SRC Lobby 12:30-1:30p	26 Wellness Institute Employee Fitness 11:45a-1:15p	27	28
29	30	31 Focus on Fitness in 2017 program ends				

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

