

July 2016

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

▶ BENEFITS OF ZUMBA.....2

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

▶ EMPLOYEE EVENTS CALENDAR.....4

▶ MONARCH WALKING TRAIL MAPS.....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

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

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Wellness Institute and Research Center

1006 Student Rec Center
(757) 693-6407
Kim Baskette
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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.

Benefits of Zumba

Zumba is a fun social dance party and doesn't even feel like a workout. The music is fast, upbeat and contagious, so you can't help but move!

- Calorie and fat burning
- Improved coordination
- Full body workout
- Aerobic benefits
- Anaerobic benefits
- Everyone can join in
- Mood boosting
- Social event



Health Education and Literacy (HEAL)

Wednesday July 6, 2016 | 6:30 – 8:00 pm

Join Bon Secours for **free** Health Education and Literacy (HEAL) classes for adults. Increase your knowledge of current health care topics, medical terms, and standard processes and practices.

For more information call or email:
757-947-3965 | dallard@wm.edu

Vegetable of the Month



Summer squash are different types of squashes that are harvested when immature, while the rind is still tender and edible. Summer squash serves as a great source of vitamin C, and provides ascorbic acid that helps slow aging and possibly decrease risks of heart disease, arthritis, and cancer.

Exercise of the Month

Frog Leaps

1. Begin with feet wider than hip-width apart and toes pointing out
2. Sink down into a low squat with your arms hanging in front of you until you touch the mat
3. Keep your head and eyes forward and don't let your knees extend past your toes
4. In one full movement push your whole body off the ground using the big muscles in your legs and reach your arm up over head
5. As you land immediately repeat



Juvenile Arthritis Awareness month

July 2016

Juvenile Arthritis (JA) is an umbrella term used to describe the many autoimmune and inflammatory condition or pediatric diseases that can develop in children under the age of 16. Juvenile arthritis affects nearly 300,000 children in the United States alone. The cause of JA is unknown, however some research leans towards the idea of a combination of genes a child receives from their parents may cause the onset of JA when triggered by other factors.



Recipe of the Month

Sautéed Summer Squash:

10 min prep

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons butter
- ½ red bell pepper, chopped
- 2 small to medium summer squash, sliced
- Salt and pepper
- 2 tablespoons chopped parsley leaves
- 2 tablespoons chopped chives or 2 scallions, optional



14 min cook

Preheat the skillet over medium high heat. Add oil, then butter. When butter melts, add red peppers and squash. Sauté 12 to 14 minutes until the squash is tender. Add salt, pepper and parsley. Add chives or scallions if you would like a light layer of onion flavor.

<http://www.foodnetwork.com/recipes/rachael-ray/sauteed-yellow-squash-recipe.html>

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

World Hepatitis Day

This year initiates the first ever World Health Organization's Global Elimination Strategy for Viral Hepatitis, which holds a goal of eliminating viral hepatitis as a public health threat by 2030.

July 28th 2016



Introduction to Hepatitis:

Hepatitis is inflammation of the liver caused by a virus. There are five different hepatitis viruses, Hepatitis A, B, C, D and E. The different forms of Hepatitis can be spread through eating food or drinking water that has been contaminated, contact with infected blood, or even passed from mother to child during childbirth. Certain types do have vaccinations and treatments within a few weeks of exposure to the virus can bring short term immunity.

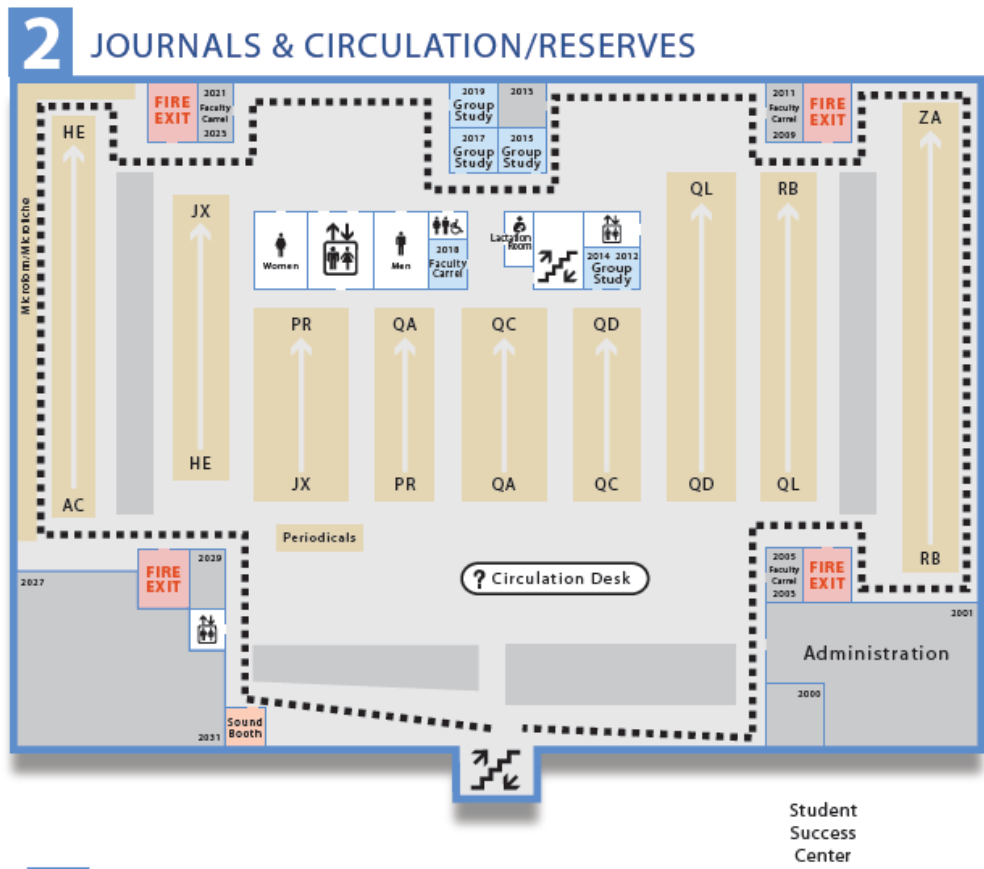
July Employee Wellness Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	Weight Watchers meeting Webb Center Virginia Rice Room 12:00 – 1:00pm				Activity Break Perry Library Main Lobby 2:00-2:45 pm	
3	4	5	6	7	8	9
	Weight Watchers meeting Webb Center Virginia Rice Room 12:00 – 1:00pm					
10	11	12	13	14	15	16
	Weight Watchers meeting Webb Center Virginia Rice Room 12:00 – 1:00pm	VBHEC Wellness 12:30-2:00 pm	Health Hut Outside of Webb 11:30 – 1:00 pm		Activity Break Perry Library Main Lobby 2:00-2:45 pm	
17	18	19	20	21	22	23
	Weight Watchers meeting Webb Center Virginia Rice Room 12:00 – 1:00pm					
24	25	26	27	28	29	30
	Weight Watchers meeting Webb Center Virginia Rice Room 12:00 – 1:00pm					

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

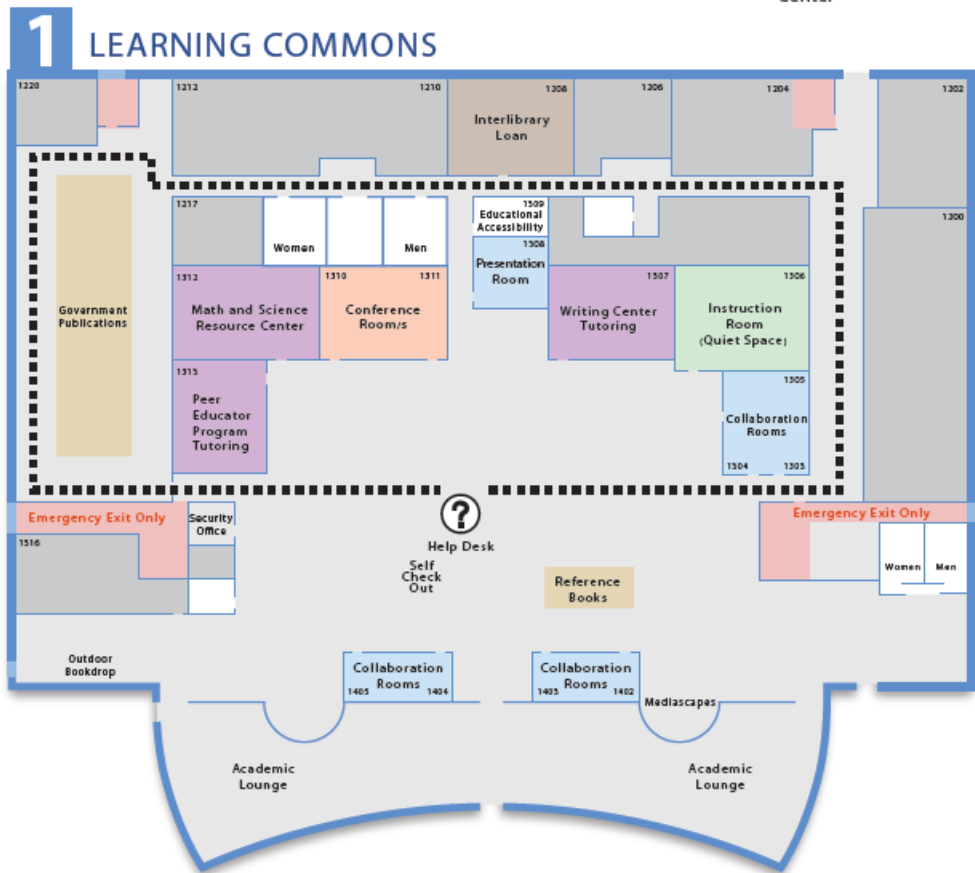
THE MONARCH WALKING TRAIL

2ND FLOOR
876 FT/6 LAPS=1 MILE

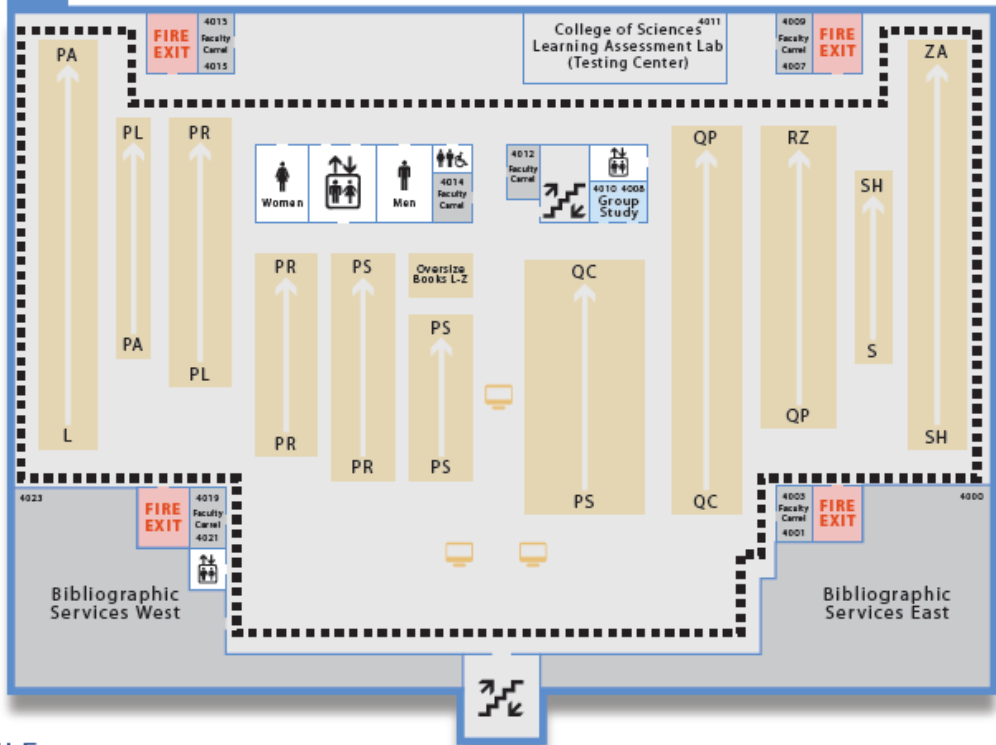


Student
Success
Center

1ST FLOOR
619 FT/8.5 LAPS=1 MILE

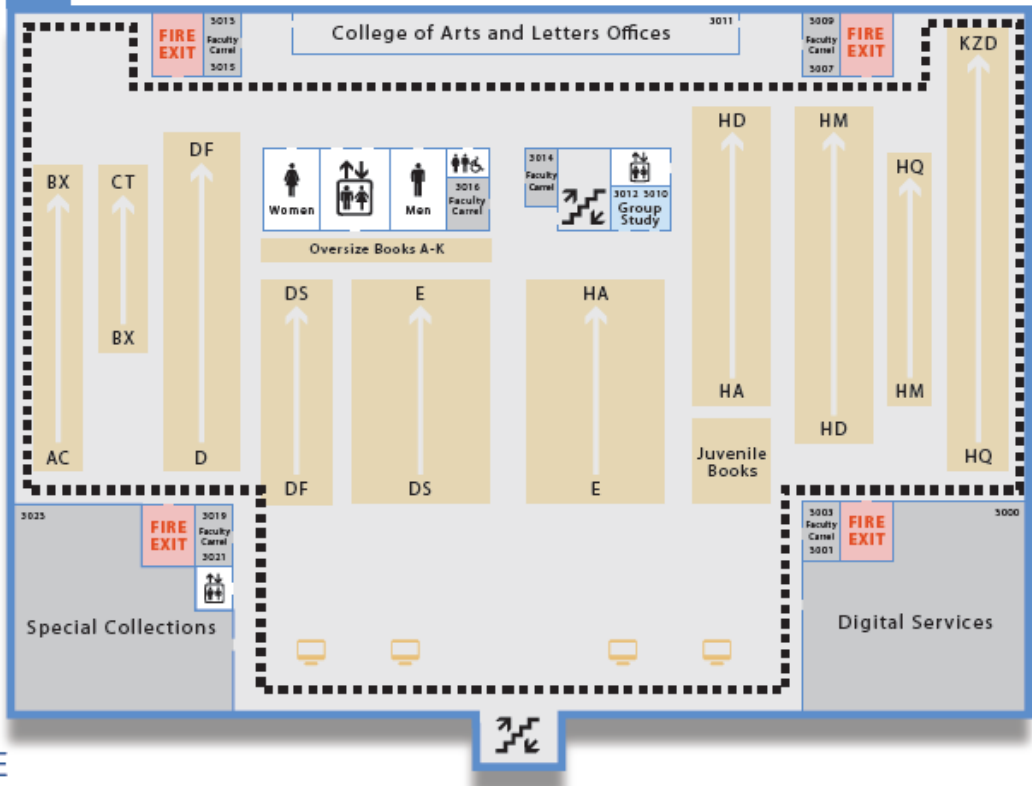


4 BOOKS L-ZA & QUIET STUDY



4TH FLOOR
819 FT/6.5 LAPS=1 MILE

3 BOOKS A-KZD



3RD FLOOR
882 FT/6 LAPS=1 MILE