March is National Nutrition Month! This campaign focuses on the importance of making knowledgeable food choices and developing good eating and physical activity habits. It can be a hard journey but overtime, healthy habits will become second nature. A few tips to help reach your nutrition goals are:

- **Start with small changes**
  Instead of going on a diet, make small changes to what you eat and drink everyday

- **Take it one day at a time**
  If you mess up, make sure you don’t discourage yourself; don’t give up!

- **Get active in a way that suits you**
  Pick activities that you enjoy doing so that you will be more likely to stick with it.

- **Team up with family and friends to go on the journey together**

- **Celebrate your success!**
  Try to stay away from food rewards. Instead, go for something tangible like new clothes, concert tickets, vacation, spa day, night out with friends, etc.
**Benefits of Meal Planning**

Meal planning is a great way to keep track of your diet. You can even plan ahead for the whole month to save some trips to the grocery store. It is okay to eat out every once in a while, but meal planning helps take away the need to do so. It is helpful to cook the foods you want to eat on Sunday and be sure to make enough to last you most of the week.

Meal planning can help you:
- Save money
- Save time
- Eat healthier
- Decrease stress
- Add variety
- Waste less groceries
- Eat out less
- Make busy days easier

**Scope on Ice: Green in the Rink Skate**

Thurs, March 16, 2017
5:30-8:30pm
Norfolk Scope Area
201 East Brambleton Ave

Skaters of all ages and skill sets are welcome to come out to “Scope on Ice!” There will be 6 themed public ice skating sessions for friends and family to enjoy and have a great time. Tickets are $8 and include entry, skate rental, and parking. There will be soda, hot chocolate, and snacks. Visit [http://www.sevenvenues.com/events/detail/scope-on-ice](http://www.sevenvenues.com/events/detail/scope-on-ice) to purchase tickets.

**Carbohydrates**

Carbohydrates are everywhere! They are the main source of energy in our diets. Carbs can either be sugars, starches, or fiber. The higher in fiber and the lower in sugar, the better that carbohydrate is for you. Complex, or whole, carbs are good for you. Simple, or refined, carbs are not so good for you. Simple carbs are mostly sugar and are digested quickly but complex carbs have more fiber in them and take longer to digest which helps release energy for a longer time. Carbs do not have to be avoided, you just have to watch which ones you eat.

Some good carbs to eat are vegetables, whole fruits, whole grains, legumes, nuts, seeds, and potatoes with the skin on (not French fries or chips).

**Vegetable of the Month**

Swiss chard lies between spinach and kale. It is not as tender as spinach but it’s not as tough as kale. It is a great source of vitamins A, C, and K, is an anti-inflammatory, and helps the body manage blood sugar. The leaves can be sautéed quickly like spinach but the stems are tougher and need a longer cooking time.
Recipe of the Month

Easy Swiss Chard

Ingredients:
- 1 large bunch of fresh Swiss chard
- 2 tbsp olive oil
- 1 clove garlic, sliced
- Crushed red pepper to taste
- ¼ tsp of whole coriander seeds (optional)

Directions:
Rinse the Swiss chard thoroughly and tear or cut the leaves away from the stalks. Cut the stalks into 1 in pieces and chop the leaves into 1 in strips, keeping the stalks and leaves separate. Heat the olive oil in a pan on medium high heat. Add the garlic, crushed red pepper and coriander seeds (optional). Cook for about 30 seconds, or until garlic is fragrant. Add the chopped stalks to the oil. Lower the heat to low and cook is covered for 4 minutes, then stir in the chopped leaves, cover it back up, and cook for another 4 minutes. Serve immediately.

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.

  - Plank glute kickback -
    - Works: abs, glutes, hamstrings
  - Windshield wipers -
    - Works: abs and oblique’s
  - Abdominal hip raises -
    - Works: abs, glutes, hamstrings, arms
  - V sits -
    - Works: abs

ODU’s Walk a Mile in Her Shoes
March 21 | 12:30-1:30pm
Kaufman Mall

CALLING ALL MEN!
Do your part to stop sexual and relationship violence against women. Walk around Kaufman Mall wearing a pair of heels to show your fellow Monarchs that violence is unacceptable. Heels will be provided! Women are encouraged to attend wearing sneakers to cheer on their male allies. You can register as an individual or a group. Visit the info tables to show support and participate in the Men of Quality photoshoot.

March is also National Kidney Month!

On Saturday, March 4th from 10am-1pm
There will be a free kidney health check which includes:
- a risk survey
- blood pressure check
- a BMI (body mass index) measurement
- an opportunity to speak with a health care professional
- education materials
- an ACR urine check for albumin
  - Albumin is a protein found in the blood. A healthy kidney does not let albumin pass into the urine. A damaged kidney lets some albumin pass into the urine. The less albumin in your urine, the better!

This health check will be held at
B&B at the Historic Page House Inn
323 Fairfax Ave
Norfolk, VA 23507
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For more information on Employee Wellness Programming and Events contact: Tamara Morgan at tmorgan@odu.edu