EMPLOYEE WELLNESS:
OUR MISSION IS TO ENRICH LIVES & IMPROVE WELLNESS
AT OLD DOMINION UNIVERSITY!

O D U  E M P L O Y E E
WELNESS
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)

NATIONAL DISTRACTED DRIVING AWARENESS MONTH

Every 8 seconds, someone is hurt in a car crash that could have been prevented. Car crashes are the leading cause of death in the workplace, as well as for teens, and distraction is a big factor. Although they seem safer, hands-free devices can also cause distractions that may cause fatal car accidents. They are marketed as safer but studies have shown that they can sometimes be more distracting. While driving:
- Eliminate cell phone use while on the road
- Drive attentively
- Avoid drowsy driving
- Avoid driving after drinking
- If something drops, ask a passenger to pick it up or leave it alone until the car is stopped

Recruitment 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 10:00a-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
kbaskette@odu.edu
**Benefits of Buying Organic**

The term “organic” means products are grown and processed without the use of synthetic pesticides, GMOs, petroleum based fertilizers, sewage sludge-based fertilizers, and chemicals. With organic foods, they are grown with natural fertilizers, weeds are controlled naturally instead of chemically, and pests are controlled using natural methods. For livestock, they are not given any growth hormones, antibiotics, or animal byproducts, and they must have access to roam outdoors. Benefits of eating organic are:

- Fewer pesticide residue in our food
- The food is fresher because it is preservative free
- Growing methods are better for the environment
- Livestock is healthier, the risk of mad cow disease is lower, and it helps prevent antibiotic-resistant bacteria strains
- Organic meat and milk are richer in certain nutrients
- The food is GMO (genetically modified organism) free

**Side Balance Crunch**

Muscles worked: exterior and interior obliques, core

- Get into a side plank with your right knee bent
- Raise your left arm straight up so that it is reaching towards the ceiling
- Make sure you are balanced and bend your left arm and knee towards each other while keeping them to the side
- If you can, tap your elbow to your thigh
- Do 10 reps and repeat on the other side

**Destress Week**

April 17-21

Come destress during finals week with these multiple events going on:
- Dance Therapy Class
- Step into Spring Class
- Yoga Massage
- Yoga on the Lawn
- Cycle Theme Week

**Vegetable of the Month**

Tomatillos originated in Mexico. They are not tomatoes but they are still members of the nightshade family. Tomatillos are low in calories and fat and high in fiber. They have moderate amounts of vitamin C, A, K, niacin, potassium, manganese, and magnesium. They also contain antioxidants called anolides that have a link to anti-cancer and antibacterial functions.

**Join ODU’s African Student Association in the North Café for their exciting annual cultural show where they will be showcasing African dance, fashion, music, and more!**

**BEAUTY OF AFRICA**

Saturday April 15th
Old Dominion University Webb Center

Free Doors open at 6 PM
Show starts at 7 PM

The African Student Association Presents
Salsa Verde

Ingredients:
6 tomatillos
½ onion, quartered
1 jalapeño (add more for additional heat)
½ bunch cilantro
3-4 garlic cloves
1 tbsp. olive oil
Juice of one lime
Salt to taste
Black pepper to taste (optional)

Directions:
Halve the tomatillos and cut the top off of the jalapeño. Roast in the oven at 400°F for 25-35 minutes or until tomatillos are soft with black spots. Put the tomatillos and jalapeños in a blender or food processor along with the onions, olive oil, cilantro, garlic, lime juice, salt, and pepper. Blend slightly so that it is chunky or add a little water and blend more for a thinner consistency. Can be served with anything; chips, chicken, rice, etc.

Recipe of the Month

Foods That Are Best To Buy Organic
Crops are evaluated each year to rank which ones have the highest amounts of harmful pesticides. Although it can be expensive, choosing organic versions of the produce included in “The Dirty Dozen” list is very important. Organic produce will have a sticker with a code that starts with the number 9 or be labeled organic. This list includes:

<table>
<thead>
<tr>
<th>Strawberries</th>
<th>Spinach</th>
<th>Nectarines</th>
<th>Apples</th>
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<tr>
<td>Peaches</td>
<td>Celery</td>
<td>Grapes</td>
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<td>Cherries</td>
<td>Tomatoes</td>
<td>Sweet Bell Peppers</td>
<td>Potatoes</td>
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A few others to be cautious with are cucumbers, zucchini, summer squash, lettuce, kale, collard greens, blueberries, and hot peppers.

“The Clean 15” are fruits and veggies that contain little pesticide exposure that you don’t really have to buy organically. This list includes:

<table>
<thead>
<tr>
<th>Sweet corn</th>
<th>Avocados</th>
<th>Pineapples</th>
<th>Cabbage</th>
<th>Onion</th>
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<tr>
<td>Frozen sweet peas</td>
<td>Papayas</td>
<td>Asparagus</td>
<td>Mangos</td>
<td>Eggplant</td>
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<td>Sweet Potatoes</td>
<td>Kiwi</td>
<td>Cantaloupe</td>
<td>Cauliflower</td>
<td>Grapefruit</td>
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World Health Day
April 7

Every year on world health day, the World Health Organization brings attention to a different health topic. This year’s campaign is “Depression: Let’s Talk.” Depression is an illness that causes persistent sadness and loss in interest in activities that one normally enjoys. Also, those who have it cannot carry out daily activities for at least 2 weeks. Depression is not a sign of weakness and can happen to anyone. Luckily, it is treatable with talking therapy, antidepressants, or both. If you think you or someone you know may be suffering from depression, don’t be afraid to seek help.
# April Employee Wellness Events

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For more information on Employee Wellness Programming and Events contact: Tamara Morgan at tmorgan@odu.edu
Thursday, April 13th
5:00-7:00 pm

Come join the SRC in getting active with your furry friends in our Doggy Day 3K walk around ODU!

First 100 registered will receive a Doggy Day T-Shirt and a Goodie Bag for your furry friend!

Registration begins at 5:00pm in front of the SRC, walk begins at 5:30pm.

Afterwards, join us at the SRC Intramural Field for our own mini dog park “Yappy Happy Hour” Filled with mocktails and treats for participants and their four legged friends!

For more information contact Tamara Morgan at tmorgan@odu.edu

*All participants will be required to sign a waiver for their vaccinated pup to participate in the dog park the day of.
Quality of Universal Life Committee and Worksite Wellness Committee presents

Fun Fair
with a side of Health

Thursday, April 27
10 a.m. - 2 p.m.
Student Recreation Center

Screenings • Food • Fitness Classes • Raffles

ODU employees, come learn about ways to increase your personal wellness and enjoy some work/life balance through vendors from the Hampton Roads area and ODU Community.

Complimentary day pass for the Student Recreation Center will be provided to all attendees.
(Day pass must be utilized the day of event)

Biometric Screenings will be performed on site. Screening results can be submitted to your insurance for potential deduction in your rates!

-$10 to participate in screening
- Email tmorgan@odu.edu to schedule your appointment
- Appointments must be made prior to April 27, 2017

Biometric Screening participants will need to fast for 9-12 hours prior to the screening.
(NOTE: Screening results will not be shared with anyone at the institution)

For more information or to schedule screenings, please contact Tamara Morgan, Assistant Director of Fitness and Wellness, at tmorgan@odu.edu