May is National Physical Fitness and Sports Month

The month of May is all about physical fitness and all of the different types of sports to be active in! Physical activity is important for everyone. In adults, it helps lower the risk of heart disease, different types of cancer, and Type 2 Diabetes. You can support National Physical Fitness and Sports Month by making changes such as:

- Taking a walk during a break in the day,
- Going out to play Frisbee on Kaufman Mall or the Quad,
- Taking a quick bike ride around campus utilizing our OAP Bike Share program
- Incorporate a physical activity during your weekly work meeting, or take your meeting outside for a wellness walk!
**Benefits of Yoga**

Yoga is an exercise many people use to satisfy their emotional, social and physical dimensions of wellness!

- Improved Brain Function
- Lowered Stress Levels
- Increased Flexibility
- Improved Lung Capacity
- Lowered Blood Pressure
- Reduced Joint Pain
- Stronger Bones
- Healthy Weight

**Meditation**

Don’t let the busyness of the day put you in an “autopilot daze” where you aren’t present both mentally and physically. Daily tasks and stressors cause us to get caught up in other things, and doesn’t allow us to focus on what is really going on. Meditation will help us to cut through our brains static and find focus in what we are to do.

Take a couple of minutes each day, before you go to work or throughout your day, to meditate and focus. You will find that just taking a couple of minutes each day your daily stressors will decrease, your restful sleep will increase, and you will begin to live a less stressful life.

**Triceps Swing**

Muscles worked: Triceps

- Lie face up on the floor with knees bent
- Put a 5lb dumbbell in each hand
- Keep both arms straight and put them over your head without touching the floor
- Raise the left arm over the chest while keeping the right arm in place.
- Lower to the starting position and repeat. Do 15 reps with the left arm and then switch to the right arm.
- Do 2-3 sets.

**Vegetable of the Month**

Asparagus is believed to have come from the eastern Mediterranean region 2,000 years ago. In ideal conditions, the plant can grow 10 inches in 24 hours. There are green, white, and purple variations. Asparagus is high in folic acid, and a good source of potassium, fiber, thiamin, and vitamins A, B6, and C.

**Better Sleep Month**

Sleep is a huge importance when wanting to keep our physical, emotional and mental health in good shape. The Better Sleep Council is supporting the event of Better Sleep Month, which aims to raise awareness about how sleep benefits your health and well-being!

Inadequate sleep can lead to an increase in stress hormone production and also an increase in blood pressure. Poor sleep can also lead to reduced concentration, mood swings, a weakened immune system, and irritability.

There are many influences that can cause poor sleep. Worries about everyday life like, child care, family conflicts, financial concerns etc.

You can achieve better sleep by:

- Keeping a consistent sleep schedule
- Relax prior to settling in to sleep
- Make sure your sleeping area is quiet and dark.
- Having a healthy diet and incorporating exercise can aid in better sleep
Recipe of the Month

Asparagus Spinach Pesto

Ingredients:
- 1 bunch cut up asparagus spears
- 3 cups baby spinach leaves
- ½ cup basil leaves (optional)
- 4 cloves of garlic
- ½ cup freshly grated parmesan
- ⅛ cup toasted pine nuts
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ½ cup olive oil
- 1 lb your choice of meat
- 16 oz pasta

Directions:
Start by cooking the pasta and preparing your meat. When the pasta is done cooking, save some of the pasta water and put it to the side. Boil some water in a medium saucepan and add the asparagus. Cook for 2-3 minutes then remove the asparagus and place them in a bowl filled with ice water to stop the cooking. Then, put the asparagus, spinach, basil, garlic, Parmesan, pine nuts, lemon juice, and salt to a food processor. Process until combined. While the processor is still running, drizzle in the olive oil until everything is smooth. If the sauce seems too thick, slowly add some of the pasta water until you reach the desired consistency. Combine the pasta, pesto, and meat and sprinkle some Parmesan on top. Enjoy!

Don’t Sit Get Fit

- Please consult your doctor before starting this or any other exercise activities.
- Go at your own pace and stop if any exercises cause pain.
- All exercises are followed by 10 seconds of rest.

Make sure to include a proper cool down and stretch.

Warm-up
- 10 long lunges
- 10 air squats
- 10 mountain climbers

Workout
- 2 sets of 20 squats (with weight or no weight)
- 2 sets of 20 lunges with weight (whichever is challenging but doable.)
- 2 sets of 20 calf raises with weight (whatever is challenging but doable.)
- 2 sets of 20 leg raises. (each leg)
- 3 sets of 15 crunches
- 15 minutes of walking or cycling.

Cool Down
- Slow down your pace on the treadmill or bike until heart rate has gone down.
- Make sure to stretch out your legs by doing a quick quad stretch and calf stretch.

Have you had a Hug Today?

Hugging helps to boost your immune system, reduce the risk of heart disease by lowering your blood pressure, improves depression, promotes sleep and helps boost your self-esteem!

GIVE SOMEONE A HUG TODAY TO HELP LIFT THEIR SPIRITS AND THEIR HEALTH!

Stress Management Tips for the Month:

With the hustle and bustle of your hectic work schedules, it is important to keep a clear mind and level of relaxation to carry you throughout the day. Here are some suggestions to keep stress-free in the month of May:

- Make sure to work in a cool, isolated environment
- Play some soft, quiet music to ease your mind as you work
- At times of stress, be sure to breathe deeply for 10 seconds with slow, soothing breathes
May Employee Wellness Events

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