Congratulations to everyone who participated in our Summer Walking Challenge! We hope you enjoyed the opportunity to get out with your colleagues and get moving this summer and hope to see you continue moving throughout the year!

Total Amount of Steps Taken Throughout the Challenge by Participants: 15,965,808 which totaled to 7,559 miles

Participant with the most amount of steps: Steven Bookman with 766,054 which totaled to 362 miles
**Benefits of Biking**

Biking is considered as a perfect way to spend your leisure time away from work and for a 2 for 1 deal you get to enjoy some beautiful warm weather before winter hits. Not only is biking a perfect relaxation method it has tons of health benefits as well as social benefits. Biking can also help you out financially as a simple ride to a store close to your house can help save you money on gas and possible car accidents.

- Calorie and fat burning
- Improved coordination
- Easy workout on your lower extremity joints
- Aerobic benefits
- Anaerobic benefits
- Anyone can do it alone or in a group
- Mood boosting
- Social networking increase
- Saves money on gas and car repair bills

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**Health Education and Literacy (HEAL)**

**Wednesday August 10th, 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.

http://hrscene.com/event/health-education-literacy-heal/all/

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

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**Vegetable of the Month**

Lettuce is a leaf vegetable that is one of the healthiest and best vegetables you can eat. There are several types of lettuce including iceberg, romaine, stem, oilseed, leaf and asparagus. Lettuce is very rich in vitamins K and A plus it’s a moderate iron and folate source. The best foods with lettuce include salads, vegetable juice and sandwiches. It also has tons of health benefits such as a decrease in heart disease, obesity and hypertension plus it can increase daily activity energy.

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**Exercise of the Month**

**Shoulder Lateral Raise aka: “Angel Wings”**

1. Grasp two dumbbells in front of the thighs with your knees slightly bent.
2. Slightly bend the elbows and let your hands get comfortable.
3. Slowly raise the dumbbells up with your arms make sure elbows are at shoulder height and wrist height is equal to the elbow.
4. Slowly bring the dumbbells back down to the starting position and repeat the process
5. Do 8-12 reps or as many as you think you can do but remember to keep your mind clear and let your arms fly like the wings of an angel hence the exercise nickname.

*Precaution: Only use light to moderate weights for this exercise; improper technique can lead to serious deltoid damage!!!!!!

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**National Immunization Awareness Month**

August 2016

Immunization is a term used to describe the process of the injection of a vaccine into a person prone to a certain type of disease. As the vaccine gets injected into a certain area of the body the vaccine then acts to stimulate the immune system and help the body return to its normal proper working order. The most common type of vaccine kids and adults can get is a shot which has many varieties and can be offered at any health facility from a hospital to even a Walgreen’s outlet. It is very important that each and every person on Earth goes through immunization in order to prevent a disease spread and possible death.
Recipe of the Month

Warm Butter Lettuce Salad with Hazelnuts:
15 min prep
1 cup dry white wine
1 shallot thinly sliced
1 bay leaf
¼ tsp sugar
Kosher salt and freshly ground pepper
4 tbsp. cold unsalted butter cut into pieces
2 heads butter Bibb lettuce, leaves separated
¼ cup hazelnuts toasted and chopped
2 tbsp. coarsely chopped fine herbs (chives, parsley and chervil)

10 min cook
Bring the wine, shallot, bay leaf, sugar, ½ tsp salt and ¼ tsp pepper to a simmer in a skillet over medium high heat.
Cook for about 8-10 min until reduced to 2 tablespoons then remove mixture from the heat and discard the bay leaf.
Whisk in the butter and 1 tsp water until smooth.
Combine the lettuce, hazelnuts and herbs in a large bowl.
Add the warm dressing and toss the salad to coat perfectly Season with salt and pepper and serve immediately.


Contact Lens Health Week

2016 marks the third annual CDC Contact Lens Health Week where everything you need to know about the health and safety of wearing contact lens will be presented in collaboration with the Contact Lens Institute and FDA. The three key areas covered will include healthy contacts hygiene habits, proper use, care and storage of lenses materials and benefits of regular eye care provider visits. So if you’re needing very good information about contacts and not sure where to turn, come see this event for yourself and tell an eye care provider “Eye could use some good information about contact lenses!!!"

August 22nd-26th 2016

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™

Introduction to Contact Lenses:
Contact Lenses are known to be the primary Plan B for the population of people who need an extra surface in order for the eyes to function properly. They are a tiny microscopic piece of plastic a person can place on the pupil of the eye but the surface must always be cleared in order to work. Though contacts lenses are cheaper than a pair of eyeglasses there’s a greater amount of responsibility in caring for them. This include washing your hands before handling them, properly storing them after daily usage and only putting eye drops on them never water. Contact lenses are highly recommended to be replaced once every three months.

Don’t Sit Get Fit

- Please consult your doctor before starting this or any other exercise activities.
- The Bizzle Ball Workout: For 20-30 min a day do as many reps as you can while still maintaining good form. Using a stability ball or any kind of small ball you have at home perform each exercise for 2 minutes at three sets of 8-15 reps; take a 30-second rest between each set.

Full-Body Ball Squats -
Technique: Position your ball at chest height at a distal position then push your legs down and keep the ball held at chest-shoulder level.
- Works: glutes, quads, hips and thighs

Hip Bridges –
Technique: Position your feet on the ball with your knees slightly bent while your back is flat on the floor. Push your chest up with your glutes to make a straight body line at 180˚ then come back down in a drawbridge position.
- Works: glutes, hips, thighs, and calves.

Extreme Push-Ups –
Technique: Start in a posterior position with your chest touching the ball, then roll out to the best position possible and perform a regular push-up. Always keep your feet on the ball at all times.
- Works: chest, shoulder, and arms

Crunches –
Technique: Sit on the ball with your legs bent at exactly 90˚ and your chest and back flat. Cross your arms like you’re hugging someone and then pull yourself up to squeeze the abdominals. Easiest exercise of the workout!!!!!!!!
- Works: abdominals, back

Sky Reachers –
Technique: Hold your ball out to the left or right lateral side of your foot then twist your body as you push with your mid-section up to the sky then return to your starting position. Repeat the process for the opposite side; you can alternate reps each time.
- Works: mid-section sides, abdominals, lower back and hips

You can do three sets of one exercise take a 1 min breather and move onto the next one or do one set of each one take a 1 min breather then go on to the next set. Always remember to have a ball and a smile for this workout.
## August Employee Wellness Events

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