Welcome Back ODU Monarchs!

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
- Activity Breaks (Library)

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

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
kbaskett@odu.edu
The Importance of Immunizations

August is Immunization Awareness Month! It is important for people of all ages to stay up to date on the vaccines recommended for you! Even individuals who are healthy can become seriously ill and pass disease on to others. According to the Center for Disease Control, more than 732,000 children’s lives have been saved in the past 20 years due to routine vaccinations. Assess you and your family’s personal vaccination needs you’re your local pharmacy, health care provider, or physician!

For more information on free clinics located in your area please contact the Virginia Association of Free and Charitable Clinics (VAFCC) at:

Virginia Association of Free Charitable Clinics, Inc.
1801 Libbie Ave., Suite 104
Richmond, VA 23226
Phone: (804) 340-3434
Fax: (804) 340-3435
info@vafreeclinics.org

Cucumbers belong to the same botanical family as squashes, zucchinis, melons, and pumpkins. They offer antioxidant & anti-inflammatory benefits as well as having the ability to flush toxins out of your body. Cucumbers are also great for your skin and they are believed to aid weight loss.

Exercise of the Month

Shoulder Press with a Barbell

1. Start by warming up the shoulders with arm circles, toe touches, and light weighted shoulder presses
2. To begin the workout you should start with a weight that was of moderate difficulty, something you can lift at least 8 times with minor difficulty.
3. Once the weight has been chosen you want to make sure the bar is resting on your shoulders, you core is engaged and your chest is straight in order to limit strain on the spine.
4. Make sure to isolate the shoulders and push the weight up wards and have the arms locked out at the top to get full range of motion in the shoulders.
5. Slowly lower the weight back to the shoulders, make sure to not let the bar fall on you but stay in control.
6. Repeat steps 3-5 for 3 sets, increasing the weight each time while making sure you can get 8 reps during each set.

Fall Semester Starts the 26th

With the beginning of the fall semester each of us need to make sure we are as prepared as we can be to tackle the various challenges at our best. As new students come on to the campus they can have a hard time finding their way to either resources on campus or to their classes. We should all keep our eyes and ears open to the students hustling around to spot the ones that could use our assistance to better their experience and show them the spirit of Old Dominion University.

Take time to meet a new student or assist in providing directions to their first class. Your new connection could make a huge impact on a student’s life and their experience here at Old Dominion University!
Grilled Chicken w/ Peach Cucumber Salsa

INGREDIENTS
- 1-1/2 cups chopped peeled fresh peaches (about 2 medium)
- 3/4 cup chopped cucumber
- 4 tablespoons peach preserves, divided
- 3 tablespoons finely chopped red onion
- 1 teaspoon minced fresh mint
- 3/4 teaspoon salt, divided
- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/4 teaspoon pepper

DIRECTIONS
For salsa, in a small bowl, combine peaches, cucumber, 2 tablespoons preserves, onion, mint and 1/4 teaspoon salt.

Sprinkle chicken with pepper and remaining salt. On a lightly greased grill rack, grill chicken, covered, over medium heat 5 minutes. Turn; grill 7-9 minutes longer or until a thermometer reads 165°, brushing tops occasionally with remaining preserves. Serve with salsa. Yield: 4 servings.

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 Toe Touches
- 10 Jumping Jacks
- 10 Air Squats

Workout
4 Rounds of:
- 5 Push ups
- 15 Air Squats
- 10 Sit ups

Cool Down
- Hold these stretches for 20 seconds
  - Butterfly Stretch
  - Single leg Extension Stretch (both legs)

New Year New Habits.

Although we are far from January 1st, for many, the start of fall semester symbolizes a new year. New courses, new faces, and new experiences await us all here at Old Dominion. While you are establishing your new routine, don’t forget to remember to stay active! The Student Recreation Center has a great personal training program is designed to provide our members with an individualized fitness program specifically designed for you. Stop by the front desk of the Student Recreation Center to schedule your first session!

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Contact Tamara Morgan at tmorgan@odu.edu for more information!
## August Employee Wellness Events

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### National Health Center Week

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