**Healthy Habits**

**National Childhood Obesity Awareness Month**

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.
**Benefits of Pilates**

Pilates elongates and strengthens your body, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is led likely to become injured.

- Refreshing mind-body workout
- Develop a strong core- flat abdominals and strong back
- Gain long, lean muscles and flexibility
- Create an evenly conditioned body, improves sport performance, and prevents injuries

**Exercise of the Month**

**Superman (arm and leg extension on all fours)**

Muscles worked: abs, glutes, lower back, quads, bicep and triceps

- Keep tension in abdominal muscles
- Keep head down, ensuring spine remains straight
- Hold extension for longer to increase intensity and improve balance
- Movement should be slow and controlled

**Manage Anger Stress and Conflict Effectively & Live a Life Worth Living**

**Thursday Sept 1, 2016 | 5:00 pm**

The program includes education, support and wrapped with a wellness approach to include but not limited to fitness, yoga, massage therapy, healthy eating recipes, small groups, 1:1 with a therapist, light snacks and several other proven techniques to deal with anger, stress, and conflict.

*For more information call: 757-431-7321*

**Vegetable of the Month**

Spinach is an edible flowering plant native to central and western Asia. Spinach is an excellent source of vitamin K, vitamin A, calcium, and is a very good source of dietary fiber.

**Monarch Walking Trail**

Come out to Perry Library and enjoy the Monarch Walking Trail set up on each floor. As you walk you will see healthy walking tips posted throughout the trail to keep you motivated! Grab a friend and stop by anytime the library is open! Perfect walking site for a rainy day 😊. Maps of the trail are available at the library and included on page 5.
**Recipe of the Month**

**Knorr Spinach Dip recipe**

**Ingredients:**
1 box (10 oz.) frozen chopped spinach, cooked, cooled and squeezed dry
1 container (16 oz.) sour cream
1 cup Hellmann’s® or Best Foods® Real Mayonnaise
1 package Knorr® Vegetable recipe mix
1 can (8 oz.) water chestnuts, drained and chopped (optional)
3 green onions, chopped (optional)

**Directions:**
Combine all ingredients and chill for about 2 hours.

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**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.

- **Mountain Climbers**
  - Works: core, shoulders, hips and thighs
- **Burpees**
  - Works: legs, core, and upper body
- **Push-Ups**
  - Works: chest, shoulder, and arms
- **Frog Leaps**
  - Works: full-body

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**Fruits & Veggies – More Matters Month**

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

- Spread the word about programs that support local agriculture.
- Encourage families to make small changes, like keeping fresh fruit or carrot sticks within easy reach.

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**What is Cholesterol?**

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke. Help prevent or treat high cholesterol by:

- **Eating a healthy diet.** Avoid saturated fats and trans fats
- **Exercising regularly.** Physical activity can help lower cholesterol.
- **Maintaining a healthy weight.** Being overweight or obese can raise your cholesterol levels
- **Not smoking.**
### September Employee Wellness Events

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- Weight Watchers meeting
- Webb Center
- Virginia Rice Room
- 12:00 – 1:00pm

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