Tips on How to Stay Active

Getting active and staying active can be hard so we have a few tips on the little things that can keep you busy without even really trying!

- Standing at your desk when grading or working on your computer
- Using a (exercise) bosu ball instead of regular office chair
- Take the stairs instead of the elevator
- Printing something? Send documents to the furthest printer
- Switch mouse sides- If you’re using a desktop switch the mouse to the other side so that you won’t lean and favor your dominant side
- Get up at least every hour
- DRINK WATER!!! Make sure to refill your water bottle several times a day
Tricep Kickback

1. Start by warming up the triceps and shoulder with shoulder press and tricep stretches, place hand at the top of your back and with opposite hand push down on elbow so that hand is going down your spine.

2. To begin the workout you should start with a dumbbell weight that was of moderate difficult, something you can lift at least 8 times with minor difficulty.

3. Once the weight has been chosen you want to make sure the dumbbells are in both hands with palms towards the torso.

4. Slightly bend the knees and bend forward at the hips almost parallel to the floor with back straight. Remember to keep your head up looking straight in front of you and not at the floor.

5. Once in this position, extend both arms backwards towards the ceiling. Keeping your upper arm closely tucked to the body and focusing on the forearms.

6. Repeat steps 3-5 for 3 sets, increasing the weight each time while making sure you can get 8 reps during each set.

Exercise of the Month

Fruits and Veggies - More Matters

Incorporating fruits and veggies into your diet every day is important! Individuals who have a balanced diet can lower the risk of type 2 diabetes as well as some types of cancer. The American Heart Association stresses the importance of eating eight or more fruits and vegetable servings every day.

SHOPPING TIP: Fruits and vegetables that are canned or frozen tend to be higher in sugar and sodium! When shopping for canned or frozen fruits and vegetables compare labels choose those with the least amount of sodium and aim for fruits with NO added sugar.

GET CREATIVE!
If you don’t like the taste of vegetables add them to smoothies or try fruit pops! There are many ways to up your intake so don’t be shy to try new ideas!

Grain of the Month

Rolled oats! Rolled oats can be used in a variety of different ways. They are filled with vitamins, minerals and antioxidants. Oats are higher in protein and fats as well as rich in carbs and fiber more so than most other grains. They can make you feel fuller which could help with weight loss.

National Yoga Month

September is National Yoga Month! Yoga is an excellent way to exercise and relax all at the same time. Yoga stretches your muscles as well as increases your range of motion. Yoga is not considered aerobic, however it can improve your health just as much as if you were doing aerobic exercises. From lowering blood pressure, increasing circulation as well as lowering bad cholesterol which are all factors that can lower ones risk for heart disease. For those suffering from a chronic illness yoga has many benefits by improving coordination and reducing stress which could potentially increase the symptoms that one would be having. By simply performing a short 10 minute session in the morning and just before bed can significantly improve physical results without taking up too much of one’s day. Yoga puts both your mind and body in alignment with one another giving those who perform yoga a sense of balance and peacefulness.

For more information on the benefits of yoga and yoga classes near you please visit: www.yogahealthfoundation.org
Almond Joy Overnight Oats

INGREDIENTS
- ½ cup rolled oats
- ¾ unsweetened almond milk
- 1 Tbsp maple syrup
- ½ Tbsp ground flaxseed
- 2 Tbsp unsweetened shredded coconut
- ½ Tbsp mini chocolate chips

DIRECTIONS
1. Combine all ingredients in a jar
2. Stir
3. Refrigerate overnight and ENJOY!

*You can also add 1 cup of fruit of your choice if you would like*

Benefits of Staying Hydrated

Staying hydrated has many different benefits from your skin, to your bladder and kidneys, and even the cells in your body. Drinking water first thing in the morning has benefits but continuing to drink water throughout the day is just as important. Being properly hydrated can keep you from being fatigued. It helps your cells complete important activities that lead to a better night’s sleep & energy to get through your day. Reduces high blood pressure when you’re fully hydrated the blood is 92% water which keeps it moving freely through your veins and arteries. If you have allergies and asthma being dehydrated creates more organic nitrous compounds that would cause you to feel congested which leads to difficulty breathing. Reduces acne, psoriasis as well as premature aging of the skin, if you’re hydrated the skin will have a glow. Without water, the skin cannot actively get rid of toxins which causing clogged pores which then leads to acne. If you don’t like drinking just plain water spice things up with some fresh fruit or veggies such as cucumbers and lemon or even herbs such as mint or holy basil.

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
- Jogging in place 30 sec
- High Knees 30 sec
- Fire Hydrants

Workout
4 Rounds of:
- 10 Walking Lunges
- 15 Sec Planks
- 10 dumbbell rows (Can use milk jug)

Cool Down
- Hold these stretches for 20 seconds
  - Butterfly Stretch
  - Single leg Extension Stretch (both legs)
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**Drop-In Workout**
Wellness Institute
11:45-1:15pm

**Wellness Wave**
VBHEC
2:30-4:00pm

**ODU Vs. Albany**
6 PM Foreman Field

**ODU @ UMass**
3:30 CH 11 Sports/NESN

**ODU Vs. UNC**
3:30 Foreman Field

**ODU @ VTech**
Time & CH TBA

For more information on Employee Wellness Programming and Events contact:
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