Breast cancer starts when the cells in the breast begin to grow out of control. The main risk factors for breast cancer are being a woman, getting older, and genetics. Although these risk factors make the chance of getting breast cancer higher, having a risk factor does not mean that a person with them will surely get the disease.

- Breast cancer is most common in women, but it is possible for men to get it too.
- Survival rates are higher for women with earlier stage cancers.
- Not all breast cancers form a tumor.
- Most breast lumps are benign, which means they are not cancerous.
Benefits of Aerobics

Aerobics combines rhythmic exercise with stretching and strength training. It can be low or high intensity depending on your level of fitness. Aerobics can:

- Stimulate the heart and breathing rate
- Strengthen the lungs
- Increase flexibility
- Help reduce the chance of developing some cancers, diabetes, depression, cardiovascular disease, and osteoporosis.

Side Leg Raises

Muscles worked: core, glutes, tensor fasciae latae, outer thigh.

- Lay on your side with your bottom arm supporting your head.
- Place your top arm in front of you or on your hip.
- Make sure your body is straight and your right hip is directly above your left hip.
- Lift leg towards the ceiling and then lower the leg all the way down without touching the other leg.
- Do 3 reps of 10 on each side.

Destress Week

October 17 - 21
Student Recreation Center

Start your second half of the semester off on the right foot, stress free! Join us for the week of October 17 - 21 for activities to help you de-stress! Every day we will have a different event to help relieve stress.

Monarchs Making Moves

Make healthy moves this semester by attending 25 fitness and wellness-related events throughout the semester. Learn more about the program and sign up by emailing Lauren Mayes at lmayes@odu.edu. After signing up, you will receive a card to help you track your 25 classes/events and directions. In addition to that, you will receive weekly newsletters from a certified wellness coach listing upcoming events, healthy tips, and workouts you can do on your own.

Complete all 25 events by December 9 and receive a t-shirt with bragging rights!

Vegetable of the Month

Green cabbage is a wonderful source of Potassium, Vitamin C, Calcium, Vitamin B-6, Magnesium, and dietary fiber. Studies have shown that cabbage can aide in cancer prevention and protection against the harmful effects of radiation therapy.
Curry Steamed Cabbage and Carrots

**Ingredients:**
- 1 cabbage, chopped
- 2 carrots, grated
- 1 onion, chopped
- 1 garlic clove, minced
- 2-3 tablespoons olive oil
- ¼ cup water
- 1 teaspoon curry powder
- Salt to taste
- Pepper to taste
- ½ red bell pepper, chopped
- ½ scotch bonnet pepper (optional)

**Directions:**
Sautee onions, garlic, and peppers in olive oil for 3 minutes. Add carrots and cabbage and let it cook for 5 minutes. Add salt, pepper, curry powder, and water. Stir, then cover pot and let it cook for 5 more minutes or until it reaches your desired texture. Eat alone or serve with rice.

**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.

  - **Forward Lunges** -
    - Works: quadriceps, hamstrings, glutes, calves, abs
  - **High Knees** -
    - Works: quadriceps, glutes, hamstrings, calves
  - **Front Planks** -
    - Works: core
  - **Flutter Kicks** -
    - Works: lower abs, hip flexors

**Red Ribbon Week**
**October 23rd-31st**

The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation. Unfortunately, many teens and adults let drugs take over and even take away their lives. The campaign works to educate youth around the world on the detrimental effects of abusing prescription drugs, illegal drugs, tobacco, and alcohol. People are encouraged to wear a red ribbon during this week to raise awareness and symbolize the intolerance towards the use of drugs. The red ribbon also pays homage to all the men and women who have sacrificed their lives in support of our nation’s struggle against drug trafficking and abuse.

**Breast Cancer Screening**

It is very important for women between the ages of 40 and 44 to start annual breast cancer screenings with mammograms. A mammogram is an x-ray of the breast that makes it possible to detect tumors that cannot be felt. They can also be used on women who have symptoms like lumps or breast pain.

- On the day of screening, do not wear deodorant, perfume, or powder. These products show up as white spots on the x-ray.
- It takes a few weeks to get the results. Contact your healthcare provider if results are not received within 30 days.
- An abnormal mammogram does not always mean that there is cancer.
# October Employee Wellness Events

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<th>Sunday</th>
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<td>Employee Wellness</td>
<td>PAW Event:</td>
<td>Crossfit ODU Challenge, SRC</td>
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<td>VBHEC 2-3:30p</td>
<td>Transforming the Muscle and the Mind, North Café, Webb Center 5-8p</td>
<td>MAC Court 4-7pm</td>
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<td>Wellness Institute Open House, SRC 1006, 11a-2p</td>
<td>PAW Event: Night at the Barre; SRC Studio C 5p-7p</td>
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<td>Chesapeake Art Show, Tricities Center, 2nd floor; 7:30p</td>
<td>Breastival Kaufman Mall 12-2p</td>
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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
Wellness Institute

OPEN HOUSE

Achieving your fitness and wellness goals can be fun at the Wellness Institute!

Have you been diagnosed and/or treated for any of the following:
- Type II Diabetes
- High Blood Pressure
- Cardiovascular Disease
- Orthopedic Problems
- Obesity/Sedentary Lifestyle

Are you ready to make a lifestyle change in the New Year?
If so, we can help you get started!

Stop by the Wellness Institute, SRC 1006, (located in the academic side of the SRC) on Wednesday, October 19 from 11:15 a.m. - 1:30 p.m. for our Open House!

There will be opportunities to meet the staff and learn more about your opportunities of becoming a healthier you!

For more information, contact Kim Baskette at kbaskett@odu.edu.
BREASTIVAL & FUN WALK

SILENT AUCTION
12:00 - 2:00
North Mall
$1 raffle tickets

EVENT INFORMATION
First 300 students get a FREE Breastival t-shirt
Pink treats and refreshments provided
Bra decorating contest
Crossfit and other interactive stations

SPONSORED BY
SHS Health Promotions
Women’s Center
Recreation & Wellness

OCTOBER 27
KAUFMAN MALL • 12:00 - 2:00 PM
FUN WALK 12:45 PM

CONTACT C2MATTHE@ODU.EDU FOR FURTHER DETAILS
Night at the Barre

October 20
5-7:30pm
SRC Studio C

Come join us for a night of fun at the barre at the SRC!

We will have mocktails and hors d'oeuvres as we celebrate at the barre with friends!

Barre is a total body workout that combines Pilates, Yoga, and Ballet moves to give you a beautiful, sculpted, lean muscles - without the impact and injuries some dancers endure. It demands focus that you reclaim as you go through your workout, armed to face the rest of your day calmly, confidently, and health-fully.

All participants will receive fun incentives for participating!
Contact Tamara Morgan, Assistant Director of Fitness & Wellness, for more information at tmorgan@odu.edu

Special Guest Presenter- Melissa Ricci

As a former professional dancer with over 20 years experience in the fitness industry Melissa has distinguished herself as a leader in Pilates instruction and human movement education. Melissa takes great pride in having dedicated her career studying postural alignment and the correction of movement dysfunctions as it relates to sports performance and activities of daily living. She is the founder of the DANCEALATES® workout and the DANCEALATES® Primary Instructor Training Program for the health and wellness professional. She is certified by PMA, ACE, AFAA, NASM and the Kane School of Guna Integration. Melissa completed the FAMI (Functional Anatomy Movement and Injuries) program through Mt. Sinai Ichan School of Medicine and holds a B.A. from New York University.