Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer death and the second most common cancer among both men and women in the US. 80-90% of lung cancers are linked with cigarette smoking. A person breathing in secondhand smoke is just as bad as smoking directly. Every year, about 7,300 people who have never smoked before die from lung cancer due to secondhand smoke. Although smoking is the main cause of lung cancer, it can also cause mouth, throat, esophagus, stomach, colon, rectum, liver, pancreas, larynx, and other cancers. The most important thing you can do to avoid lung cancer is to not start smoking, quit if you do smoke, and avoid breathing in secondhand smoke. Another cause of lung cancer is radon, which is a naturally occurring radioactive gas that can get trapped inside of houses and buildings. Testing/inspection is the only way to know your level of exposure.
**Triceps Swing**

Muscles worked: Triceps

- Lie face up on the floor with knees bent
- Put a 5lb dumbbell in each hand
- Keep both arms straight and put them over your head without touching the floor
- Raise the left arm over the chest while keeping the right arm in place.
- Lower to the starting position and repeat. Do 15 reps with the left arm and then switch to the right arm.
- Do 2-3 sets.

**Benefits of Step and Sculpt**

Step and Sculpt is a great workout to help sculpt and tone muscles using, bands, dumbbells, bars, and of course steps. This class offers complete cardio for a total body workout. Step and Sculpt:

- Involves choreography to great music
- Is for all skill and fitness levels
- Is low impact, high intensity
- Helps burn fat and pump the heart

**Pretlow Planetarium Shows**

The planetarium hosts free shows every week on Mondays and Thursdays at 6:30pm. They show off what is currently in the night sky, talk about constellations, planets, nebulas, galaxies, and more. After, there is a full-dome science movie to end the night.

The doors to the planetarium close right at 6:30pm, so be there early!

**University Dance Theatre Fall Concert**

November 16-19

Come watch a variety of dance styles from modern dance to ballet, jazz, and ballroom dance performed by student members of the University Dance Theatre. Dances are choreographed by faculty, guest artists, and select students. You don’t want to miss this beautiful, diverse, stimulating, and entertaining event!

- **Before Nov. 1, tickets are:**
  - $12 for ODU students
  - $14 for general admission
- **After Nov. 1, tickets are:**
  - $15 for ODU students
  - $20 for general admission

Purchase tickets at ODUArtsTix.com

**Vegetable of the Month**

Asparagus is believed to have come from the eastern Mediterranean region 2,000 years ago. In ideal conditions, the plant can grow 10 inches in 24 hours. There are green, white, and purple variations. Asparagus is high in folic acid, and a good source of potassium, fiber, thiamin, and vitamins A, B6, and C.
Asparagus Spinach Pesto

**Ingredients:**
- 1 bunch cut up asparagus spears
- 3 cups baby spinach leaves
- ½ cup basil leaves (optional)
- 4 cloves of garlic
- ½ cup freshly grated parmesan
- ¼ cup toasted pine nuts
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ½ cup olive oil
- 1lb your choice of meat
- 16oz pasta

**Directions:**
Start by cooking the pasta and preparing your meat. When the pasta is done cooking, save some of the pasta water and put it to the side. Boil some water in a medium sauce pan and add the asparagus. Cook for 2-3 minutes then remove the asparagus and place them in a bowl filled with ice water to stop the cooking. Then, put the asparagus, spinach, basil, garlic, Parmesan, pine nuts, lemon juice, and salt to a food processor. Process until combined. While the processor is still running, drizzle in the olive oil until everything is smooth. If the sauce seems too thick, slowly add some of the pasta water until you reach the desired consistency. Combine the pasta, pesto, and meat and sprinkle some Parmesan on top. Enjoy!

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**Recipe of the Month**

The Hampton Roads VegFest is a festival that celebrates our local plant-based community and brings together all aspects of what it means to live a healthy and cruelty-free life. There will be a variety of local food trucks serving vegan food, vegan food vendors handing out samples and coupons, organic beauty products, shelter dogs that you can adopt, contests for prizes, and more. This is a kid friendly event that will have a section with fun, interactive games for them to play. Well-known speakers will go over the benefits of living a plant-based life and the effects it has on our bodies, our planet, and the animals. Whether you’re vegan, vegetarian, or just curious about plant-based eating, you’ll find something you love at the Hampton Roads VegFest!

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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 60 seconds; take a 15-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.

**Crossover Crunches**
- Works: abs and oblique’s

**Hip Raises**
- Works: abs, hamstrings, lower back muscles, and glutes

**Sumo Squats**
- Works: glutes, quadriceps, hamstrings, hip flexors, calves, and inner thigh adductors

**Chair Dips**
- Works: triceps, deltoids, pectorals, and abs

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**Staying Smoke Free**

The nicotine in cigarettes is as addictive as heroin. It is hard to quit because it changes your brain chemistry. Common side effects from nicotine withdrawal are anxiety, irritability, strong cravings, depression, and difficulty sleeping. Here are some tips and to help quit smoking:

- Set up a quit day and quit plan
- Write a list of reasons why you want to quit and look at it whenever you have a craving
- Go for a walk/exercise
- Avoid caffeine
- Chew gum or hard candy
- Believe in yourself
- Ask for help whenever you need it
- Be patient with yourself
- Stay positive!
- Don’t give up!
## November Employee Wellness Events

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