Teen Dating Violence Awareness Month

Teens who are in abusive relationships may find it difficult to ask for help or seek guidance until after they have already suffered for some time. Please read these 5 early warning signs from www.teendvmonth.org to educate yourself and others on how to recognize these unhealthy relationships.

1. Extreme mood swings- Teens may experience changes in moods as they age, but extreme changes in mood may indicate dating violence.
2. Isolation- Teens may try to keep their partner away from other people, be withdrawn and antisocial for no apparent reason, or display controlling and possessive behavior.
3. Physical harm- Unexplained physical injuries are often a sign of abuse. An abusive teen may have scraped knuckles or defensive wounds. Victims may have black eyes or other bruises that they hide with makeup or baggy clothes.
4. Bad grades- Rather than pay attention in school, teens may be caught up in the drama of their relationships. When grades are low for no apparent reason, they be in an abusive relationship.
5. Sexual activity- Sex can be used as a form of control. When teens are having sex because they want control of fear the consequences of saying no, they may be in an abusive relationship.
The month of February is a month to educate ourselves and others on the importance of heart health and complications. Make this fun by encouraging your family, co-workers, friends, and communities to get involved. Making heart-healthy decisions can extend your life and expand your recreational choices as you age.

It is important to note that cardiovascular disease can affect people of all cultures and backgrounds. According to the American Heart Association, it is the number one global leading cause of death, claiming more than 27.3 million deaths each year.

**Workout by Bodybuilding.com**

**American Heart Month**

**Vegetable of the Month**

**Asparagus**

Asparagus is a spring vegetable that is loaded with nutrients. 1 cup of cooked asparagus has 40 calories, 4 grams protein, 4 grams of fiber, and 404 mg of potassium. Potassium is good for blood pressure and this yummy vegetable also contains asparaptine, which helps improve blood flow and also helps to lower blood pressure.

**Exercise of the Month**

**Jackknife Sit-up**

1. Lie flat on the floor (or exercise mat) on your back with your arms extended straight back behind your head and your legs extended also. This will be your starting position.
2. As you exhale, bend at the waist while simultaneously raising your legs and arms to meet in a jackknife position. Tip: The legs should be extended and lifted at approximately a 35-45 degree angle from the floor and the arms should be extended and parallel to your legs. The upper torso should be off the floor.
3. While inhaling, lower your arms and legs back to the starting position.
4. Repeat for the recommended amount of repetitions.

Variation: If you are really advanced you could use a medicine ball for added resistance.

**Heart Disease** is the number one killer of women, causing one in three deaths each year; this is equivalent to one woman dying each minute. Contrary to popular belief, warning signs in men are different than in women so it is important to educate yourself and others on this topic.

What does this movement promote?

AHA’s Go Red for Women advocates for more research and swifter action for women’s heart health. Visit [www.goredforwomen.org](http://www.goredforwomen.org) to learn more!
**Recipe of the Month**

**Lemon Roasted Asparagus**

**INGREDIENTS**
- 1 lb. fresh asparagus, trimmed
- 2 tbsp. olive oil
- 2 cloves garlic, minced
- 2 tbsp. parmesan, grated
- 1 lemon thinly sliced
- 2 tbsp. freshly squeezed lemon (approx. 1 lemon)
- ½ tsp sea salt
- ¼ tsp ground black pepper

**DIRECTIONS**
Preheat oven to 400 degrees Fahrenheit and line a rimmed baking sheet with parchment paper.

Add asparagus, lemon slices, olive oil, freshly squeezed lemon juice, sea salt, ground black pepper, minced garlic, and parmesan cheese to the baking sheet.

Toss evenly to coat. Place in the oven and roast for 8-10 minutes or until asparagus is crisp on the outside and tender in the center. Serves 4.

---

**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 yds. Sliding inch worm
- 10 yds. Bear Crawl
- 10 Dynamic Spiderman

Bodybuilding.com’s “The Perfect 15-minute Ab Workout”

**Workout**
3 Rounds of:
- 6-8 reps of Ab Roller
- 10-12 reps of Flat Bench Ling Leg Raise
- 30 seconds Air Bike
- 15 reps of crunches
- 20 seconds (per side) Side Bridge

**Cool Down**
- Hold these stretches for 20 seconds repeat 2-3 times
  - Pec stretch
  - Standing Quad stretch
  - Standing Triceps stretch

---

**Take the Test!**
Find out how much you know about Heart Disease.

Directions: Indicate whether you believe each statement below is True or False.

1. Heart disease is for men, cancer is the real threat for women.
2. Only elderly people can have heart disease.
3. Heart disease does not affect women who are active and fit.
4. You will always have some underlying symptoms if you have heart disease.
5. If heart disease runs in your family, you are destined to have it too.

*See March newsletter for answers.*
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drop-In Workout Wellness Institute 11:45-1:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Drop-In Workout Wellness Institute 11:45-1:15pm</td>
<td>Drop-In Workout Wellness Institute 11:45-1:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Wellness Wave VBHEC 2:30-4:00pm</td>
<td>Drop-In Workout Wellness Institute 11:45-1:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Drop-In Workout Wellness Institute 11:45-1:15pm</td>
<td>Drop-In Workout Wellness Institute 11:45-1:15pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wellness Wave VBHEC 2:30-4:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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