March 2018

**Healthy Habits**

**ODU Employee Wellness**

Our goal is to provide a supportive environment that encourages employees to adopt and maintain healthy behaviors and overall lifestyle.

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**National Sleep Awareness Week**

*March 11-17*

Quick Tip for a good night’s sleep when traveling:

- Avoid alcohol, caffeine, and soda before going to sleep when traveling to new places

**How to know you’re too stressed to sleep:**
1. You can’t turn off your busy mind
2. Your muscles are very tense
3. Your heart is racing
   - Having a poor sleep the night before may produce stress for the next day.

Want to find out more about National Sleep Awareness week and what you can do to improve your Zzz’s?
Visit [https://sleepfoundation.org/](https://sleepfoundation.org/)

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**Fitness and Wellness Programs**

- Fitness Assessments
- REC & Well Trek Online Programming
- Wellness Coaching
- Faculty and Staff only Group Exercise classes
- Drop-In Faculty/Staff Workouts
- Activity Breaks (Library)

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**Recreation and Wellness**

1207 Student Rec Center
4700 Powhatan Ave, Ste. 1207
Norfolk, VA 23529
(757) 683-3384 (office)

**Spring SRC Hours of Operation**

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<th>Days</th>
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<td>6am-12am</td>
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**Spring UFC Hours of Operation**

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Tamara Morgan
Assistant Director for Fitness & Wellness
tmorgan@odu.edu

**Wellness Institute and Research Center**

1006 Student Rec Center
(757) 693-6407
Kim Baskette
Director, Wellness Institute & Research Center
kbaskett@odu.edu
National Nutrition Month is an education and information campaign occurring annually in March by the Academy of Nutrition and Dietetics. The focus is on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes its members and the Academy to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.


**Exercise of the Month**

**Overhead Ball Squat**

1. Complete a traditional squat, while holding the stability ball with the arms extended overhead. Adding weight while keeping the torso in an upright position engages the shoulders and deltoid muscles. Go for 10 to 15 reps of this exercise.

**Balance Push-ups**

2. Lie facedown on the ball with hands and feet touching the ground and the stomach on the top of the ball. Walk the hands out until the shins are resting on the ball and the torso is in a flat push-up position. Lower torso towards the ground until the upper arms are parallel to the ground. Return to the ‘up’ push-up position and continue for 8-10 reps.

**Processed Food: What to enjoy and What to AVOID**

Processed food is any food that has been changed in any way before consuming it. Torey Armul, MS, RD, CSSD, LDN, a spokesperson for the Academy of Nutrition and Dietetics says, "It includes food that has been cooked, canned, frozen, packaged or changed in nutritional composition with fortifying, preserving or preparing in different ways. Any time we cook, bake or prepare food, we’re processing food. It’s also the origin of the term ‘food processor,’ which can be a helpful and convenient tool for preparing healthy meals."

**What to enjoy:** milk and juices fortified with calcium and vitamin D, breakfast cereals with added fiber, canned fruit packed in water or pre-cut veggies are also good options for people on-the-go.

**What to avoid:** hidden or added sugar, sodium, and fat

Edamame Lo Mein

INGREDIENTS
- 8 oz. whole-wheat pasta
- 2 cups frozen edamame
- 4 scallions, thinly sliced
- ¼ C oyster sauce
- ¼ C rice-wine vinegar
- 3 tbsp. reduced-sodium soy sauce
- 2 tsp sugar
- 2 tsp toasted sesame oil
- 1/8 tsp red pepper
- 2 tbsp. canola oil
- 2 medium carrots
- 2 small red bell peppers

PREP TIME: 10 min.
TOTAL TIME: 40 min.

DIRECTIONS
1. Bring a large pot of water to a boil. Add spaghetti and edamame to the water and stir occasionally, cook until pasta is tender (8-10 min.) or according to pasta package directions.
2. While pasta is cooking, whisk together scallions, oyster sauce, vinegar, soy sauce, sugar, sesame oil, and crushed red pepper in a small bowl until sugar is dissolved.
3. Heat canola oil in a large nonstick skillet over high heat. Add carrots and bell peppers and cook stirring often, until slightly softened (3-4 min.) Add pasta and edamame. Cook, stirring occasionally, until pasta is crispy in some spots (1-2 min.) Add the sauce and stir to combine.

Serving size: 2 cups’

Source: http://www.eatingwell.com/recipe/252268/edamame-lo-mein/

Don’t Sit Get Fit

- Please consult your doctor before starting this of 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
- Jog for 3 minutes

Workout
3 circuits of:
- 30 seconds jump rope
- 60 seconds high knees
- 30 seconds jumping jacks
- 60 seconds air lunges
- 30 seconds jog in place

Cool Down
- Hold these stretches for 20 seconds repeat 2-3 times
  - Lying Side Quad Stretch
  - Standing Quad stretch
  - Hamstring stretch
  - Calf stretch

February American Heart Month Quiz Answers:
1. False
2. False
3. False
4. False
5. False

Missed last month’s newsletter? Check out http://www.heart.org/HEARTORG/ for more information on American Heart Month!
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For more information on Employee Wellness Programming and Events contact:
Tamara Morgan at tmorgan@odu.edu

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Wellness Institute  
11:45-1:15pm |

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VBHEC  
2:30-4:00pm  
**Drop-In Workout**  
Wellness Institute  
11:45-1:15pm  
**Health Hut**  
1:00-4:00 pm  
**Drop-In Workout**  
Wellness Institute  
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**MLSSA Annual Blood Drive**  
10:00-4:00 p.m.  
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