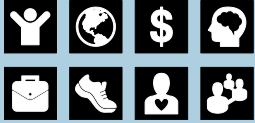


UR Well EMPLOYEE



UPCOMING EVENTS:

Mindful Monday's

Wilton Center: Interfaith Prayer Room

Monday's from 12-1pm
Open to UR Community

Financial Wellness Series

Strategies for Eliminating Debt
VA Credit Union

August 10—12-1pm
International Center Commons
Register at: [UR Talent Web](#)

Happiness Week 2017

September 18-23
More information to come...

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ISSUE 9

AUGUST 2017

University of Richmond Employee Wellness

Working Out For Real Life: Functional Fitness

Chances are you don't live to exercise. For many people, exercise is a way to maintain or improve their quality of life. And that's the focus of functional fitness.

Functional fitness exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or playing a game of basketball with your kids.

What is functional fitness training?

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability.

Functional fitness exercises can be done at home or at the gym. Gyms may offer functional fitness classes or incorporate functional fitness into boot camps or other types of classes. Exercise tools, such as fitness balls, kettle bells and weights, are often used in functional fitness workouts.

What are the benefits of functional fitness training?

Functional exercises tend to use multiple joints and numerous muscles. Instead of only moving the elbows, for example, a functional exercise might involve the elbows, shoulders, spine, hips, knees and ankles. This type of training, properly applied, can make everyday activities easier, reduce your risk of injury and improve your quality of life.

Functional exercise training may be especially beneficial as part of a comprehensive program for older adults to improve balance, agility and muscle strength, and reduce the risk of falls.

What are examples of functional fitness exercises?

Comprehensive physical movements found in activities such as tai chi and yoga involve varying combinations of resistance and flexibility training that can help build functional fitness.

Other examples of specific functional fitness movements that use multiple joints and muscles include:

- Multidirectional lunges
- Standing bicep curls

Multidirectional lunges help prepare your body for common activities, such as vacuuming and yardwork. To do a lunge, keep one leg in place and step out with the other leg — to the front, back or side — until your knee reaches a 90-degree angle and your rear knee is parallel to the floor.

Are functional fitness exercises for everyone?

If you haven't exercised for some time or have health problems, it's a good idea to check with your doctor before starting any new exercise program. Similarly, women who are pregnant should check with their doctors.

It's also a good idea to start with exercises that use only your own body weight for resistance. As you become more fit and ready for more of a challenge, you can add more resistance in the form of weights or resistance tubing. Performing movements in the water is a low impact way of achieving functional exercise.

The functional fitness payoff!

As you add more functional exercises to your workout, you should see improvements in your ability to perform your everyday activities and, thus, in your quality of life. That's quite a return on your exercise investment.

Source: <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/functional-fitness/art-20047680?pg=2>





Educational Corner: Mindfulness and Weight Loss

Written By: Abby Forman, Registered Dietitian with Bon Secours Physical Therapy & Sports Performance

The majority of people who follow restrictive diets, those that put strict rules on what or how much you can and can't eat, regain the weight within 5 years. Almost two-thirds regain more weight than they initially lost. This says something very powerful about "dieting": it works in the short term (maybe), but does not get to the root of our weight gain. Those who adopt small changes for a healthier eating lifestyle have greater success in the long run.

How can we do that? One of the first steps to making lifelong changes is awareness of what your current eating behaviors are, and why. Practicing mindfulness with our food includes being aware of internal hunger and fullness cues, not using food for stress

relief, choosing enjoyable and wholesome foods, thinking through food choices instead of relying on impulse, and non-judgmentally accepting food preferences. Research has shown that increasing mindfulness can not only help with weight loss, but also can decrease overall stress and body image concerns, and affect food preferences.

Try this introductory mindful eating exercise, "Raisin Consciousness," developed by expert Dr. Kabat-Zinn and colleagues. Are you a mindful eater?

Raisin Consciousness (source: University of Minnesota)

- Sit comfortably in a chair.
- Place a raisin in your hand.
- Examine the raisin as if you had never seen it before.
- Imagine it as its "plump self" growing on the vine surrounded by nature.
- As you look at the raisin, become conscious of what you see: the shape, texture, color, size. Is it hard or soft?

- Bring the raisin to your nose and smell it.
- Are you anticipating eating the raisin? Is it difficult to not just pop it into your mouth?
- How does the raisin feel? How small it is in your hand?
- Place the raisin in your mouth. Become aware of what your tongue is doing.
- Bite ever so lightly into the raisin. Feel its squishiness.
- Chew three times and then stop.
- Describe the flavor of the raisin. What is the texture?
- As you complete chewing, swallow the raisin.
- Sit quietly, breathing, aware of what you are sensing.

Healthy Cooking: Strawberry Cheesecake Overnight Oats

Ingredients:

Yields 2 Servings
 1/3 cup plain Greek yogurt
 1/2 cup (heaping) rolled oats
 2/3 cup unsweetened flax milk, or milk of choice
 1 Tbsp chia seeds
 1/2 tsp vanilla extract
 Pinch of salt
 2 Tbsp honey
 1/4 cup (heaping) strawberries, chopped
 1/4 tsp Lemon zest
 Dash graham crackers, crumbled to garnish

Directions:

1. In a medium-sized mixing bowl, whisk together yogurt, oats, milk, chia, vanilla, salt, honey, strawberries, and lemon zest, until combined.
2. If desired, spoon into a glass or small jar to conserve room in the refrigerator. Cover with aluminum foil, plastic wrap, or a lid and refrigerate for at least 4 hours, preferably overnight, before enjoying.
3. Right before serving, sprinkle the top with graham cracker.



Back-to-School Tips



Starting the new school year can be a time of great excitement... and anxiety. Help calm your child's fears (and your own) with these teacher-approved tips.

Meet the new teacher.

For kids, one of the biggest back-to-school fears is "Will I like my new teacher?" Breaking the ice early on is one of the best ways to calm everyone's fears. Take advantage of your school's open house or back-to-school night. Some teachers welcome phone calls or e-mails — another great opportunity to get to know each other before the year begins.

If personal contact with the teacher isn't possible, try locating the teacher's picture on a school website or in a yearbook, so your child can put a name with a face. If your child's teacher sends a welcome letter, be sure to read the letter together.

Tour the school.

If your school hosts an open house, be sure to go. Familiarizing your child with her environment will help her avoid a nervous stomach on the first day. Together you can meet her teacher, find her desk, or explore the playground.

With an older child, you might ask him to give you a tour of the school. This will help refresh his memory and yours.

Connect with friends.

A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool.

Tool up.

Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him feel prepared. While keeping basic needs in mind, allow for a couple of splurges like a cool notebook or a favorite-colored pen. These simple pleasures make going back to school a lot more fun.

School supply lists also provide great insight into the schoolwork ahead. Get your child excited about upcoming projects by explaining how new supplies might be used. Let him practice using supplies that he's not used before — such as colored pencils or a protractor — so he will be comfortable using them in class.

Avoid last-minute drilling.

When it's almost time to stop playing, give a five-minute warning. Giving clear messages to your child is very important.

Chat about today's events and tomorrow's plans.

While it is important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. All kids need some down time before the rigors of school begin. For some kids, last-minute drills can heighten anxiety, reminding them of what they've forgotten instead of what they remember.

Ease into the routine.

Switching from a summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.

Source: www.pbs.org

UR Well EMPLOYEE



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Karen's Korner, Karen Hensley, UR Dietician: Back to School Fuel

It's that time of year again to start thinking about packed lunches. Here are some tips to make sure healthy packed lunches aren't an afterthought. Remember that the food choices and presentation are important for your child.

Choices:

- *Choose 1 fresh fruit.* For example: grapes, apple slices, any melon chunks, any berries.
- *Choose 1 vegetable.* For example: Carrots, cucumber, broccoli, bell pepper strips, grape tomatoes, broccoli
- *Choose 1 healthy protein.* For example: diced chicken, beans, edamame, nuts/seeds, peanut butter/sun butter/soy nut butter, hummus, hardboiled egg, deli meat, cheese stick
- *Choose 1 whole grain.* For example: whole grain bread, crackers, brown rice, wrap
- *Incorporate dairy (if desired).* For example: unflavored milk, soy milk, almond milk, plain Greek yogurt, soy yogurt, cottage cheese, string cheese

Presentation:

- Kabobs: Cut fruit, vegetables, and proteins into cubes or small balls and put on a round skewer
- Bento boxes: lunch boxes that contain several small divided containers to help separate food and encourage variety.
- Themes: Try a different lunch theme
 - ⇒ Mexican= beans and rice, tortilla chips with guacamole or salsa, chicken burrito
 - ⇒ Pizza= whole grain pita or crackers, grape tomatoes or bell peppers, mozzarella cheese, chicken slices
 - ⇒ Eat a Rainbow= red grape tomato, hummus, yellow cheese, green cucumbers, blueberries, purple grapes plus a carbohydrate and protein
- Shapes: Cut sandwiches, fruit and vegetables into triangles or small squares or use cookie cutters.

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