

# UR Well EMPLOYEE



## UPCOMING EVENTS:

### 3rd Annual Wellness Fair: Be a Superhero of Your Wellness

March 22 from 9am-4pm  
Tyler Haynes Commons,  
Alice Haynes Room

Pre-registration is not  
required.

## INSIDE THIS ISSUE:

Educational Corner	2
Recipe	2
Wellness Fair	3
Self-Defense Course	3
Caregiving Information	4

# Employee Wellness Newsletter

## University of Richmond Employee Wellness

### Eating Green and Keeping Your Green this St. Patrick's Day

This month contains St. Patrick's Day, a holiday dedicated to all things Irish and all things green.

This year, [money.usnews.com](http://money.usnews.com) rounded up some of their favorite posts to help you paint the town green in a healthy way!

#### Eat and Drink Glorious Greens!

If you're hosting a St. Patrick's Day meal for your family and friends, this is the perfect opportunity to amp up the number of nutritious greens on the table! Serve a hearty kale and lentil stew or a side of Brussels sprouts to warm up your guests after your local St. Patrick's Day Parade. Or if a lighter lunch is what you're after, we suggest a hummus and kale wrap. But don't count out all other green vegetable options! Learn more about the health benefits of your favorite vegetables, and cook up your own delicious recipes.

A green smoothie is the perfect way to get into the healthy holiday spirit. Check out a few of our favorites: Luck o' the Green Smoothie, Green Lift Smoothie.

#### Keep your Green in your Wallet!

**1. Shop smart.** Keep an eye out for spring sales in the coming weeks. As win-



ter ends and spring begins you'll be able to catch great sales wherever you go.

**2. Power down.** With this mild weather, take a break from heating or AC and open the windows to get fresh air!

**3. Cook in season.** With spring coming, lots of fruits and veggies are going to be in season which means that you can get great fresh food. For bonus points, try planting a few vegetable or fruit plants yourself!

**4. Take it outside.** Look to the outdoors for great entertainment ideas and workout ideas. While the weather is nice, suggest walks or hikes instead of dinner or a movie.

How are you going green this St. Patrick's Day?

Source: <http://money.usnews.com>



## Educational Corner: Tips For Springing into Fitness

With the warm weather approaching, try some of these ideas for fun outdoor activities to get you moving and outside!

**1. Walk it Off:** Walking is an ideal workout and is something that you can do anytime, anywhere, with very little cost or equipment. Now that nicer weather is here (or on its way), take in an outdoor stroll and admire some spring blooms. Not as nice outside as you'd like? Walk at the mall or shopping center and admire the new spring fashions!

**2. Take a Hike:** Hiking is another great spring activity and one you can enjoy with family or friends. Search online or pick up a trail guide for hiking locations near where you live. Pay attention to distances and difficulty levels to choose one that's right for you.

**3. Set a Goal:** Spring is also a great time to make getting ready for a summer or fall marathon, half marathon, or fun run part of your goal. For some people, having the deadline of such an event is a great motivator to keep moving toward their weight loss goal.

**4. Join the Club:** Many cities and towns have walking groups or clubs, so look around for such opportunities in your area. These 1, 2, and 5 k events are social and fun and can be a great way to meet like-minded fitness buddies to walk with at other times, as well.

**5. Spruce Up the Yard:** Get some exercise while getting your garden in shape for the new season. Tasks like raking leaves, mowing the grass, planting flowers, and hauling yard debris all add up to calories burned!

**6. Go for a Spin:** Biking is another fun fitness activity that goes well with nicer spring weather. So get your bike out, give it a tune up, and pedal your way to fitness.



Source: webmd.com

## Healthy Cooking: Butternut Soup with Coconut Milk

### Ingredients:

- 1 table spoon olive oil
- 2 shallots, thinly diced
- 2 cloves of garlic, miced
- 6 cups butternut squash
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon of minced peeled fresh ginger
- 2 cups vegetable broth
- 1/4 teaspoon of ground cinnamon
- 1 14-ounce can of coconut milk

### Optional Garnish:

- Tasted pumpkin seeds
- Chili garlic paste
- Cilantro Leaves

### Method:

#### Stove-Top Method:

- Heat a large heavy saucepan over medium-high heat
- Add oil to pan; swirl to coat
- Add shallots, sauté 3 minutes or until softened, stirring occasionally
- Add garlic and ginger sauté for 1 minute
- Add vegetable broth, coconut milk, salt, red pepper, and squash; bring to a boil
- Cover, reduce heat, and simmer 20 minutes or until squash is tender, stirring occasionally
- Strain off excess liquid and reserve for later
- Place slightly cooled squash mixture in a blender. Blend until smooth. Stir in any remaining juice.
- Garnish as desired.



Source: theLiveFreeGroup.com



URWell Employee's Third Annual Wellness Fair  
Wednesday, March 22, 9-4 p.m.  
Alice Haynes Commons

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Be a SUPERHERO of your WELLNESS!  
#URWell Employee

## URPD: Women's Self Defense Course

University of Richmond Police Department, in cooperation with the J. Sargeant Reynolds, and Virginia Commonwealth University Police Department, are offering a RAD (Rape Aggression Defense) Class at University of Richmond for faculty, staff, and students.

The dates of the class are **March 18th** and **March 25th**, both days from **10:00am – 5:00pm** (with a one-hour lunch break)

Location: TBA

Students **MUST** be able to attend BOTH days in order to register

Class size is limited to 20 students and spaces are on a first-come, first-registered basis. In order to register for a class: email Officer Paul Witten at [pwitten@richmond.edu](mailto:pwitten@richmond.edu) or register at:

[police.richmond.edu/forms/rad-sign-up.html](http://police.richmond.edu/forms/rad-sign-up.html)

“What is RAD class?” The Basic Self-Defense for Women program is a 12 hour course. The first three hours are classroom, which includes open discussions and lecture. The next six hours include physical techniques, which include stances, strikes, kicks,



and pressure points, as well as techniques to break away from wrist grabs, bear hugs, and chokeholds. The final three hours of RAD includes (optional) Simulation. Simulation is when a certified RAD “Aggressor” acts-out real life scenarios and participants are able to defend themselves using the techniques they have learned in class.

Simulation is 100% voluntary, and participants can choose to go through all of the scenarios, some, or none at all. RAD is designed for women of all skill levels and physical abilities. The techniques do not require women to have any special skills or abilities to be successful in the program.

Cost of the Course: \$10 holding fee returned after completion of course

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## Contact Information:

### Heather Sadowski

Assistant Director – Wellness  
Recreation and Wellness  
hsadowsk@richmond.edu

Weinstein Center  
28 Westhampton Way  
University of Richmond, VA 23173  
(804) 287-6368

Visit Us At:

[employeewellness.richmond.edu](http://employeewellness.richmond.edu)

## Karen's Korner, Karen Hensley, UR Dietician: Nutrition Month

### National Nutrition Month®: Put Your Best Fork Forward

March is National Nutrition Month® and this year's theme is "Put Your Best Fork Forward". You hold the tools to make healthier food choices. Make small changes during National Nutrition Month® and over time, your health will improve.

Eating right does not have to be complicated- begin to shift to healthier food and beverage choices.

Emphasize fruit, vegetables, whole grains and low fat dairy.

Include lean meats, poultry, fish, beans, eggs and nuts.

Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Also, make your calories count. Think nutrient-rich foods rather than "good" and "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients.

Source: Academy of Nutrition and Dietetics

Karen Hensley, MS, RD, CSSD  
Email: [khensley@richmond.edu](mailto:khensley@richmond.edu)



## Caregiving Group Upcoming Event: 4/13

Finding local support services is as simple as a click of a mouse!

Bonnie Scimone, Community Outreach Specialist with VirginiaNavigator, will demonstrate how to use its family of websites that offers an online directory of 26,000+ resources for seniors, people with disabilities, veterans, and family caregivers.



**This program will take place on Thursday, April 13, 12-1pm, Jepson Faculty Lounge (Jepson Hall 127).**

Learn how to find programs and information about healthy living, financial concerns, legal questions, caregiver support, housing options, benefits assistance, transportation, and so much more! Feel free to invite family & friends and to bring your lunch.

Sponsored by the Caregiving Group.