University of Richmond Employee Wellness

Upcoming Wellness Fair

Become a Champion of Your Health

Join us for the 2nd Annual Wellness Fair

March 17, 9 a.m.—4 p.m.

Tyler Haynes Commons, Alice Haynes Room

- More than 20 vendors
- Raffle prizes & giveaways
- Massages

Free Screenings—bone density, derma scan, postural screening, lower leg ultrasound

Employee Wellness Spotlight: Monument 10K Training

Heidi Benson, from the Office of Admissions, says, “I have been a runner for many years, but had fallen out of a good routine of consistent running when the weather got cold. I was determined to change things up and get serious about my exercise and fitness goals. As I was making these decisions for myself, I was having a discussion with some of my colleagues. We all happen to volunteer on our office’s Sunshine Committee (we plan office get-togethers and celebrations) and one of our goals was to offer some new events and activities that everyone would be interested in. We came up with the idea of training for the Monument 10K on April 9th, 2016. All Office of Admission Employees were invited to train together for the 10K with group runs or walks twice a week after work. We support and encourage each other, hold each other accountable, and improve our individual fitness while working toward a goal of running the Monument 10K. With many years of coaching experience I was chosen to be the unofficial coach. Devising a training schedule that would quickly get us in shape and allow flexibility for work and family commitments was important. We look forward to getting together after a long day of work and running the stress away! Just being outdoors makes us feel energized and knowing our exercise is complete before heading home is a huge bonus to all of us. So far, we are off to a great start! Twice a week, several of us meet after work to run together. We started the first week of February and since then, we’ve been able to run all over campus and the surrounding neighborhoods as we’ve increased our mileage. With about six weeks to go until race day we will definitely be ready for the 6.2 mile run! Our group is represented by a variety of ages and running experience but we all have one thing in common...we will cross the finish line on April 9th with our arms in the air and a smile on our face.”
Educational Corner: Guide to Physical Activity

Physical activity is an important part of your weight management program. Most weight loss occurs because of decreased calorie intake. Sustained physical activity is most helpful in the prevention of weight regain. In addition, exercise has a benefit of reducing risks of cardiovascular disease and diabetes, beyond that produced by weight reduction alone. Start exercising slowly, and gradually increase the intensity. Trying too hard at first can lead to injury.

Examples of moderate-intensity amounts of physical activity

Common Chores
- Washing and waxing a car for 45–60 minutes
- Washing windows or floors for 45–60 minutes
- Gardening for 30–45 minutes
- Wheeling self in wheelchair for 30–40 minutes
- Pushing a stroller 1.5 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes

Sporting Activities
- Shoveling snow for 15 minutes
- Stairwalking for 15 minutes

Your exercise can be done all at one time, or intermittently throughout the day. Activities to get you started could include walking or swimming at a slow pace. You can start out by walking 30 minutes for 3 days a week and build to 45 minutes of more intense walking, at least 5 days a week. With this plan, you can burn 100 to 200 calories more per day. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week. This regimen can be adapted to other forms of physical activity, but walking is particularly attractive because of its safety and accessibility. Also, try to increase “everyday” activity such as by taking the stairs instead of the elevator. Reducing sedentary time is a good strategy to increase activity by undertaking frequent, less strenuous activities. With time, you may be able to engage in more strenuous activities. Competitive sports, such as tennis and volleyball, can provide an enjoyable form of exercise for many, but care must be taken to avoid injury.

Healthy Cooking: Lemony Vegetable Salmon Pasta

Ingredients
- 1 pound salmon fillet
- Juice of 1 lemon, divided
- 2 cups broccoli florets
- 2 medium carrots, thinly sliced
- 1 cup reduced-sodium chicken broth
- 1 teaspoon sesame oil
- 1 tablespoon cornstarch
- 3 cups cooked whole-wheat pasta

Directions
In large nonstick skillet, cover salmon with water. Add juice of lemon. Bring to a boil; reduce heat and simmer 10 to 12 minutes or until fish flakes easily with fork. Remove salmon; cool enough to remove skin and flake fish. Discard liquid and, in clean skillet, combine broccoli, carrots, chicken broth and sesame oil. Bring to a boil. Reduce heat; cover and briskly simmer 5 minutes or until vegetables are just tender. Combine cornstarch with remaining juice of lemon; stir into vegetable mixture. Cook, stirring until mixture thickens. Add cooked pasta and reserved salmon; heat. Serve with lemon wedges, if desired.

Nutritional Analysis per serving:
- Calories: 251 * total fat: 3 g (saturated fat: 0 g * unsaturated fat: 2 g) *
- Cholesterol: 23 mg

Upcoming Months of Awareness

April
Ways Spiders Save
Most Americans Still Eating Too Much Sodium

Nearly all Americans are consuming more sodium than they should, according to a new federal report.

More than 90 percent of children and 89 percent of adults eat more than 2,300 mg of sodium per day—the recommended limit set in the most recent dietary guidelines for Americans. Excess sodium in a person’s diet has been linked to high blood pressure and other health problems, according to the Centers for Disease Control and Prevention.

“The finding that nine of ten adults and children still consume too much salt is alarming,” said CDC Director Tom Frieden, M.D., MPH. “The evidence is clear. Too much sodium in our foods leads to high blood pressure, a major risk factor for heart disease and stroke. Reducing sodium in manufactured and restaurant foods will give consumers more choice and save lives.”

Controlling sodium intake is an important health issue nationwide.

About one in three U.S. adults—roughly 70 million people—have high blood pressure, but only half have it under control. Heart disease, stroke, and other cardiovascular diseases kill more than 800,000 Americans each year and cost nearly $320 billion a year in health care and lost productivity, a CDC news release states.

CDC researchers came up with the recent sodium findings by analyzing dietary data from a survey of nearly 15,000 people. One troubling finding is that sodium consumption is high among those who are at risk of heart disease.

Although researchers say excess sodium intake is a problem for all Americans regardless of age, race, gender and whether they have high blood pressure, some differences were found in the study:

- Among adults, a larger percentage of men (98 percent) than women (80 percent) consume too much sodium.
- About 90 percent of adult whites consume excess sodium compared with 85 percent of blacks.
- Estimated sodium and calorie consumption peaks between the ages of 19 and 50.
- Among people at greater risk of developing heart disease or stroke—such as people age 51 and older, African Americans and individuals with high blood pressure or pre-hypertension (blood pressure higher than normal but not in the “high” range) – more than three out of four exceed 2,300 mg per day.
- Adults with hypertension consume slightly less sodium than other adults, and may be trying to follow physicians’ advice to reduce sodium. However, 86 percent of adults with hypertension still consume too much.

Despite evidence and public health campaigns to educate people about the link between sodium and health problems, sodium consumption has not changed much over the past 10 years.

Federal health officials say a key strategy for lowering the amount of sodium in the public’s diet is to gradually reduce sodium in the food supply. More than three-quarters of sodium in the American diet is estimated to come from processed and restaurant food, which gives consumers little choice when it comes to lowering daily intake. While some food companies have begun to voluntarily reduce sodium in their products, others are being encouraged to take similar steps, the news release states.

The recent federal report also highlights the important role healthcare professionals can play in advising patients on how to limit salt in the diet.

“Sodium reduction is a key part of preventing heart disease and stroke,” said Sandra Jackson, an author of the report and an epidemiologist in CDC’s Division for Heart Disease and Stroke Prevention.

“Reducing sodium is an achievable and effective strategy to improve heart health for everyone, but it’s going to take all of us working together to make it possible.”

Source: Centers for Disease Control and Prevention: http://www.cdc.gov/media/releases/2016/p0106-sodium-intake.html
Body mass index or BMI is an estimate of body fat based on your weight and height. A BMI range of 18.5 to 24.9 for adults is considered normal. People who are overweight (BMI of 25 to 29.9) have too much body weight for their height. People who are obese (BMI of 30 or above) almost always have a large amount of body fat for their height.

The higher the BMI, the greater your risk for heart disease, high blood pressure, Type 2 diabetes, breathing problems and some cancers.

- Although BMI can be used as a health measure for most men and women, it does have limits. It may overestimate body fat in athletes and others who have a lot of muscle. It may also underestimate body fat in older people and others who have lost muscle. To find out your BMI and see how you compare to your peers, go to ChooseMyPlate.gov.

Healthy Hint:

Visit Us At: employeewellness.richmond.edu

Karen’s Korner— National Nutrition Month:

“Savor the Flavor of Eating Right”

March is National Nutrition Month and this year’s theme is “Savor the Flavor of Eating Right”. Jump start a healthy lifestyle in 2016 with these food, nutrition, and physical activity tips.

Eat breakfast! Start your morning with a breakfast that includes a lean protein, whole grain, fruit or vegetable.

Make ½ of your plate fruits and vegetables. Fruits and vegetables add color, flavor, and texture in addition to vitamin, minerals, and fiber.

Watch portion sizes. Look at the nutrition facts label to determine a healthy portion size.

Be Active! Regular physical activity has so many health benefits.

Fix healthy snacks. Healthy snacks can sustain your energy level between meals. Try to eat a carbohydrate + protein for you snack such as an apple for a tablespoon of peanut butter.

Drink more water. Quench your thirst by drinking water instead of sugary drinks.

Explore new foods and flavors. When you are shopping, select a fruit, vegetable or whole grain that’s new to you or your family.

Cut back on added sugars. Food and drinks with added sugars can contribute empty calories and little or no nutrition.

Source: Academy of Nutrition and Dietetics

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