

# UR Well EMPLOYEE



## UPCOMING EVENTS:

### **Financial Wellness Series: Health Advocate**

May 9th – 8-9am  
Health Advocate  
Tyler Haynes Commons Room 305  
Register at: [UR Talent Web](#)

Or (same session, please choose what best fits your schedule)

May 9th – 12-1pm  
Health Advocate  
International Commons  
Register at: [UR Talent Web](#)

### **Food For Thought: Taking Care of You!**

May 17th – 12-1pm  
HCA - Virginia  
International Commons  
Register at: [UR Talent Web](#)

### **President's Bike and Break- fast & Bike To Work Day**

May 17th—8am  
Register at: [Bike To Work](#)

### **Anthem Corporate Run**

June 8<sup>th</sup> at 7pm  
Innsbrook Office Park  
Register at:  
[https://docs.google.com/forms/d/e/1FAIpQLSfEpyLZLn4SWI8uABeWzAOMRgYsXIHlkoxq\\_iil8AamsqjUA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfEpyLZLn4SWI8uABeWzAOMRgYsXIHlkoxq_iil8AamsqjUA/viewform)

## INSIDE THIS ISSUE:

<b>Educational Corner</b>	<b>2</b>
<b>Recipe</b>	<b>2</b>
<b>Friday Cheers</b>	<b>3</b>
<b>Green Bike Program</b>	<b>3</b>
<b>City Center Walking Tour</b>	<b>4</b>

# Employee Wellness Newsletter

VOLUME 3

ISSUE 6

MAY 2017

## University of Richmond Employee Wellness



## Staying Healthy on Vacation: Tips for Eating While Away

Summer is here! That means it is that time of year to pack your bags to visit that special place that does not resemble your workplace. Maintaining healthy lifestyle habits is difficult when you are away from home. Whatever your daily routines are, most of that disappears when you are in that vacation mindset. Here are some tips that help you keep you healthy regardless of where you go.

### 1. Avoid Splurging While Eating Out

People tend to overindulge when they eat out. That is because eating out has been typically seen as a special treat. However, eating out at restaurants increases when you are out in a new city or country. Combine this with the tendency to splurge on meals means a lot of extra calories than what is normal. Avoid this by being mindful of how often you go out to eat and what you order at restaurants.

### 2. Include Physical Activity to your Vacation

While you may not have access to a fitness center, there are other means of staying active. If you are sightseeing or visiting a new city, try adding more walking in your day-to-day goings rather than always travelling by car, train, plane, etc. Similarly, if you may even want to pack some exercise clothes/shoes just in case. Travelling by foot may even add some more adventure and exploration to your vacation!

### 3. Choosing Healthier Options from the Menu

Eating out does not always have to be unhealthy. Being on vacation means you get to let loose a little and have fun. However, you may want to substitute that deep fried dish for something leaner every now and then. Being aware of what you order at restaurants can help make sure you are still receiving the right amount of nutrients while limiting your intake of sodium, saturated fats, and added sugars. Visit <https://www.choosemyplate.gov/> more tips on a balanced nutrition plan.

### 4. Stay Hydrated

This one is simple; just drink more water! Proper hydration keeps your bodily functions running smoothly. Walking around under the sun much more than you are used to can cause you to be dehydrated. Avoid dehydration by packing water in your car/hotel, opt out of sugary soft drinks for water at restaurants, and carry a reusable water bottle with you while you travel.

### 5. Pack Fruits as Light Snacks

Being away from home might make finding wholesome fruits and vegetables difficult to incorporate into your diet. Bringing some apples, mandarin oranges, and bananas as light snacks to eat in the car or hotel room is a great way to help keep your daily fruit consumption at the top of its game.

Source: <http://www.webmd.com/women/features/vacation-eating#1>



## Educational Corner: Avoiding Heat Stress

Your body is efficient at keeping itself at a stable temperature. As summer approaches, it is important to take care of yourself as the temperature rises. Overheating of the body can cause heat related illnesses such as heat cramps, heat exhaustion, and most dangerously, heat stroke.

### 1. Pay Attention to Weather Reports

Temperature and humidity are important weather reports to know when considering physical activity outdoors. High humidity makes it more difficult for your body's sweat to evaporate, which is your body's major mechanism for keeping itself cool.

### 2. Get Acclimated

Acclimatization means getting your body used to the climate/environment that it's in. This is especially important when traveling to a new country/city. It takes about 2 weeks for your body to properly acclimate to new climates, in which case your body will be much more efficient at maintaining homeostasis.

### 3. Drink Fluids

Dehydration is a major factor in heat related illnesses. Keep yourself properly hydrated by constantly drinking water throughout the day, not just when you are feeling thirsty.

### 4. Clothing Matters

Avoid dark, tight fitting clothes. Dark colors absorb heat and light, loose fitting clothes helps keep your body cooler. Sunglasses and wide brimmed hats are also great options to shade you from UV rays.

### 5. Wear Sunscreen

Sunburns are never fun. They decrease your body's ability to cool itself and they increase your risk of skin cancer. Avoid sunburns by wearing sunscreen for those prolonged periods of time spent out under the sun.



Source: <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167?pg=1>

## Healthy Cooking: Chilled Spanish Gazpacho

### Ingredients:

4 large tomatoes, peeled and diced  
 1/2 cucumber, peeled and diced  
 1/2 cup diced red bell pepper  
 1/4 cup minced green onion  
 1 jalapeno pepper, seeded and minced  
 2 cloves garlic, minced  
 1 teaspoon salt  
 1/2 teaspoon ground cumin  
 1 pinch dried oregano  
 1 pinch cayenne pepper, or to taste  
 1 pinch ground black pepper to taste  
 1 pint cherry tomatoes  
 1/4 cup extra-virgin olive oil  
 1 lime, juiced  
 1 tablespoon balsamic vinegar  
 1 teaspoon Worcestershire sauce  
 salt and ground black pepper to taste  
 2 tablespoons thinly sliced fresh basil

### Method:

1. Combine diced tomatoes, cucumber, bell pepper, green onion, jalapeno, and garlic in a large bowl. Stir in salt, cumin, oregano, cayenne pepper, and black pepper.
2. Place cherry tomatoes, olive oil, lime juice, balsamic vinegar, and Worcestershire sauce in a blender. Cover and puree until smooth. Pour pureed mixture through a strainer into the tomato-cucumber mixture; stir to combine.
3. Place 1/3 of the tomato mixture into the blender. Cover, turn blender on, and puree until smooth. Return pureed mixture to the remaining tomato-cucumber mixture. Stir to combine. Cover and chill in refrigerator for 2 hours.
4. Season cold soup with salt and black pepper to taste. Ladle into bowls and top with basil.



Source: [www.allrecipes.com](http://www.allrecipes.com)

## Friday Cheers



This summer, Venture Richmond will be hosting its 33rd annual Friday Cheers outdoor concert series. From May 5 - June 30, enjoy live music from breakout bands, local talents, and national acts every Friday evening, 6 - 9:30pm at Brown's Island.

Tickets are \$5 for all May shows and \$10 for all June shows. All children under 12 years of age are free. Payments in the form of cash, Visa, and MasterCard are accepted.

Do not miss out on this Richmond tradition!

Source: <http://www.venturerichmond.com/events/venture/cheers.html>

## UR Green Bike Program

Richmond is full of bicycle trails waiting to be discovered. What better way to get some exercise in the summer heat than some cycling? The Green Bike Program at UR provides an alternative green form of transportation to lessen on-campus traffic and to minimize our carbon footprint. The bikes are for all students, faculty, and staff to use to travel between various campus locations.

In addition to the free Green Bike Program, three mountain bikes have been purchased and added to the outdoor equipment check-out inventory. These bikes allow students, faculty, and staff to travel off campus and take advantage of the surrounding city and areas via bike for a nominal fee of \$5/day.



Source: <http://employeewellness.richmond.edu/>

# UR Well EMPLOYEE



## 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: Eating Healthy on the Go



Summer means vacations for many people. Traveling by car, plane or train can mean eating unhealthy food at restaurants so here are a few tips for healthier eating on the road...

**Pack snacks in your bag.** If you are flying, you can pack healthy snacks in your carry-on bag such as trail mix, individual bags of nuts, or granola bars (such as RX bars, Lara bars). If you are traveling by car, pack a bag or cooler with healthy snacks such as fresh fruit or veggies, cheese sticks, whole grain crackers, plain greek yogurt, trail mix, or hummus.

**Make healthy choices at fast food restaurants.** Try making healthier choices when eating out such as sandwiches without

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

cheese, salad with low fat dressing, replace French fries with sliced fruit or side salad, and swap fried meats for grilled or baked options.

**Read labels.** Stopping at convenience stores for a snack can easily lead to unhealthy choices. Read the nutrition facts label. Pick beverages that are lower in calories and sugar and pick snacks such as yogurt, cheese, fruit, or trail mix. Remember that some prepackaged foods may look like a single serving but actually contain multiple servings.

## City Center Walking Tour

Starting June 1 through September 1, 2017, The Valentine presents a series of walking tours of the downtown area of Richmond. Exploring Richmond's old history, the tour will cover parts of the city, including the Virginia State Capitol, Court End Neighborhood, Old City Hall, Egyptian Building, and the White House of the Confederacy. Led by a master guide, a Richmond History Tour is the best way to experience the city's rich past, present and future.

Prices are admission are:  
\$15 per person; \$5 for Valentine Members  
Walk-ups welcome. Cash or check are accepted.

Source: <https://www.visitrichmondva.com/event/city-center-walking-tour/12636/>

