University of Richmond Employee Wellness

7 Tips for Fall Fitness

Whether you spent the summer scaling mountains or doing laps in your gym's outdoor pool, exercising outside doesn't have to end when the first leaf drops. In fact, fall is a great time to harvest a new routine to re-energize your workout. Consider the following tips and get motivated!

Enjoy the foliage.
Exercising outside feels like a lot less work, especially if you’re doing something you enjoy. Relish the cooler weather and take advantage of outdoor adventures before the winter rolls in. Research park trails nearby to enjoy a hike or bike ride amid fall’s colorful foliage. Even apple picking or pumpkin gathering with your kids is a fun activity to elevate that heart rate.

Layer up.
The change in season brings about a change in climate. Depending on where you live, temperatures could gradually decrease or drastically dip over the next month. Keep this in mind as you plan outdoor activities and invest in breathable, moisture-wicking clothing. Though you may feel chilly at first, your body will quickly warm up once your blood starts pumping so you don’t want to overdress either.

Layer up.
The change in season brings about a change in climate. Depending on where you live, temperatures could gradually decrease or drastically dip over the next month. Keep this in mind as you plan outdoor activities and invest in breathable, moisture-wicking clothing. Though you may feel chilly at first, your body will quickly warm up once your blood starts pumping so you don’t want to overdress either.

Be safe.
Shorter days bring dark mornings and evenings, but this shouldn't deter you from an outdoor exercise regime. Just be smart about it; wear reflective workout clothes and carry a flashlight to illuminate your path. Bike riders should invest in headlights and blinking tail lights and stay clear of heavy traffic roads. All early morning or evening exercisers should opt for designated paths or head to the local school track.

Take note from the kids.
As children head back to school this season, remember that you, too, should never stop learning. Are you interested in boxing, tap dancing or even fencing? Give it a try. Ask about deals on intro classes to find out if it’s right for you, or scour daily deal sites for introductory discounts.

Work out at home.
Now that the days feel shorter and the holiday season is looming, fitting fitness into your daily routine may feel impossible. But remember, even 15 or 20 minutes is enough time to get in a quick workout -- think living room aerobics or a quick dash around the neighborhood.

Savor fall produce for less.
Grocery stores and farmers’ markets will be full of fall’s freshest produce including apples, figs, pears, pumpkins, sweet potatoes and winter squash. In-season produce is rich in flavor and cheap on your wallet.

Buy a bike.
According to The Best Time to Buy Guide, new bicycle models are released in September and dealers slash prices because they don’t want old models haunting their showrooms. Bike manufacturers make updates to new models, so educate yourself on those changes. Sometimes the updates are minimal or limited to design tweaks, making the older models a super smart buy.

Source: The Huffington Post
Healthy Cooking: Slow Cooker Black Bean Pumpkin Turkey Chili

Ingredients:
- 1 tbsp. olive oil
- 1 lb. ground turkey
- 1 white onion, chopped
- 1 jalapeno, seeded and finally diced
- 3 garlic cloves, minced
- 2 1/2 tbsp. chili powder
- 1 1/2 tbsp. cumin
- 1/4 tsp. cayenne pepper
- 1/4 tsp. cinnamon
- 1 tsp. salt, or more to taste
- Freshly ground black pepper
- 1 tbsp. maple syrup or brown sugar
- 1 28 oz. can diced tomatoes
- 3/4 cup chicken broth
- 1 15 oz. can pumpkin puree
- 1 15 oz. can black beans
- Cilantro, sour cream, guacamole, cheese

Directions:
2. Add the spices and cook 30 seconds longer. Then transfer to a slow cooker.
3. Add remaining ingredients to a slow cooker: maple syrup, diced tomatoes, chicken broth, pumpkin puree, and black beans. Cook for 6-7 hours on low or 2-3 hours on high.
4. Once finished cooking, garnish with your toppings of choice: cilantro, sour cream, guacamole, and/or cheese. Serves 4 people.

YoU R Compliance Connection – Ethics and Compliance Helpline

with Kris Henderson, Director of Compliance and Title IX Coordinator

All members of the University community, including faculty, staff, and students, who have a good faith concern regarding compliance with applicable laws and regulations or University polices are encouraged to report those concerns. So, how exactly do you do that?

The most effective compliance detection and prevention tool is an open door. All employees should first think of turning to their supervisor if they have compliance concerns or questions. There is also a list of compliance partners across campus on the University’s Compliance website under the Compliance Matrix. These “partners” are here to help with questions and concerns.

However, sometimes those reporting options are not workable. We are committed to always giving people a place to turn with questions, concerns, or reports of wrongdoing. If you are unsure about where to go with your concerns, wish to raise an issue anonymously, or feel uncomfortable reporting through normal channels of communication, you should access the Ethics and Compliance Helpline. The Helpline is available 24 hours a day, seven days a week, and can be accessed by phone, (804) 287-1800, or on the web. All incoming concerns will be addressed and investigated, as needed.

Regardless of how a report is made, the University has a Policy Prohibiting Retaliation which protects anyone who, in good faith, reports a possible violation or who participates in an investigation, even if sufficient evidence is not found to substantiate the concern. The University will take appropriate action against any individual determined to be engaging in retaliatory conduct.

As its name implies, the Helpline is here to help. You play a vital part in keeping the University compliant, and the Helpline is an important part of our overall efforts. Remember, yoU R compliance!

Helpline: 804-287-1800 & Reporting form
Educational Corner: Talking to Youth about the Effects of E-Cigarettes

Since 2014, e-cigarettes have been the most commonly used tobacco product among US middle and high school students. Between 2017 and 2018 alone, the number of youth who used e-cigarettes went up by 1.5 million. In fact, the US Surgeon General has called e-cigarette use by youth an “epidemic,” and warned that it threatens decades of progress toward making sure fewer young people use tobacco.

Research also shows that e-cigarette advertising uses many of the same themes that have led to cigarette smoking among young people. In 2016, nearly 7 out of 10 US middle and high school students saw ads for e-cigarettes in stores, on the Internet, on TV, or in magazines or newspapers. Advertising can also make e-cigarette use look harmless for young people. Most students know that regular cigarettes cause disease and even death. Most of them don’t know that nicotine in e-cigarettes can harm brain development, or that e-cigarettes can be dangerous to youth for other reasons, too.

Most e-cigarettes contain nicotine, the highly addictive drug in tobacco. Nicotine is especially harmful to young people. The human brain keeps developing until around the age of 25. Using products with nicotine under age 25 can harm the part of the brain responsible for memory, attention, and learning. Many young people who use e-cigarettes also smoke regular cigarettes. There is evidence that young people who use e-cigarettes may be more likely to smoke regular cigarettes in the future. Also, even though the liquid that e-cigarettes heat to form an aerosol (vapor) has fewer harmful ingredients than cigarette smoke, it still contains harmful ingredients—including heavy metals and even cancer-causing chemicals—that can be breathed deep into the lungs. The part of the e-cigarette that heats up may also explode or cause serious burns.

If you work with young people, you may have seen an e-cigarette device without even knowing it. The most often sold e-cigarette in the United States is a brand called JUUL, which looks like a USB flash drive. JUUL “pods,” which contain liquid heated by the device, have as much nicotine as a pack 20 cigarettes. They also come in flavors, which can make them more appealing to young people. E-cigarettes can also look like other everyday items, such as highlighters, credit cards, remote controls, and pens.

That’s why it’s up to you to educate yourself about e-cigarettes. Know what to say when the topic comes up. The earlier and more often you speak with young people about e-cigarettes, the more likely they are to listen. It’s important that schools, community centers, and other places where young people gather during or after school hours have tobacco-free campus policies. If there is already a tobacco-free policy in place, make sure students know about it and that it is enforced. School or community events should also set a good example by not accepting sponsorship from tobacco or e-cigarette companies.

It’s also important to give students who do use e-cigarettes and want to stop the support and resources they need to quit. Many resources are available, including a mobile app to help youth quit using e-cigarettes. Finally, if you use any tobacco products, commit to quit. Kids are more likely to use tobacco products if others around them do. So lead by example – be tobacco-free. As students return to classes this school year, you can help make sure they are more informed and confident than ever about making healthy choices.

Source: Center for Disease Control
Fall is setting in as the sun is starting to set earlier and the nights are getting cooler. This is the perfect time to head to your local market and fill your basket with fall produce picks.

Pumpkin
The vibrant orange color of a pumpkin indicates that it’s filled with beta-carotene in addition to fiber. Beta-carotene is good for your eyes and skin.

Beets
Red beets contain betanin. Beets are rich in naturally occurring nitrates and may help to support healthy blood pressure. Try roasting or steaming beets or add shredded raw beets to a tossed salad.

Sweet Potato
Sweet potatoes are excellent sources of fiber, vitamin A, potassium and vitamin C. Baked sweet potatoes are a great side to meals.

Spaghetti Squash
Spaghetti squash is a fun alternative to pasta as it’s lower in calories. Spaghetti squash is high in fiber, vitamin C, manganese and B6. After cooking the spaghetti squash, toss it in pesto or marinara sauce as a quick veggie side dish.

Kale
Kale is nutrient dense and is loaded with vitamin A, C, and K as well as manganese. Sauté kale with some garlic and olive oil as a yummy vegetable dish or add some baby kale to a salad or soup.

Parsnips
Parsnips are a root vegetable and are typically eaten cooked. They are full of fiber and contain vitamin C and folate. Try parsnips roasted or pureed in soup or in place of mashed potatoes.

Cranberries
Cranberries are a fall favorite. They have a high level of phenols, a type of antioxidant. Additionally, they are high in anthocyanins which have been found to lower blood pressure and have anti-inflammatory effects.