

TU Wellness

MOVE

FUEL

BALANCE

THRIVE

Not for oneself but for one's own | *Non sibi, sed suis*

The 6 Things You Should Do Every Day to Stay Sane and Healthy This School Season, By

The Expert Coach Center, 2016

Tip #1 – Go For A Walk

Walking boosts endorphins which are responsible for blocking pain and supports pleasure and a sense of satisfaction. Physically, walking improves your cardiovascular health, strengthens bones, and supports a healthy metabolism (fat burning!).

Tip # 2 – Just Be You

“When you find yourself at a place of feeling overwhelmed with life’s responsibilities, take some time to be by yourself and just be you.

Tip #3 – Hydrate

Water is a vital nutrient that helps to move other nutrients throughout our bodies and helps to rid the body of toxins. Take your body weight (i.e.: 130lbs), and divide by 2 (i.e.: $130/2 = 65$). In this example, the person should consume 65 ounces of water a day. More if they are an athlete, less if they have water retention health issues.

Tip #4 – Pack Healthy Snacks

When you’re on the go, eating healthier can be tough! Take a few minutes the night before to pack healthy snacks, so your ability to nourish your body is stacked for success.

Tip #5 – Establish a Tech Free Dinner Table

The table is where you nourish your body with food, nourish your mind with conversation, nourish your soul with prayer or gratitude, and nourish relationships with quality time.

Tip #6 – Breathe

Lastly, breathe. Listen to classical music in the car to calm your mind. Meditate in the morning for a few minutes before you start your day. Or create a ritual of deep breathing on your walk from your car to the front door after work. Whether it’s three deep breaths, five, or ten, every breath helps to put you in a state of relaxation and it helps to leave the stressors behind you as you walk into the house to what matters most, family.



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HEALTHY AGING MONTH TIPS, By Amy Davis, Mansions Senior Living.



Take cat naps

A study revealed people who take naps are 37% less likely to die from heart disease.

Mix & mingle with the right crowd

Surround yourself with positive people who help lift you up and encourage you to follow your dreams.

Stay active

Exercise regularly. It is recommended to get at least 2.5 hours of exercise a week.

Set realistic goals

Research has shown those who have a clear sense of purpose and drive have less chance of getting Alzheimer's disease.

Budget and spend your money wisely

Create a budget. Look at ways you can lower regular bills and allocate it to other things like traveling, hobbies or sports.

Eat foods that give you natural energy

Iron Rich: If you feel lethargic it may be worth examining if you are eating iron rich foods. It's a fact that almost 10% of women are iron deficient. Increasing your iron intake will get more oxygen to your cells by eating more foods like spinach, beans, dried fruit and meats.

WHAT IS TU WELLNESS?

Tulane's University Wellness program is an initiative outlined by the Office of Human Resources that will seek to provide health and wellness services to our colleagues, staff and faculty. TU Wellness is comprised of 4 pillars: Move, Fuel, Balance, and Thrive. These pillars address nutrition, exercise, work-life balance, and thriving in the quality of life while managing chronic conditions and cancer related illnesses. All exercise and mobility education and activities will be coordinated under the Move pillar. The Fuel pillar addresses food and nutrition. Work-Life balance issues will be coordinated under the Balance pillar. The final pillar, Thrive, will provide direction on living healthier and thriving in a healthy environment. Be sure to stay abreast of all TU Wellness activities and programs by reading the TU Wellness newsletter which is printed monthly. For more information, please visit the website.

www.tulane.edu/tuwellness



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SEPTEMBER IS NATIONAL YOGA MONTH

- ♦ Sept 10th, Yoga in the Gardens in New Orleans, 10AM, Longue Vue House & Gardens, No.7 Bamboo Rd.
- ♦ Sept 13th, Twilight Yoga, LBC Quad, 6:30pm
- ♦ Sept 18th, Paddle Board Yoga, Natatorium in Reilly Ctr, 7pm

Fuel Your Heart.....

Eating and drinking well gives your heart the fuel it needs for you to live your life. Today, make just a few simple changes to your diet to help reduce your own and your family's risk of heart disease and stroke.

- Try not to eat so many processed and prepackaged foods which are often high in sugar and fat
- Cut down on sugary beverages and fruit juices – choose water or unsweetened juices instead
- Swap sweet, sugary treats for fresh fruit as a healthy alternative
- Try to eat 5 portions (about a handful) of fruits and veggies a day – they can be fresh, frozen, tinned or dried
- Keep the amount of alcohol you drink within recommended guidelines
- Make your own healthy school or work lunches at home



WORLD
HEART DAY

September 29



One World, One Home, One Heart.

HEALTHY SNACK RECIPE: WHOLE WHEAT VEGGIE WRAP

1 8-inch whole-wheat tortilla
2 tablespoons hummus
¼ avocado, mashed
1 cup sliced fresh vegetables of your choice

Lay tortilla on work surface.
Spread hummus and avocado on the tortilla. Add veggies and cheddar cheese and roll up.
Cut in half before serving.

READY IN 10 minutes!



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MESSAGE BOARD:

- Please visit United Healthcare online to register your MyUHC account and visit UHC Wellness Online
- Franco's Mandeville is offering discount rates to all Tulane employees and their families, just contact Franco's membership department, call 985-792-0200 for more information
- Free passes to Ochsner's Fitness Center, email TU Wellness for more information



September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Mondays: Zumba @ Tidewater Bldg, Diboll Gallery.
5:30pm to 6:30pm

Tuesdays:

Yoga at Naval Science/ROTC Lobby, 12pm to 1pm

Yoga at TNPRC, Admin Bldg, Auditorium, 4:10pm to 5:10pm

Yoga at Tidewater, Diboll Gallery, 5:10pm to 6:10pm

Thursdays: Zumba at Tidewater, Diboll Gallery,
5:30pm to 6:30pm



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FLU SHOT SCHEDULE & LOCATIONS

This year, Tulane University will be once again partnering with Passport Health to offer flu vaccinations at our five campuses in the New Orleans area. There is no cost to you if you are a UHC member. When you attend your scheduled appointment at one of the locations below, please bring the following:

- A completed copy of the [consent form from Passport Health](#).
- A copy of your government-issued I.D.—driver's license, passport, etc.—and the original.*
- A copy of your United Health Care (UHC) Card and the original.*

Date	Campus	Time	Location
Tuesday September 19, 2017	Uptown	10:00am – 2:00pm	Lavin-Bernick Center (LBC), Pederson Lobby
Wednesday September 20, 2017	Elmwood	1:00pm – 2:00pm	Room N
Wednesday September 20, 2017	Downtown	10:00am – 2:00pm	Diboll Auditorium Gallery, Tidewater Building (1440 Canal Street)
Thursday September 21, 2017	Uptown Square	11:30am – 2:00pm	200 Broadway St., Suite 220 Front Conference Room
Thursday October 12, 2017	TNPRC	9:00am – 3:00pm	Auditorium, Administration Building I

Appointments are **not** needed. Walk-ins are welcomed!

For more information regarding the flu vaccination, please refer to the [Vaccination Information Statement](#) (VIS) or speak with your health care provider.

Feel free to contact Passport Health with questions at (504) 456-8515.

TU WELLNESS
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