

HEALTH & WELLNESS

UD Faculty & Staff Newsletter

Welcome to the UD Faculty and Staff Wellness Program Newsletter for Spring 2017. Here you will find the latest health happenings taking place this semester.

February Events

- Heart Health Month
- 7th: L&L Carb Confusion
- 22nd: L&L Anthem
- 23: L&L How to Stay Young the First 100 Years

Heart Health Month

February is Heart Health Month and is dedicated to showing awareness for heart disease around the country. Heart disease is the leading cause of death for men and women in the US. Take time this month to be more active, eat right, and add some stress relieving rituals to your schedule. For some ideas on how to be “heart healthy”, [download our calendar](#) full of activities to try this month!

March Events

- 3rd: Spring Break
- 7th: L&L Being the Whole You
- 9th: L&L Sports Nutrition
- 13th: Beginning of the Slam Dunk Wellness Challenge
- 15th: L&L Throwback Thursday - Let's Color
- 20th: Mobile Mammogram Unit on Campus
- 21st: L&L Meditation and Breathwork for Stress Reduction



Join us in March for this spring's faculty and staff wellness challenge, Slam Dunk Wellness! This basketball themed challenge will allow you and your team to earn points for healthy behaviors involving fitness and nutrition. Team sign-ups will begin February 20th with the challenge beginning March 13th and ending April 21st.

April Events

- 14th-17th: Easter Break
- 20th: L&L Women's Center-How Gender Effects Health

May is Bike Month!

May is National Bike Month, sponsored by the League of American Bicyclist and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling—and encourage more folks to give biking a try. Bike to Work Day is May 19th!



Why join? Take it from Dwight L. Matlock who participates in the indoor cycling class. “Because of the Wellness program I have lost more than 50 lbs. I now need a smaller belt.” Dwight encourages everyone to participate to have a great workout!