University of Richmond Employee Wellness

Outdoor Exercise Can Boost the Body, Mind, and Mood

There is no debating the health benefits of physical fitness. Getting regular exercise helps prevent heart disease and other chronic illness, improves mood, reduces stress, improves sleep, and more. In order for adults to reap those benefits, the U.S. Centers for Disease Control and Prevention recommends at least 150 minutes of moderate-intensity physical activity each week. That time commitment may seem like a tall order in your busy life. But the good news is that you don’t have to book sessions in a gym to get in shape. Outdoor exercises are just as effective as indoor ones, can be more fun, and have some other appealing advantages.

- **A harder workout** When you’re active outdoors — whether you’re running on the beach or hiking up a mountain — your body is encountering a constantly changing environment. To keep up the activity at a consistent pace, you need to adapt to all those minute changes in your surroundings (such as slight inclines, bumps, or obstacles you may need to dodge), which means your body works harder than if you were running on a treadmill or using a stair machine, according to the American Council on Exercise.

- **No membership fees** The outdoors belongs to all of us. You don’t need any special equipment — the outdoors is available wherever you are, just outside your door.

- **Exercise for your mind** When you exercise outdoors, your mind is aware of the changing terrain. Whether you use the hills, the sand on a beach, or a winding path, your mind has to focus differently than it would on a flat gym floor. And research suggests the effect of exercise on the mind tends to favor a positive direction.

Here are some tips to get you going if you want to take your routine outside.

- **Exercise early.** People can always find more excuses to avoid exercising outdoors at the end of the day. In the morning your energy is higher, the air is generally cleaner, the temperature tends to be lower, and you’ll get to feel the post-workout benefits (less stress and a better mood) all day long.

- **Avoid temperature extremes.** Although your body can adapt to colder or warmer weather, you should avoid exercising outside in extreme heat or cold. And in warmer temps, watch for signs of overheating, including headache, dizziness, nausea, faintness, cramping, or palpitations, according to information from Harvard Medical School.

- **Don’t get burned.** Although some sun is good for you, too much sun is not. Always protect yourself with a good sunscreen, and wear sunglasses and a hat with a brim.

- **Make outdoor exercises part of your lifestyle.** You can learn exercises that use only body weight and gravity and do them while you are walking to the post office. Think about walking instead of driving. Plan outdoor activities with your family. Go for a hike instead of a drive.

Source: Everyday Health
Yo U R Compliance Connection with Kris Henderson, Director of Compliance and Title IX Coordinator

As more and more of us get vaccinated against the COVID-19 virus, our lives are beginning to feel a bit more “normal”. While the University is still in the orange phase of our social distancing framework, many of us are still working remotely. Despite our distance, the University continues to be committed to a culture of trust, integrity, and accountability by maintaining an environment of open dialogue. All employees, students and volunteers do the University a service by raising constructive questions or concerns about wrongful conduct on campus and by collaborating with leadership to address them.

Did you know that the University prohibits retaliation against those who report wrongful conduct in good faith? There are many opportunities to report an issue:

- Richmond Ethics and Compliance Helpline (24 hrs./7 days) (804 287-1800; https://www.richmond.edu/compliance/hotline.html)
- Call 911 or the University Police (289-8911 or 8911 from anywhere on campus) for imminent threat or danger
- Department supervisors or managers
- Office of Compliance (804) 289-8186
- Human Resources (804) 289-URHR (8747)
- Center for Awareness, Response and Education or any issue involving sexual violence or harassment (prevent.richmond.edu)
- Student Development https://studentdevelopment.richmond.edu/student-concerns/ to report a student of concern

Remaining silent about wrongful conduct takes away an opportunity for the University to assess and respond to an issue. Remember, yoU R Compliance.

Healthy Cooking: Cashew Crunch Salad with Sesame Ginger Dressing

Ingredients:
1 lb. brussels sprouts, end trimmed
4 cups shredded red cabbage
1 1/2 cups shredded carrots or carrots cut into small matchsticks
1 red bell pepper, diced
1 bunch cilantro, chopped
1/2 cup diced green onion
3/4 cup salted roasted cashews

For the dressing:
2 tbsp. sesame oil
2 tbsp. olive oil
2 tbsp. soy sauce
2 tbsp. rice vinegar
1 1/2 tbsp. maple syrup
2 cloves minced garlic
1 tbsp. minced or grated ginger

Directions:
1. Shave the brussels sprouts using a food processor with the slicing attachment and pulse until thinly sliced. You could also thinly slice with a sharp knife or mandoline.
2. Add shaved brussels sprouts to a bowl with the cabbage, carrots, red bell peppers, cilantro, green onion, and cashews.
3. Make the dressing by shaking in a mason jar or whisking together the sesame oil, olive oil, soy sauce, rice vinegar, maple syrup, garlic, and ginger. If you want a creamier dressing, add a spoonful of tahini or cashew butter.
4. Drizzle the dressing over the salad, and use tongs to toss until well-combined. Pair with your favorite protein.
Educational Corner: Protecting Against Sun Damage

The immediate danger of too much sun is sunburn. If you looked at sunburned skin under a strong microscope, you would see that the cells and blood vessels have been damaged. With repeated sun damage, the skin starts to look dry, wrinkled, discolored, and leathery. Although the skin appears to be thicker, it actually has been weakened and, as a result, it will bruise more easily. However, the sun's most serious threat is that it is the major cause of skin cancer, which is now the most common of all cancers. Doctors believe that most skin cancers can be avoided by preventing sun damage.

You may have been taught that you need sunlight for your body to make vitamin D, because vitamin D is not found naturally in most foods. But today, many foods are fortified with vitamin D during the manufacturing process. Thus, sun exposure is not as important for the body's vitamin D supply as it used to be. Of course, being outdoors makes most people feel good. And playing tennis is better for your health than watching television. But you can still protect yourself from the sun's damaging effects while enjoying yourself outdoors.

Staying out of the sun is the best way to avoid sun damage, but most of us go outdoors regularly. So when you go outside, take these precautions:

- Always wear sunscreen. Apply it on your skin every day. Make it a habit, as you do with brushing your teeth.
- Avoid sun in the middle of the day, from about 10 a.m. to 3 p.m. The ultraviolet rays, which cause sunburn, are strongest during this time.
- Wear protective clothing. When you do go outdoors, especially for long periods in the middle of the day. Long sleeves and slacks, as well as a wide-brimmed hat, help protect your body against the sun's harmful effects.
- Wear sunglasses that filter UV light.

There are 2 types of sunscreens: organic ("chemical") and inorganic ("physical"). They are both safe and they both protect you from sun damage, just in different ways. The level of protection provided by both types of sunscreens depends on their SPF. Recent studies have looked at the absorption of organic sunscreens into the skin, but no harmful effects have been seen. If absorption into the skin is a concern you have, you can use inorganic sunscreens, which have Titanium dioxide or Zinc oxide as their ingredients. As always, it is a good idea to talk to your doctor if you have any questions or concerns.

Anyone who spends time outdoors should use a sunscreen. This includes:

- Men, women, and children.
- People who tan easily and those who don't.
- Fair-skinned and dark-skinned people.

Apply the sunscreen at least 20 to 30 minutes before you go outdoors, whenever you will be exposed for 30 minutes or more. Reapply sunscreen every 2 hours while you are outdoors, even if the product is labeled “all-day.” If you get wet or perspire heavily, reapply sunscreen more frequently. Cover all exposed areas, including your ears, lips, face, and back of your hands. Don’t skimp; apply a generous layer. Smooth it on rather than rubbing it in. A rule of thumb is that 45 ml (a shot glass) of sunscreen is needed to cover all exposed skin to attain the stated level of protection.

Source: Cleveland Clinic
1. Go early – suffice to say the farmers market loyalists know that the produce is best first thing in the morning. You’ll have slim pickings if you decide to wait until it is close to closing time (I know this from personal experience).
2. Plan your menus with the season – if you aren’t aware of when a certain type of produce is specifically in season, take a peak around the booths at the market. Chances are you’ll be seeing similar items in each. Seeing a lot of beets? Take the cue from nature to buy some and try a new recipe. There is no better place to add variety to your diet!
3. Don’t know what something is? Ask! This is the beauty of the farmer’s market, there are often more varieties of produce for you to try. Strike up a conversation with the farmer there and ask how they like to use that special variety of pepper or apple, for example.
4. Walk around the entire market if you can – this way you can scope out what looks best, who has what you’re looking for, and if there’s anything special that catches your eye.
5. Don’t ignore the “ugly” produce – if a farmer has any bruised or “sadder” looking produce, there’s a chance it might be discounted. The secret is that those fruits or veggies will still be great cooked down to sauce or jam.
6. Wait a week – if you see something for the first time this season, it is likely the very beginning of that farmer’s harvest for that crop. Come back a week or two later – that item will likely be more ripe and might have a better price tag too. Again, this is a chance to ask your farmer what their supply is looking like for a specific veg or fruit you have in mind.
7. Bring cash – while many stalls operate with a credit card reader these days, not all do. If you are able, bring cash in case they don’t accept cards and you’ll help them out by saving the fee that the card reader companies will charge in processing.
8. Bring your own bags – this is sustainability 101, and what better place to practice these habits than at your hyper local grocery store aka the farmers market?