Combat the Effects of Prolonged Sitting

Excerpted from presentation by John Petrizzo, PT, D.P.T., Assistant Professor, Exercise Science

Whether you’re a student, faculty or staff member, you probably sit…a lot. At work, in class, while driving, watching TV or gaming—on average, we sit 7.7 hours a day (some estimate people sit up to 15 hours per day).

“Today, our bodies are breaking down from obesity, high blood pressure, diabetes, cancer, depression and the cascade of health ills and everyday malaise that come from what scientists have named sitting disease.”—James Levine, M.D., Ph.D.

If you missed the presentation by John Petrizzo on September 15, here are some ways you can incorporate more movement in your day, when appropriate for the situation.

At Your Desk or When Gaming: Set a timer to remind yourself to stand up and stretch or walk around every 30 minutes.

Watching TV: Don’t forward through commercials. Use the time to stretch and move.

Emails and IMs: Don’t send emails or instant messages if the recipient is near you; walk over and talk to them instead.

On the phone: Stand up while taking phone calls.

Take the Road Less Traveled: Try a longer route to the restroom or to class. Use stairs not elevators. Park your car farther from your destination.

Commuting: Avoid long sitting commutes by standing on the bus or train. If driving more than an hour, stop somewhere to stretch.

Try performing these simple exercises throughout the day:

• Chin Tuck
• Seated Glute Stretch
• Wall Slide
• Crossover Shoulder Stretch
• Doorway Pec Stretch
• Standing Hamstring Stretch

For instructions, go to wellness.adelphi.edu/posture
The Society for Nutrition Education and Behavior September 3 eCommunicator shared news from the AAAS EurekAlert! that purple potatoes may pack a powerful cancer prevention punch. The findings were published in the Journal of Nutritional Biochemistry by Penn State researchers.

Substances in purple potatoes, which include anthocyanins, chlorogenic acid, and resistant starch, may help kill colon cancer stem cells. Colon cancer is the second leading cause of cancer-related deaths, according to the American Cancer Society. Thus, eat colorfully. In other words, eat from a rainbow.

Check out a healthy and delicious Rainbow Potato Roast recipe from The New York Times at cooking.nytimes.com/recipes/1014566-rainbow-potato-roast

Financial Fitness: Time for your annual retirement savings checkup!

Submitted by Karen Loiacono, Manager of Benefits and Compensation, Office of Human Resources

Where should you be?
The experts suggest you’ll need about 80% of your income in retirement, but that’s a general gauge. What’s your personal plan for retirement and are your savings on track to get you there?

You can perform your own retirement savings checkup using the following as a sort of checklist.

- Review your overall financial picture
- Increase your contributions
- Update your beneficiary information
- Diversify your Portfolio
- Rebalance your assets
- Meet with a Financial consultant

It will help you consider your retirement goals, the contributions you’re making to savings, your investments and how they’re performing.

What can you do to protect your future financial well-being?
Enroll in your employer-sponsored retirement plan or increase your contributions. Automatic payroll deductions make saving for retirement convenient. And saving more today may bring you closer to the kind of retirement you want and deserve. You can contribute as much as $18,000 in 2015 (up to $24,000 if you’re 50 or older) and you won’t pay income tax on pretax contributions until you withdraw them in retirement.

Take advantage of advice. Schedule an advisement session with either a Fidelity or TIAA-CREF Financial Consultants. Watch for emails notifying you when they are available on campus. It’s available as part of your retirement plan at no additional cost to you. You will receive personalized recommendations to help you make informed choices, no matter how much or how little is in your account.

Don’t set it and forget it. Remember that saving for retirement requires ongoing commitment.
Campus Recreation

Details on all activities are at recreation.adelphi.edu

Follow us for updates and information! @adelphirec

NO EXCUSES NOVEMBER FITNESS CHALLENGE

Attend 2 of Each Type of Activity Between November 1-22
Complete 7 out of 10 to earn a Campus Recreation Prize Pack and be entered for the Grand Prize Drawing! Pick up your Punch Card at WDH 240!

Mind & Body
- Bandilates
- Pilates
- Yoga

Strength-Based
- Butts ‘n’ Guts
- Boot Camp

Cardio
- Cycle
- Kickboxing
- ZUMBA

Swim
- Visit our Pool during Open Rec Hours!

Self Defense
- Workshops are: Nov 3 & 10

Get Moving with Group Fitness

Each semester we offer free group fitness classes to students, faculty and staff. Our classes include: Yoga, Cycle, Kickboxing, Zumba, Butts ‘N’ Guts, Bandilates, Boot Camp, and Pilates. Group Fitness is for everyone, regardless of your fitness level. Register and view the schedule of classes at imleagues.com/adelphi or campusrec.adelphi.edu.

Want some exercise guidance? Schedule a Fitness Orientation.

Fitness Orientations are a one-on-one guided tour of the Fitness Center. Our staff will show you how to use each piece of equipment—including how to set up and adjust the equipment, which muscles are targeted and how to use the proper technique. Schedule an appointment for a free Fitness Orientation at the Campus Recreation office in Woodruff Hall Room 240 or call 516.877.4242.

Get Ready for Spring 2016!

Intramural Sports
- 5v5 Basketball
- Indoor Soccer
- Volleyball
- Flag Football
- Wallyball
- Badminton

Cat Cup Events
- Cardboard Canoe Race
- Panther Spirit Night
- Glow in the Dark Game Night
- Cat Cup Battle
- Be a part of the 20 year tradition and participate in the AU Cat Cup!

AU Sport Clubs
- Adelphi offers 12 Sport Clubs and Dance teams! Come in and see us in Woodruff 240 for more information.
## Campus Wellness Resources

Adelphi has many resources available on site and online to help you stay healthy in mind, body and spirit. In addition to programs offered by the Wellness Committee, the following departments offer great resources.

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<td>Health Services Center</td>
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<td>Student Counseling Center</td>
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<td>Center for Health Innovation</td>
<td>chi.adelphi.edu</td>
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<td>Adult Fitness</td>
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<td>Derner Institute Center for Psychological Services</td>
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<td>Human Resources</td>
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<td>Interfaith Center</td>
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<td>Center for Student Involvement</td>
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<td>Disability Support Services</td>
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<td>Adelphi NY Statewide Breast Cancer Hotline and Support Program</td>
<td>adelphi.edu/cancer</td>
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<td>Hy Weinberg Center for Communication</td>
<td>education.adelphi.edu/hwc</td>
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### Your Prescription for Health

**Exercise is Medicine® On Campus**

Adelphi University is officially registered as an “Exercise Is Medicine on Campus” (EIM-OC) school.

Exercise is Medicine is an initiative from the American College of Sports Medicine that is committed to the belief that physical activity is integral in the prevention and treatment of diseases and should be regularly assessed and “treated” as part of all medical care.

The program encourages faculty, staff and students to work together toward improving the health and well-being of the campus community by:

- Making movement a part of the daily campus culture
- Assessing physical activity at every student health visit
- Providing students the tools necessary to strengthen healthy physical activity habits that can last a lifetime; and
- Connecting university health care providers with university health fitness specialists to provide a referral system for exercise prescription.

Look for upcoming initiatives at Adelphi in support of this program.
Calendar of Wellness Events

Wellness Lectures sponsored by the Health and Wellness Committee

November 10, 12:00 Noon-1:00 p.m., UC 211/212
Vitamin D: Optimize Your Nutritional Status
Speaker: Tracy Stopler, M.S., RD

December 8, 12:00 Noon-1:00 p.m., UC 313
Addressing the Elephant in the Room: Talking about Mental Illness and Suicide
Speaker Dana E. Boccio, Ph.D., Assistant Professor, Derner Institute Adelphi University

Please RSVP for the events above by calling 516.877.4260, or email mscibelli@adelphi.edu.

Other wellness events below are sponsored by various campus departments.
For times, locations and descriptions go to events.adelphi.edu. Some events may require registration, fee or donation.

November 4
Fit, Healthy and Ready to Teach
Lecture on health outcomes in youth and physical activity in the school environment.

November 4
Tri Delta Cycle for a Cure
Cycle class donations accepted for charity.

November 6
Hoops for Heart
A 3v3 basketball tournament to benefit the American Heart Association.

November 9
Project Semicolon
Learn about Project Semicolon and support raising awareness about mental illness (also Nov. 23).

November 9
Journeying into the Light
Guided meditation to heal and to gain insight. (also Nov 23 and Dec 21.)

November 14
Shootout Cancer
Basketball contests and games

April 8
Relay For Life
Join others at AU to take action against a disease that has taken too much in this benefit for the American Cancer Society. Sign up during November and get 50% off your registration. adelphi.edu/relay

Join the Health and Wellness Committee
If you are interested in contributing to our website, newsletter or event planning, please contact healthandwellness@adelphi.edu for information.
We're on the web at wellness.adelphi.edu.