



# May & June

## Slip Sliding into Summer



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### Life Planning Seminar Series:

**What is a Long-Term Care Ombudsman and when do you need one? Thursday May 19, 12:00 to 1:00 pm, Fairfax campus in Engineering Building, Room 1605**

Gay Alper, LCSW with the Northern Virginia Long-Term Care Ombudsman Program will talk about their services and about residents' rights. An Ombudsman advocates for the highest quality of life and care for people receiving long-term care services.

**MORE-ientation: An Orientation Refresher, Thursday June 23, 12:00 to 1:00 pm, Fairfax campus in Research I, Room 163**

Has it been a while since you started at Mason? Do you feel like there are new programs, services, discounts, and other cool opportunities at Mason that you might not know about? Need a refresher on leave accrual, tuition waiver, the Commuter Choice benefit, or another program? Please join Robyn Madar, workplace learning professional and "Orientation Lady" at this session to hear about Mason's excellent extras and get all your questions answered.

**Each of these sessions will be videoconferenced to the Prince William campus in Bull Run Hall, Room 254 and to the Arlington campus in Founders Hall, Room 322.**

Please feel free to bring your lunch to these sessions. For more information and to register for either session, please go to <http://hr.gmu.edu/training/> and click on "Courses".

### Exploring the Bonus Years with Abigail Trafford

**On Saturday, June 11, 8:30 am to 12:00 noon in Mason's Johnson Center Cinema**, the well known author and Washington Post columnist, Abigail Trafford will speak on her book, titled "My Time: Making the Most of the Bonus Decades." Explore the exciting potential benefits in this new stage of life. Registration is free but required as space is limited. To register, please email [msouder@gmu.edu](mailto:msouder@gmu.edu). For more information, contact the Center for Consciousness and Transformation at 703-993-6090.

### May is Employee Health & Fitness Month

Employers everywhere participate in Employee Health & Fitness Month (EHFM). Throughout the month, employers challenge their employees to create Healthy Moments, form Healthy Groups, and develop a Culminating Project. **Healthy Moments** are individual activities. Healthy Moments are occasions of healthy eating, physical activity, or personal/environmental health. Examples include: going for a walk [Mason Walk In'](#) (an indoor walking program); cooking a healthy meal; participating in an exercise class; quitting smoking; scheduling a health assessment and going to the doctor. **Healthy Groups** are formed to create a sustainable activity continuing even beyond the month. **Mason examples include: Wellness by Mason Ambassadors**, (Mason departments track physical activity using the chart found in the [Ambassador Kit](#) ) and walking groups, [Walking Wednesdays](#) at Fairfax, Take a Walk Tuesday at

Arlington; a 12-week fitness program, [The Resolution Solution](#); for cycling enthusiasts [Bike to Mason events](#); yoga and meditation groups sponsored by the [Center for Consciousness and Transformation](#) at Fairfax Campus and [Yoga at Arlington](#); healthy recipe or healthy lunch groups. A **Culminating Project** is an event or project that promotes health throughout the whole company or community. **Mason Examples include:** [Patriot Pack Out](#), May 23, 2011, when volunteers collect recycled items and food donations; planning a 5K run, such as the [Victims Rights 5K Run/Walk](#), or the [Happy Heart Walk](#); planting an organic garden with [Mason's Office of Sustainability](#).

This month is a great time to create new Healthy Groups or develop a Culminating Project here at Mason. Share your ideas at [Work/Life@gmu.edu](mailto:Work/Life@gmu.edu). Participants will be able to log these activities onto the [Employee Health and Fitness Month website](#) throughout the month, allowing employees to track, share, and promote their individual and group activities.

## **Mason Recreation Discounts & Equipment Orientation**

**The Mason Recreation Equipment Orientation** provides any member of the facility a chance to become familiar with the **FreeMotion EpicR® selectorized equipment**. The arrangement of the equipment allows for a total body workout, focusing on all major muscle groups. Perfect for busy schedules! Staff will go over the use of each machine with respect to muscle focus, proper form and progression. Orientation participants walk away with a workout card containing the proper seat adjustments, sets, repetitions and resistance to be used. Please contact the Fitness Director, Ethan Carter at [ecarter8@gmu.edu](mailto:ecarter8@gmu.edu) to schedule an orientation.

**Take advantage of Personal Training Packages, which are 25% OFF beginning May 23 through June 6, 2011.** Visit [recreation.gmu.edu](http://recreation.gmu.edu) or contact the Fitness Director, Ethan Carter at [ecarter8@gmu.edu](mailto:ecarter8@gmu.edu) for more details.

**Aquatic & Fitness Center Summer Closure** Due to the Aquatic & Fitness Center closure May 23rd - August 15th, 2011, the RAC will increase its summer hours to those of the AFC's normal operating hours. All group fitness, cycling, yoga and Pilates fitness classes will be held at the RAC. More information for membership holders and prospective members can be found in the AFC Closing Letter <[http://recreation.gmu.edu/files/download-forms/AFC\\_Closing\\_Letter.pdf](http://recreation.gmu.edu/files/download-forms/AFC_Closing_Letter.pdf)> or by visiting [recreation.gmu.edu](http://recreation.gmu.edu) <<http://recreation.gmu.edu/>> .

**Skyline Fitness Center Summer Closure** On May 18th at 6 PM Skyline will be closing for its normal summer schedule and reopen for the Fall Semester on August 25th.

## **June is Men's Health Month**

The purpose of **Men's Health Month** is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

To find out more about Men's Health Month, visit <http://www.menshealthmonth.org/>

Downloadable books on men's health may be obtained at

<http://www.blueprintformenshealth.com/downloads.php>

**Women – What does men's health have to do with you?** Plenty! Men's health issues don't affect only men. They have a significant impact on everyone around them. Women see their fathers, brothers, sons, and husbands suffer or die prematurely. Women are in a unique position to be able to help fight the obstacles men face in getting the health care they need. For useful resources, go to <http://www.menshealthnetwork.org/women.htm>

## The Importance of Drinking Water Daily



As the weather heats up, let's consider the importance of water. We all know that water is essential for life and one of the basic needs of all living beings. However, we may not be aware that water is also one of the most important constituents of the human body. Consider that the human brain contains nearly 90% water while 83% of human blood is made up of water, among other constituents. In addition, our muscles also contain water and regularly need it for proper functioning. Lack or excess loss of water results in dehydration, which leads to constipation, muscles weakness, headache, tiredness, dryness of skin, etc. In order to avoid this, it is essential to have adequate amounts (8-10 glasses) of pure drinking water every day. In the summer season, water keeps the body cool and maintains proper temperature. While exercising, a person may become dehydrated due to sweating or perspiring. This happens to be true even when a person exercises in cold conditions or under water (as in swimming). Therefore, it is essential to keep the body well hydrated before, during and after exercise. Begin drinking water 2-3 hours before you are going to exercise. Drink 2-3 cups of water during that time, and then drink another cup immediately before you start exercising. Once you start exercising, keep drinking water frequently. A good rule of thumb is to drink one cup every 15-20 minutes during exercise and continue to hydrate following exercise. Unless you are exercising at high intensity for more than 60 minutes, drinking water, rather than sports drinks, is best because water readily absorbs in the body and does not contain excess calories or caffeine.

### Listed below are the many health benefits of drinking water:

- One of the most significant functions of water in the human body is that it helps with metabolism and the transportation of oxygen and nutrients to all parts of the body.
- Water helps the body maintain the proper pH balance and body temperature.
- Drinking adequate amounts of water reduces the chances of developing kidney stones.
- Water protects vital organs in the body and also aides in lubricating the joints, reducing joint pain.
- Having 8-10 glasses of water improves the smoothness and texture of the skin.
- Drinking adequate amounts of water prevents dehydration and complications related to it like headache, tiredness or dizziness.

<http://sportsmedicine.about.com/od/hydrationandfluid/qt/How-Much-Water-Should-You-Drink.htm>

<http://sportsmedicine.about.com/od/hydrationandfluid/a/ProperHydration.htm>

[http://www.sparkpeople.com/resource/fitness\\_articles.asp?id=101](http://www.sparkpeople.com/resource/fitness_articles.asp?id=101)

<http://www.buzzle.com/articles/importance-of-drinking-water.html>

## Incorporate Wellness Days into Your Daily Routine



**Wellness by Mason**

**Live Well, Age Well; No Matter Your Age**

<http://wellnessbymason.gmu.edu>