



Start Fresh in September Focus on Health & Wellness

Food for Thought: Better Memory and Sharper Thinking

You may have heard that **colorful fruits** and **veggies** are good to eat but did you know they are truly food for thought? They have been called “brain foods” because they contain antioxidants, which are substances that improve brain function. Research has shown that antioxidants work in the brain to decrease inflammation, resist destruction of cells and enhance transmission of nerve impulses, which results in better memory, sharper thinking and decreased risk for dementia as people age.

TOP 15 “BRAIN FOODS”

Power up your brain cells and keep them healthy with these foods:

1. **Blueberries** – supply your brain with antioxidants that help keep cells healthy.
2. **Raspberries** – are one of the most antioxidant-rich berries.
3. **Strawberries** – are high in vitamin C, in addition to antioxidants
4. **Salmon** – A great source for omega-3 fatty acid.
5. **Eggs** – contain choline, a fat-like B vitamin, which enhances memory and minimizes fatigue.
6. **Broccoli** – contains vitamin K, which helps overall brain performance.
7. **Spinach** – and other dark green vegetables have been shown to slow development of dementia in women.
8. **Almonds** – A handful of almonds gives you a healthy dose of vitamin E, which contains antioxidants.
9. **Bell Peppers** – contain large amounts of vitamin C, which helps protect brain cells. Slices of **red bell peppers** are sweet.
10. **Carrots** – reduce inflammation in brain cells and guard against memory loss.
11. **Avocado** – are almost as good for your brain as blueberries, avocados contain fats that keep blood flowing. Add avocado to salads.
12. **Flaxseed** –is rich in omega-3 fatty acids. Mix them into a smoothie
13. **Beans** – raise alertness and stimulate nerve impulses in your brain
14. **Coffee** – is a source of antioxidants however, excessive amounts interfere with sleep and can decrease our optimal brain functioning.
15. **Dark Chocolate** – Not only does this yummy food contain antioxidants, it also spurs production of endorphins, which improves your mood.

Make healthy eating choices to fuel your brain and nourish your body.

For more information, go to [Seasons](#)



REGISTER NOW: Alumni Weekend, September 29 to October 2, 2011

Alumni or not, you're invited to join the festivities. Mason alumni will be back on campus September 29 - October 2 to celebrate Alumni Weekend. We hope you'll consider joining the festivities. [Registration](#) is now open. There are so many terrific events to choose from, including the Dessert Social with Champagne Toast to Dr. and Mrs. Merten. For event information, please visit [Alumni Weekend](#).

Alumni have reported that one of the reasons they come back during Alumni Weekend is to visit with the faculty and staff who were a part of their college lives. If you were teaching or working at Mason in years ending in 6 (1976, 1986, 1996 and 2006), those celebrating their 35th, 25th, 15th and 5th class reunions would especially enjoy seeing you. Come help them celebrate returning home to Mason and share this wonderful opportunity to reminisce and celebrate Mason, past, present, and future.

If you're interested in volunteering at one of the events, please contact alumni@gmu.edu. Follow Alumni Affairs via [Facebook](#).



Taste of Fitness - September 7 at the Recreation and Athletic Complex (RAC) and September 8 at the Aquatic & Fitness Center Mason Recreation - Intercollegiate Athletics cordially invites the Mason Community to the Taste of Fitness 2011. Mason Recreation - Intercollegiate Athletics hope to introduce the various offerings of our Fitness Program buffet style. Over the lunch hour there

is, the Appetizer, and in the evening the, the Main Course. The "Appetizer" consists of class demos during the lunch hour. The Main Course will consist of class demonstrations, raffles, free samples, and an opportunity to meet some of our local event sponsors and health/fitness related Mason Departments. Representatives of the other programs in Mason Recreation such as Club Sports, Intramurals, and Aquatics will be present as well. Free services will be offered such as gait analysis, and blood pressure readings. Come out and join us for the Taste of Fitness 2011.

Wednesday, September 7 (Recreation and Athletic Complex - RAC)

Thursday, September 8 (Aquatic & Fitness Center)

Event times: Appetizer - 12:00 pm - 1:00 pm and Main Course - 5:00 pm - 7:00 pm

For further information, visit recreation.gmu.edu. Interested in participating as a sponsor or vendor? Contact gcurtis2@gmu.edu

CommonHealth: Just Drive Virginia – Free Training for Your Department



CommonHealth's quarterly program runs through October 31. The "Just Drive Virginia" program will address many of the hot topics we see all around us: distracted driving, impaired driving, aggressive driving, etc. This program will offer suggestions on how to share the road with bicyclists, motorcycles, pedestrians and other cars/trucks. We'll even offer you the road less traveled of Virginia Byways and other scenic routes to take instead of the main drag.

Participants will receive an incentive while supplies last. Check the CommonHealth website for more information at [Common Health](#). To bring Amy to your department please call Bridget Peabody in HR & Payroll Training at 3.6764.

LIFE PLANNING SERIES – FALL 2011

The 3rd Annual Happy Heart Walk, September 28, 12:00 - 1:00 pm, Join us for a one mile walk to be held simultaneously on the Fairfax, Arlington, and Prince William campuses. The Happy Heart Walk begins at 12:00 Noon, sign in at the **SUB 1 Lobby on Fairfax campus** or in **Bull Run Hall Lobby at Prince William campus** and in **Founders Hall Lobby on the Arlington campus**. Employees, students and retirees are invited to walk the one mile walk for heart health. Register and walk as a team to compete for the coveted "Happy Heart" award. The team with the most participants will win the award and may display it for the entire year. To register for the walk, go to [Happy Heart Registration](#). The **Happy Heart Walk** is the kick-off event to **Mason's Healthy U**, a new year-long celebration of wellness. Please view details below.



Mason's Healthy U is a year-long celebration of wellness, beginning September 28, 2011, with the Happy Heart Walk at 12 noon and making a grand finish in April 2012 with the Victims Rights 5K Run/Walk the Mason community will be offered health and wellness opportunities. Teams can be formed to take part in this year long wellness initiative and/or individuals can participate. The Mason Healthy U initiative will provide opportunities to improve wellness levels in the area of physical fitness, healthy eating and stress reduction. Below are a sampling of events are:

September 28, 2011, The Happy Heart Walk at 12 noon

October, 2011, Whole Grains Challenge with Mason Dining

October and November, 2011, Flu Shots

January - April 2012, The Resolution Solution with Mason Recreation

March 2012, Health Fitness Expo

April 2012, The Victims' Rights 5K Run/Walk

Additional details will be forthcoming at [Wellness by Mason](#)

YOGA & MEDITATION Sponsored by The Center for Consciousness and Transformation:

Yoga Classes - All yoga classes have an emphasis in relaxation, healing and transformation. They will incorporate yoga nidra/deep relaxation. Level is to be determined by the participants. They are all levels classes. There will be repetition in sequencing and postures to improve ability, flexibility and maintain a state of inner peace and relaxation. *Instructor: Samantha Doak*

Tuesdays at 5:45 and 7:15pm (1.25 hours)

Wednesdays at Noon (1 hour)

in Piedmont Multi-Purpose Room

Yoga: 1st 5 weeks- 8/31-9/28

Refreshed and ready to go. Kick off the Fall semester wringing out summer toxins and building energy through spinal twists and back bends.

Yoga: 2nd 5 weeks- 10/5 - 11/2

Mid-term muscle. With core strengthening and balancing postures build strength, stability and stamina as the semester presses forward.

Yoga: 3rd 5 weeks 11/9 - 12/14

Winter welcome and final finale. Welcome winter with sun salutes and melt away stress with yoga nidra/deep relaxation. Deepen your yoga practice with short energizing flow sequences followed by deep relaxation.

For Yoga classes, please bring your yoga mat and any props blankets, blocks, straps/ties and whatever else you fancy for your hatha yoga experience. There are some mats, blankets and straps and they are provided on a first come first serve basis. All classes will include some form of deep relaxation. For additional information, please contact [Center for Consciousness and Transformation](#) or call 3.6090.

Meditation Class - Offered twice a week, and both gatherings are a combination of instruction and practice. BENEFITS: *relaxation, inner peace, connection, community, healing, transformation, focus, calm, grounded, alertness, inspired, well-being*

Tuesdays @ 12:30pm in Piedmont Multi-purpose Room

Facilitator: Samantha Doak Tuesday meditation is focused on yoga nidra/deep relaxation. There will be an incorporation of various meditation techniques including breath work, mindful-movement, visualization, use of affirmations and creative expression. Time will be divided between information, dialogue and practice. The class intention is for building community and sacred space.

Thursdays @ Noon in JC 3rd Floor Meeting Room B

Facilitators: Mark Thurston, Jennifer Crewalk, Michael Galvin, and Cindy Arnn (rotating) Thursday meditations is an exploration of various meditation techniques. Our rotating facilitators will present instruction for a practice and then invite participants to experience it. Gatherings are up to 45 minutes long. The intention for this group is to provide a space for meditation. For additional information, please contact [Center for Consciousness and Transformation](#) or call 3.6090.

HOLD THE DATE: Mason Dining is sponsoring a Whole Grains Challenge during the month of October in conjunction with the Whole Grain Council. For information please visit [Whole Grains Challenge](#)

Questions? Contact Lois Durant, MS.RD at ldurant1@gmu.edu or 3.3283.

HOLD THE DATE: Flu Shots will be available in the fall at each Mason campus location

Stay on the alert for flu season information. If you are a COVA Care, COVA HDHP or Kaiser Permanente participant, check the [HR & Payroll homepage](#) for free flu shot information as it's available. Student Health Services will also be offering low cost flu shots this season for faculty and staff. Details as they're available will be on the [Student Health Services website](#).

Incorporate Wellness Days into Your Daily Routine

<http://wellnessbymason.gmu.edu/docs/Theweek.pdf>



Wellness by Mason

Live Well, Age Well; No Matter Your Age

<http://wellnessbymason.gmu.edu>