**Words of Wellness**

_Brought to you by the Nena Amundson Lifetime Wellness Program_

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**Sustainability: Cooking Classes**

Visit the sustainability website at: https://www.luther.edu/sustainability/food/education/classes/cooking/ to sign up and for class descriptions.

*If you are participating in the 2014 CSA reimbursement program, these classes will count towards your 2 required food education events*

Coming up this week:  
- Tuesday, July 8th **Pressure Cooking** with Johanna Bergen from the Oneota Co-op

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**Are YOU protected from the sun?**

Although it’s great to stay active during the hot, sunny days of summer, make sure that you are taking the proper precautions to avoid the sun’s damaging rays.

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**Did you Know?**

- Sunscreen alone does not protect you from skin cancer.
- Use a SPF of 15 or greater.
- Apply 30 minutes before you are in the sun.
- Reapply every 2-3 hours.
- Be aware of the expiration date.
- If you have dark skin or a tan you still need sunscreen.
- You can get burned on a cloudy day.

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**Tips Towards Longevity**

From Dan Buettner’s bestselling book, _The BlueZones_

1. Move naturally. Don’t do marathons or pump iron; work around the house, garden, walk, cycle, walk when talking on the phone.
2. Know your purpose. Have a reason for waking up in the morning.
3. Kick back. Find ways to shed stress, whether it’s praying, napping or going to happy hour.
4. Eat less. Stop eating when you are 80% full.
5. Eat less meat. Beans are a cornerstone of most centenarians’ diets.
6. Drink in moderation. Only the Seventh-day Adventists in California didn’t have one to two glasses a day.
7. Have faith. Denomination doesn’t seem to matter, but attending faith-based services (4 times a month) does.
8. Power of love. Put families first, including committing to a partner and keeping aging parents and grandparents nearby.
9. Stay social. Build a social network that supports healthy behaviors.

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**walkLUTHER**

Please join us in week 5 of walkLUTHER!

Meets **MONDAY, WEDNESDAY, and THURSDAY**s at 9:30am in front of Main.

_Congratulations to Judy Hageman, our walkLUTHER week 4 drawing winner!_

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**Summer Hours**

- **Regents and Legends Center Hours**  
  Monday-Friday: 6:00am-8:00pm  
  Saturday & Sunday: CLOSED

- **Pool: Lap Swim**  
  Monday-Friday: 11:00am-1:00pm  
  Saturday & Sunday: CLOSED

_Do it NOW. Sometimes ‘later’ Becomes ‘never’