Words of Wellness

Brought to you by the Nena Amundson Lifetime Wellness Program

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:
- Monday, June 30th The Many Faces of Popcorn
- Wednesday, July 2nd Presto Pasta
- Thursday July 3rd Stir Frying

Give Your Diet a Berry Boost!
If you do one thing this summer to improve your diet, have a cup of mixed fresh berries—black berries, blueberries or strawberries—every day. They’ll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risk of age-related illness.

walkLUTHER

Please join us in week 4 of walkLUTHER!
Meets MONDAY, WEDNESDAY, and THURSDAYs at 9:30am in front of Main.

Congratulations to Sheryl Sievert, our walkLUTHER week 3 drawing winner!

Well rested?

Sleep deprivation is a common problem for Americans. It is estimated that at least 18% of American adults receive insufficient sleep. Lack of adequate sleep can lead to disruption of daytime functioning, increased anxiety, and depressed mood. Additionally, sleep deprivation increases the risk for a variety of health problems including obesity, cardiovascular disease, hypertension, and diabetes. If you slept fewer than 6 hours last night, you were 30% less happy than you could be today. Note to self: The longest-lived, happiest people sleep between 7-8.5 hours per night. How much do you normally sleep? Is it enough?

Summer Hours

- Regents and Legends Center Hours
  - Monday-Thursday: 6:00am-8:00pm
  - Friday the 4th of JULY: CLOSED
  - Saturday & Sunday: CLOSED

- Pool: Lap Swim
  - Monday-Thursday: 11:00am-1:00pm
  - Friday the 4th of JULY: CLOSED
  - Saturday & Sunday: CLOSED

ABILITY is what you are capable of doing.
MOTIVATION determined what you do.
ATTITUDE determines how well you do it.