



## The Wellness Committee

news to help us live stronger

Welcome back! We hope you had a wonderful and restful summer. Below are some workshops, articles, and videos to keep you living longer and stronger.

### **Alley-Oop Wellness Program by Evelyn Ochman**

Interested in improving your health and well-being? We have a new program for you: a 4-session, self-paced nutrition and wellness program that will help improve your diet, and water intake and lower stress. The program is designed to be fun and goal-oriented for all individuals who participate. Get started today by clicking on the link

<https://norwalk.edu/wellness-committee/alley-oop-wellness-program/>

### **Thinking of Making a Healthy Lifestyle Change? Think SMART!**

<https://norwalk.edu/wp-content/uploads/2023/03/NCC-SMART-Goals-Thinking-of-Making-a-Healthy-Lifestyle-Change-REVISED.pdf>

### **Fresh Nation Farmers' Market Home Delivery**

Norwalk Community College has negotiated special rates and discounts to encourage you to make fresh, local food an integral part of your and your family's diet. Fresh Nation will offer a 25% discount on your first order (use code NCCLOCAL1 at check out) and a 10% discount on all subsequent orders (use code NCCLOCAL2 at check out), plus free delivery if you have your order delivered to your office in Norwalk (the regular fee for delivery to your home in Fairfield or Westchester counties is \$5.95). There is a \$25 minimum order amount. The benefits of eating fresh, local food are well documented. Because it is so fresh, the food is more nutritious and flavorful and can promote weight reduction and a healthier lifestyle. If you would like to check it out log onto [www.FreshNationAtHome.com](http://www.FreshNationAtHome.com) to see the range of fresh, local food, available five days each week from Wednesday through Sunday. Any questions? Contact a representative at [info@freshnation.com](mailto:info@freshnation.com) or call (203) 661-1246.

### **State-Wide Programs Online**

#### **Heart Disease (HF/CHF) Basics**

Tuesday, September 12, 1:00 pm [REGISTER: Heart Disease \(HF/CHF\) Basics](#)

Thursday, September 21, 11:30 am [REGISTER: Heart Disease \(HF/CHF\) Basics](#)

### **Hypertension Basics**

Tuesday, September 26, 1:00 pm [REGISTER: Hypertension Basics](#)

### **Developing Stress Hardiness**

Wednesday, September 13, 4:00 pm [REGISTER: Developing Stress Hardiness](#)

Friday, September 22, 12:00 pm [REGISTER: Developing Stress Hardiness](#)

### **The Joy of Living**

Wednesday, September 27, 6:00 pm [REGISTER: The Joy of Living](#)

### **The Pitney Bowes Foundation Wellness Center Hours**

The fitness center is free and open to all faculty, staff, and students

*Monday 9am-6pm*

*Tuesday - Thursday 9am-5pm*

*Friday 9am-1pm*

### **Group Fitness at CT State Norwalk**

***Strength & Tone*** (offered Monday/Wednesday from 9:30 am – 10:00 am)

HPE 1008/CRN 14134

***Abs & Lower Body*** (offered Tuesday/Thursday from 11:00 am – 11:30am)

HPE 1021/CRN 14135

***Pilates*** (offered Tuesday/Thursday from 7:00pm – 7:30pm)

HPE 1026B/CRN 14136

***Boot Camp*** (offered Tuesday/Thursday from 12:30pm – 1:00pm)

HPE 1031/ CRN 14137

***Yoga*** (offered Tuesday/Thursday from 5:30pm – 6:00pm)

HPE 1060/CRN 14138

If you are interested in learning about physical fitness, nutrition, and stress management and would like to assess yourself and make positive changes, please consider enrolling in one of these courses! New Semester, [BETTER YOU!](#)

### **Check out the best hiking trails of 2023 from AllTrails**

<https://www.alltrails.com/us/connecticut>

### **Don't Just Pump Iron – Eat it!**

It's estimated that more than 1.2 billion people worldwide experience iron deficiency, read more in the link!

<https://norwalk.edu/wp-content/uploads/2023/03/Iron-Deficiency.pdf>

### **Work, the Workplace, and the Mental Health of Workers**

Work is a strong driver of health and well-being. Work can provide meaning in people's lives and resources to care for one's family, provide proper housing, and access to medical care. Similarly, the work environment— both the physical and psychosocial environment— can have a major impact on the physical and mental health of workers. [https://journals.lww.com/acsm-healthfitness/citation/2023/05000/work, the workplace, and the mental health of.14.aspx](https://journals.lww.com/acsm-healthfitness/citation/2023/05000/work_the_workplace_and_the_mental_health_of.14.aspx)

### **Body Breaks can be done at your desk!**

A 4-week program to get our faculty and staff moving more and sitting less. It is an exercise plan that can be done at your desk or in the comfort of your home. Check out the videos here to get started.

[Body Breaks Beyond Week 1 - YouTube](#)

[Body Breaks Beyond Week 2 - YouTube](#)

[Body Breaks Beyond Week 3 - YouTube](#)

[Body Breaks Beyond Week 4 - YouTube](#)

### **Enjoy Our Outdoor Walking Trail!**

Did you know that CT State Norwalk has walking trails? These walks are intended to last from 15-30 minutes. For more information about the outdoor Wellness Walking Course. Please take a look at our Walking Map. [https://norwalk.edu/wp-content/uploads/2017/01/Updated-Map Oct.-2014.pdf](https://norwalk.edu/wp-content/uploads/2017/01/Updated-Map_Oct.-2014.pdf)

### **Please Join The Wellness Committee for our next meeting.**

We are seeking new members for this standing committee at the college! If you are a faculty or staff and are interested in joining, please contact Chair, MaryJo McGonagle ([mmcgonagle@norwalk.edu](mailto:mmcgonagle@norwalk.edu))- Our next meeting is a planning meeting for the upcoming year. We would love to hear your ideas. Join us on Thursday, September 21<sup>st</sup> at 2:30 pm in H007 (ground floor of the Center for Science, Health, and Wellness [West Campus]).

Have a happy and healthy semester!