



The Wellness Committee

news to help us live stronger

[At Norwalk Community College](#)

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 the link!

<https://norwalk.edu/wellness-committee/>

Hey all. Check out this Exercise Snack with resistance bands by our own NCC students. Pick up your band in the wellness center today! Room H003

<https://norwalk.edu/wp-content/uploads/2023/03/Resistance-Band-Exercises.pdf>

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>

DEEP's Annual Challenge Invites Public to Go "In, Under, Over, and Through" State Parks and Forests

Ready for an outdoor adventure exploring Connecticut State Parks and Forests? The Connecticut Department of Energy and Environmental Protection's ("DEEP") State Parks ring in spring on Monday, March 20, 2023, with the release of the 2023 Sky's The Limit Hiking Challenge ("STL"), an annual checklist of hiking locations chosen from the state's 142 parks and forests.

[DEEP Announces 2023 Skys The Limit Hiking Challenge in Connecticut State Parks](#)

Sky's the Limit Hiking Challenge 2023

Take the challenge to get outside for some fresh air and fun physical exercise. Hike and walk the highlighted locations/trails and take designated photos along the way to experience this year's STL theme, "In, Under, Over and Through CT State Parks and Forests." Fifteen park or forest locations have been identified for participants to explore, with varying scenery and highlights at each location. Walk up a tower, go underground, enjoy a scenic vista, or explore a linear trail.

[Skys the Limit 2023 \(ct.gov\)](#)

Enjoy Our Outdoor Walking Trail!

These walks are intended to last from 15-30 minutes. For more information about the outdoor Wellness Walking Course. Please take a look at [Wellness Walks Map](#) All participants can access the Wellness Walks Calculator below and determine the total calories expended by entering body weight and time taken to walk the outdoor course. [Wellness Walks Calculator](#)

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](#)

Please Join The Wellness Committee for our next meeting.

We are always looking for new members to be part of this inspiring committee. Our next meeting is a planning meeting for the following year. We would love to hear your ideas. Join us May 11th at 2:30 pm in H007.

Have a happy and healthy summer!