**NUTRITION**

Eating healthy doesn't mean you can't enjoy eating delicious foods, but who knows which foods are truly healthy? Which foods contain the vitamins and minerals that you need in order to stay healthy and live long?

**Challenge Yourself**

Try each of the below foods at least once...you never know if you like it until you try it!

- Vitamin A – Sweet potatoes
- Vitamin B6 – Chickpeas
- Vitamin B12 – Cooked clams
- Vitamin C – Sweet red peppers
- Calcium – Yogurt
- Vitamin D – Salmon
- Vitamin E – Sunflower seeds
- Folate – Spinach
- Iron – Red meat and beans
- Vitamin K – Kale
- Lycopene – Tomatoes
- Magnesium – Almonds
- Niacin – Peanuts
- Omega 3 fatty acids – tuna salad
- Potassium – Sweet potatoes
- Riboflavin – Beef liver
- Thiamin – Pine nuts
- Zinc – Oysters

---

**FITNESS CLASSES**

**MONDAY**

- FIT1 • 12:00-1:00pm • SRB • West Winds Cafe
- Yoga • 12:00-1:00pm • River Campus (Interfaith)
- Zumba • 5:00-6:00pm • RTP Bldg. 5
- Zumba • 5:30-6:30pm • River Campus (O’Brien)

**THURSDAY**

- CORE STRENGTH • 12:00-12:45pm • Strong West
- Yoga • 12:00-12:45pm • RTP Bldg. 5
- Yoga • 12:00-12:45pm • HWH • Evarts Lounge
- Yoga • 1:00-1:15pm • HWH • eEvarts Lounge
- Turbokick • 5:30-6:15pm • URMC Fitness Center

**TUESDAY**

- Pilates • 12:00-1:00pm • MAG
- Yoga • 12:00-1:00pm • River Campus (Interfaith)
- Yoga • 12:00-1:00pm • HWH • Evarts Lounge
- Yoga • 1:00-1:15pm • HWH • eEvarts Lounge
- Turbokick • 5:30-6:15pm • URMC Fitness Center

**WEDNESDAY**

- Yoga • 11:00-12:00pm • Mt. Hope Family Center
- Yoga • 11:30-12:15pm • URMC Fitness Center
- Pilates • 12:30-1:15pm • URMC Fitness Center

**FRIDAY**

- Yoga • 11:00-12:00pm • Mt. Hope Family Center
- Yoga • 11:30-12:15pm • URMC Fitness Center
- Pilates • 12:30-1:15pm • URMC Fitness Center

*Enroll on Well-U Enrollment Page*

**Enroll on Inward Office Enrollment Page**

To enroll in a program, go to [http://www.rochester.edu/working/hr/wellness/enroll/](http://www.rochester.edu/working/hr/wellness/enroll/)