



April Activities

This month will conclude our spring semester activities and “roll” into the summer! Keep an eye out for May term and summer semester activities.

Fleet Feet Trigger Point Foam Rolling Clinic will take place on **Thursday, April 25th at 4:45 p.m. in Bast 138**. During this Live and Learn session, Fleet Feet will teach you how to optimize your foam roller usage for maximum relief and faster recovery. Activewear or clothes that allow for movement are encouraged and foam rollers will be provided but you may bring your own to ensure there are enough.

No matter your age or fitness level, foam rolling is for everyone! For more information on Foam Rolling 101, click [here](#).

The **Caring for the Caregiver Support Group** continues this month on **Thursday, April 4th and 18th at 4:45 p.m. in Morehead Hall Meeting Room**.

Weekly **faculty and staff only fitness classes** will wrap up May 1st! Please see the calendar below. You can also participate in any of the classes offered through Campus Recreation which will conclude for the semester April 24th. Please see their webpage for details about class types and times.

April is Foot Awareness Month

The average person takes approximately 10,000 steps a day, which adds up to three million steps per year. We carry approximately four to six times our body weight when climbing steps or walking steep inclines. Good foot health is essential for a healthy life.

Follow these tips to improve your foot health!

- 1.) Inspect your feet daily for injuries, cracks, peeling, or dry skin.
- 2.) Wear shoes in public places where you may suffer cuts, contract athlete’s foot, fungus, or plantar warts on the bottoms of your feet.
- 3.) Don’t leave nail polish on 24/7, it may lead to brittle nails or fungus. Rotate three weeks on and one week off.
- 4.) Remember your feet need sunscreen too!
- 5.) Stretch your feet, ankles, and lower legs daily and before exercise.
- 6.) Replace your walking or running shoes every 6 months or 500 miles.
- 7.) Wear shoes with good support and proper fit.

APR 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04 CAREGIVER SUPPORT GROUP 4:45 P.M. MOREHEAD HALL MEETING ROOM	05	06
07	08 yoga 12 P.M. BAST 138	09	10 BODYPUMP 12 P.M. BAST 138	11	12	13
14	15 yoga 12 P.M. BAST 138	16	17 BODYPUMP 12 P.M. BAST 138	18 CAREGIVER SUPPORT GROUP 4:45 P.M. MOREHEAD HALL MEETING ROOM	19	20
21	22 yoga 12 P.M. BAST 138	23	24 BODYPUMP 12 P.M. BAST 138	25 FLEET FEET Trigger Point Foam Rolling Clinic 4:45 p.m. Bast 138	26	27
28	29 yoga 12 P.M. BAST 138	30				



Recipe of the Month

Easy Homemade Bagels

1 c unbleached all-purpose flour, whole wheat, or gluten free mix

2 tsp baking powder

$\frac{3}{4}$ tsp kosher salt

1 c non-fat Greek yogurt (not regular yogurt, it will be too sticky)

1 egg or egg white, beaten (for egg wash)

Preheat oven to 375°F.

Place parchment paper or silpat on a baking sheet. Spray parchment with oil to avoid sticking.

In a medium bowl combine the flour, baking powder, and salt and whisk well.

Add yogurt to the mixture and mix with a fork or spatula until well combined.

Lightly dust work surface and knead the dough until tacky, not sticky. About 15 turns (it should not leave dough on your hands when you pull away).

Divide into 4 equal parts. Roll each part into a rope and combine ends to form bagels.

Top with egg wash and sprinkle liberally with seasoning of your choice.

Bake on top rack for 25 minutes. Let cool before cutting.

Makes 4 servings. Serving size 1 bagel. Per serving: 152 calories, 10 g protein, 0.3 g fats, 26.5 g carbs



MaroonsRWell Wellness Fair Wrap-Up

Thank you for your attendance at the 3rd Annual Faculty and Staff Wellness Fair! We had 113 participants come to the fair and 30 vendors tables present. The fair would not be possible without the support of our amazing vendors, John Farmer, Dining Services, and Human Resources!

Congratulations to our Door Prize and Grand Prize Winners: Tracie Gilmer, Jim Buriak, Matt Wright, Sally Walker, Katie Musar, Shirley Huffman, Brenna Sullivan, Jennifer Crouch, Erin Reid, Laura Campbell, and Jack Steehler!



Kate Smith's Office Hours:

Tuesdays 9 a.m. – 1 p.m.

Thursdays 11:30 a.m. – 3:30 p.m.

Contact Kate via phone at (540) 855-7784 or email wellness@roanoke.edu for Health Coaching or Wellness Inquiries.



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