



### August Activities

Get Fit for Fall Fitness Assessments available Tuesday, August 6th at 12 p.m. and Thursday, August 8th at 12 p.m. in the Belk Fitness Center. The challenge will begin August 12th.

Faculty and Staff only group fitness classes have changed a bit this month! Yoga will be held on Tuesday's at 12 p.m. in Bast 138 and Body Pump on Thursday's at 12 p.m. in Bast 138, both classes are taught by Jodi Fetrow. Due to space limitations, it is unlikely that we will be able to continue faculty/staff only classes in the fall. Campus Rec classes must be given precedence to the fitness rooms. Keep in mind that classes offered through Campus Rec are open to all employees.

Caring for the Caregiver Support Group meetings will continue every other Thursday at 4:45 p.m. in the Morehead Hall Back Meeting Room.

Complimentary chair massages by Crystal's Healing Hands will be Tuesday, August 20th from 11:30 a.m. – 2:30 p.m. in Patterson (Colket). You must schedule your massage appointment in advance, [here](#). Please arrive on-time for your scheduled appointment.

## What Does Physically Fit Mean?

To be physically fit means to be in a state of health and well-being. Physical fitness is defined as the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist disease, and to react to emergency situations.

## How Does One Determine Their Fitness?

You can determine how physically fit you are by having a fitness assessment. This month's *Get Fit for Fall* challenge (information below) begins with this "test" of fitness. This assessment will include body composition; height, weight, BMI, blood pressure/heart rate, and body fat percentage, and graded exercise testing. The exercise testing helps you to determine areas for improvement and estimated volume of oxygen used. These tests will help us determine how "fit" you are in comparison to others in your age group and determine your target heart rate during exercise.

Click [here](#) to answer a brief questionnaire to get you started towards your *Getting Fit for Fall* goal!

# AUG 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					<b>BODYPUMP</b> 12:00 P.M. BAST 138	
	04	05	06	07	08	09
			<i>Get Fit for Fall Fitness Assessments 12 p.m. Belk (Cregger)</i>		<i>Get Fit for Fall Fitness Assessments</i>	
					<b>BODYPUMP</b> CAREGIVER SUPPORT GROUP	
11	12	13	14	15	16	17
	<i>Get Fit for Fall Challenge Begins</i>	yoga 12 P.M. BAST 138		<b>BODYPUMP</b> 12:00 P.M. BAST 138		
18	19	20	21	22	23	24
		<i>Chair Massages 11:30 a.m. – 2:30 p.m. Patterson</i>		<b>BODYPUMP</b> 12:00 P.M. BAST 138 CAREGIVER SUPPORT GROUP 4:45 P.M.		
		yoga				
25	26	27	28	29	30	31
		yoga 12 P.M. BAST 138				



## Recipe of the Month

### Instant Pot Chicken Taco Bowls

1 ½ cups low-sodium chicken broth, divided

1 lb. chicken breasts

1 packet of taco seasoning

15 oz can of black beans, rinsed and drained

1 cup of corn

1 ½ cups of salsa

1 ¼ cups long grain white rice, rinsed and drained

#### Instructions

1. Spray bottom of IP with nonstick cooking spray.
2. Add ½ cup chicken broth to the bottom of the IP.
3. Add chicken breasts.
4. Sprinkle chicken with taco seasoning.
5. Add black beans and corn.
6. Add salsa.
7. Add rice.
8. Add remaining 1 cup of broth.
9. Press rice into liquid to make sure it is fully submerged.
10. Cook on Manual (high pressure) for 8 minutes.
11. Allow pressure to naturally release for 12 minutes, then turn to quick release.
12. Fluff rice with a fork.
13. Remove chicken breasts only and shred.
14. Add shredded chicken back to IP to combine.
15. Scoop out and top with desired toppings.

6 servings; 299 calories; 2g Fat; 17g Protein; 52g Carbs

Original Recipe, [here](#).



**Get Fit for Fall** starts August 12<sup>th</sup> and runs for 6-weeks through September 22<sup>nd</sup>. This fitness challenge is designed around your individual goals and needs. During this time you are challenged to increase your overall fitness in ways YOU are interested in; walk, jog, hike, bike, swim, strength train - you name it! This challenge can be tailored to all fitness levels from those starting with chair exercises to those doing marathon training. Support and resources are available for all fitness levels!

The challenge will begin with a fitness assessment test and your goal is to improve upon those results by the end of the 6 week challenge. No other measuring, tracking, or checking in required – unless you want to! Develop your fitness plan (Kate Smith can help!) and work hard to compete against yourself by doing a little bit each day. The fitness assessments must be completed pre- and post-challenge to qualify for prizes. You may complete the assessments on your own if you cannot make the on-campus assessments on August 6 or 8<sup>th</sup>. Pre-challenge results will need to be submitted by August 18<sup>th</sup> and post-challenge by September 30<sup>th</sup>.

**Prizes will be awarded** to everyone who completes both assessments and to the overall most improved challenger.

**Please complete the brief survey, [here](#)**, to allow us to better plan for this challenge. We will launch another 6-week challenge towards the end of September/early October for those who may not be able to start before the school year begins.

Please reach out to Kate Smith at [wellness@roanoke.edu](mailto:wellness@roanoke.edu) with any questions or for more information.



Kate Smith is back from maternity leave. She is available Tuesday's 9 a.m. – 1 p.m. and Thursday's 11:30 p.m. – 3:30 p.m. Please reach out with any questions or general wellness inquiries.



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