



## Meet Kate Smith

Kate Smith is embarking on her fifth year at Roanoke College and stepping into the role of Health and Wellness Coordinator. Kate is available for individual or group health coaching sessions on campus. Her broad knowledge in fitness, nutrition, stress management, disease prevention and management is a valuable asset to our wellness program. You may reach Kate to schedule an appointment or find out more about campus wellness initiatives at [wellness@roanoke.edu](mailto:wellness@roanoke.edu) or (540) 855-7784. She will be on campus Tuesdays from 9 a.m. until 1 p.m. and Thursdays 11:30 a.m. until 3:30 p.m.

Kate also works closely with our Wellness Team and Human Resources department to coordinate wellness programming and promote wellness activities on campus. Feel free to reach out to her with ideas, questions, and comments regarding MaroonsRWell.

## Happy Healthy 2019!

We hope that 2019 brings you closer to your whole-body health goals! We are excited to share with you some of the new MaroonsRWell activities beginning soon to help you with your goals!

We will be kicking off the New Year with two, weekly **faculty and staff only fitness classes**! Classes will start the **week of January 28<sup>th</sup>** and will be 45 minutes long. Please see the schedule below. These specific classes will run through the entirety of the first semester. We plan to run classes throughout the year and will let you know about schedule and class changes in future semesters. You can also participate in any of the classes offered through Campus Recreation. See their webpage for details of class types and times.

We are adding a **support group** to help those caring for others in their family who cannot care for themselves. The January Live and Learn will be an introduction to this new event on campus. The **Caring for the Caregiver** Live and Learn session will be on **Thursday, January 24<sup>th</sup> at 12 p.m. in Olin Recital Hall**. Mary Beth Boyes, gerontologist, will discuss tips for caring for yourself as you provide a caregiving role. Mary Beth will facilitate a Caring for the Caregiver support group two times per month starting **February 7<sup>th</sup>, at 4:45 p.m., every other Thursday**, in the Morehead Hall Meeting Room. This group will help to provide a proactive approach to caring for yourself and those in your care and will cover topics regarding support and guidance, medical management, lifestyle, and when and where to seek assistance. All benefit-eligible employees and spouses are welcome to attend.

## 2018 Wrap-up

2018 was a fantastic year for wellness at Roanoke College! Many of your peers made changes in their physical activity habits, eating patterns, stress management, overall health and much more by way of determination through individual and group programs, challenges, coaching, and educational sessions. We wanted to recognize the 46 participants that went above and beyond the beBetter Health 500-point goal, entering them into a random drawing. The winners of this drawing are Melanie Trexler and Jacob Jackson. This year you can look forward to various wellness prizes and giveaways, the Wellness Fair, new group wellness activities, and much more! Let's keep the momentum going with MaroonsRWell this year!



### Faculty & Staff Only Fitness Classes

## yoga

with Jodi Fetrow  
Mondays at 12 p.m.  
Bast 138

## BODYPUMP

with Jodi Fetrow  
Wednesdays at 12 p.m.  
Bast 138

### Caregiver Support Group

Every other Thursday of  
the month beginning  
February 7<sup>th</sup>

Morehead Hall Meeting  
Room

4:45 p.m.

## Recipe of the Month

### Sesame Crusted Salmon with Kale

¼ c sesame seeds

Pinch of salt

4 - 4oz. salmon fillets

4 tsp olive oil, divided

1 tsp minced garlic

1 tsp minced ginger

8 c kale

1 tbsp reduced sodium soy  
sauce

Preheat oven to 400°F.

Combine seeds and salt on  
a plate.

Press each salmon fillet  
into seeds to evenly coat 1  
side.

Heat 2 tsp oil in large,  
oven-proof skillet over  
medium heat.

Cook the salmon seed side  
down for 5 minutes.

Transfer to oven and cook  
for 10 minutes per inch of  
fish or until fish easily  
flakes with a fork.

In additional pan, add 2 tsp  
of oil set over medium  
heat.

Add garlic and ginger;  
sauté 1 minute.

Add kale and sauté 5-8  
minutes until kale is wilted.

Stir in soy sauce.

Serve salmon over kale.

Makes 4 servings. Per serving:  
337 calories, 35g protein, 14g  
fats, 17g carbs

## Personalized Weight Loss Plan

**No one diet suits everyone.** People come in various shapes and sizes, have unique health issues and eating behaviors, and lose weight at different speeds.

So why rely on standard weight-loss plans to satisfy your personal dietary needs?

**Even formulated diets that offer balanced nutrition can feel rigid and boring.** As weight drops off so does your enjoyment of eating. Design a food plan that meets personal goals within your day-to-day life. Discuss weight loss with your health care provider, especially if you have diabetes, obesity, or other chronic conditions.

**Identify your eating preferences,** behaviors, and habits that lead to weight gain, such as:

- Eating excess sugar or refined grains, and high-calorie snacks.
- Eating too big of portions.
- Eating out a lot.
- Eating for emotional reasons.
- Consuming lots of high-calorie coffee or soft drinks, juices, and/or alcohol.

**Losing weight involves both mental and physical hurdles.** Start by adjusting 1 habit at a time, such as, replacing deep-fried foods with roasted versions. If you lose weight gradually and steadily (1 to 2 pounds per week) you are less likely to regain it.



New year, new attitude. Enjoy the weight loss and stay positive. To succeed long term, fit in exercise and *learn to eat, not diet.*

**Lose pounds, gain a lot.**

Even a small amount of excess weight loss (5% to 10% of your weight) can lower elevated blood pressure, blood sugar, cholesterol and triglyceride levels; reduce unhealthy abdominal fat; and reduce joint pain and disability.

