



Mental Health Awareness

When we talk about health, we can't just focus on heart health, or liver health, or brain health, and not whole health. You have to see the whole person and make use of the tools and resources that benefit the mind and body together.

This month's Live and Learn aims to do just that. Dr. Brian Wood of LewisGale Physicians Psychiatry and Behavioral Health will discuss having and protecting a healthy mind and how to determine when things are unhealthy. He will also delve into coping and living with someone who has mental health issues.

Join us on Tuesday, June 4th at 12 p.m. in Pickle (Colket) for this session!

Did you know that mental health problems are actually very common? In 2014, 1 in 5 adults and 1 in 10 young people experienced a mental health issue.

Check out www.mentalhealth.gov/ for great resources and quick crisis line information.

June 8th is Family Health and Fitness Day!

National Recreation and Parks Association's (NRPA) Family Health and Fitness Day – celebrated the second Saturday in June each year – promotes the importance of parks and recreation in keeping communities healthy. Everyone is encouraged to participate with your families to “Get Fit” with parks and recreation.

Research studies confirm that community parks and recreation, green space and time outdoors, is critical for creating health, active, and sustainable communities. You can experience the benefits by visiting your community parks and recreation any time of the year, especially on Family Health and Fitness Day.

NRPA's Top 5 Ways to “Get Fit” with Parks and Recreation:

- 1.) Take a walk.
- 2.) Go for a swim.
- 3.) Enroll in a fitness class or program.
- 4.) Create your own exercise routine.
- 5.) Play outside.

JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						01
	02	03	04	05	06	07
		LGMC Mental Health L&L 12 p.m. Pickle (Colket)	yoga		BODYPUMP 4:45 P.M. BAST 138	
	09	10	11	12	13	14
			yoga 12 P.M. BAST 138		BODYPUMP CAREGIVER SUPPORT GROUP Both at 4:45 P.M.	
	16	17	18	19	20	21
			yoga 12 P.M. BAST 138		No Body Pump	
23/ 30	24	25	26	27	28	29
		yoga 12 P.M. BAST 138		BODYPUMP CAREGIVER SUPPORT GROUP Both at 4:45 P.M.		

Recipe of the Month

Summer Vegetable Frittata

- 1 ½ tbs olive oil
- 1 cup diced zucchini
- ½ cup chopped red bell pepper
- 1/3 cup chopped onion
- 1 tbs chopped thyme
- ½ tsp salt, divided
- ¼ tsp freshly ground black pepper, divided
- 2 cloves of minced garlic
- ½ cup chopped tomato
- 9 large eggs

Heat olive oil in a 10-inch nonstick broiler-proof skillet over medium heat.

Add vegetables, thyme, ¼ tsp salt, 1/8 tsp pepper, and garlic. Cover and cook 7 minutes or until vegetables are tender.

Stir in tomato. Cook and uncovered for 5 minutes until liquid evaporates.

Combine eggs, ¼ tsp salt, and 1/8 tsp pepper in a bowl and whisk until frothy.

Pour egg mixture into pan over vegetables, stirring gently.

Cover, reduce heat, and cook for 15 minutes until almost set in the center.

Broil for 3 minutes or until set. Invert onto a serving platter & cut into 8 wedges.

Makes 4 servings. Serving size 2 slices. Per serving: 227 calories, 15.1 g protein, 16.4 g fats, 5.5 g carbs



Roanoke Valley Resources

From Roanoke and Salem Parks and Recreation to the Roanoke Valley Greenway System there are 70+ parks, fields and greenways, various outdoor pools, fitness centers recreation centers, and so much more to explore in the Roanoke Valley. Click the icons below to take you to handy links for planning your next area adventure!



Four Tips to Boost Outdoor Safety

1.) Plan activities with a buddy.

New activities and adventures and changes in habits and routines are always more fun with a buddy. Also, you are 95% more likely to take on a new challenge or achieve a goal with accountability. In the instance something goes awry, you also don't want to be alone.

2.) Be in good physical condition.

This means stretching, training, and knowing your limits based upon the activities you are partaking in. If walking or hiking, set a reasonable pace for the weakest member of the group.

3.) Wear appropriate clothing.

The weather and type of outdoor activity both dictate what type of clothing you should wear. If overnight camping, make sure you have appropriate daytime and nighttime attire. Hikers and walkers should wear sturdy shoes or boots to protect their feet. Wear light layers you can take off and put on as needed.

4.) Be weather wise.

Before your outdoor activity, check the weather. On hot, sunny days wear ample sunscreen and bring various hydration options. Watch the radar for any nearby or developing storms. Remember lightning can strike even in seemingly clear skies so it is important to be aware of nearby storm systems.

Kate Smith is on maternity leave; her normal schedule will resume in July. Please contact Leighann Boyer at boyer@roanoke.edu for any questions or general wellness inquiries.



MaroonsRWell