



May Activities

Wellness and Fitness Live and Learn presented by Garrett Thompson, Doctor of Chiropractic and RC Rugby Club Coach, on Thursday, May 9th at 12 p.m. in Olin Recital Hall 202.

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 4:45 p.m. in Bast 138, both classes are taught by Jodi Fetrow. May classes will begin May 14th.

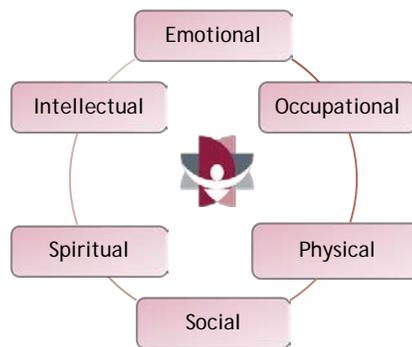
Caring for the Caregiver Support Group meetings will continue every other Thursday at 4:45 p.m. in the Morehead Hall Back Meeting Room. If you are caring for a spouse, partner, parent, child, or all of the above, this group is for you. Each week new material is presented to help you navigate this often-taxing job.

Complimentary chair massages by Crystal's Healing Hands will be Wednesday, May 22nd 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 time.

May is Global Employee Health and Fitness Month

Global Employee Health and Fitness Month (GEHFM) is an international observance of health and fitness in the workplace. MaroonsRWell May activities are here to help you - do just that - increase your overall wellbeing in the workplace! The VPC-BC Wellness Grant allows for MaroonsRWell to plan events, educational opportunities, and activities to cater to all dimensions of your Wellness Wheel.

What is a Wellness Wheel? Click [here](#) to read further about the six dimensions of wellness and a description of each dimension.



How well are you filling up your wellness wheel?

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT	
				01	02	03	04
					CAREGIVER SUPPORT GROUP 4:45 P.M. MOREHEAD HALL		
	05	06	07	08	09	10	11
			Faculty & Staff Golf Tournament 11:30 A.M. Hanging Rock		Wellness and Fitness L&L 12 P.M. Olin Recital Hall 202		
	12	13	14	15	16	17	18
			yoga 12 P.M. BAST 138		BODYPUMP CAREGIVER SUPPORT GROUP Both at 4:45 P.M.		
	19	20	21	22	23	24	25
			yoga 12 P.M. BAST 138	Chair Massage 11:30 A.M. – 2:30 P.M. Patterson (Colket)	BODYPUMP 4:45 P.M. BAST 138		
	26	27	28	29	30	31	
			yoga 12 P.M. BAST 138		BODYPUMP CAREGIVER SUPPORT GROUP Both at 4:45 P.M.		



Recipe of the Month

Ultimate Breakfast Smoothie

Fruit: The backbone of any smoothie recipe. Fruit is an excellent source of fiber and “good” carbs.

Greek Yogurt: Protein tends to be the missing link in many smoothie recipes. Just ¼ cup earns you 6 grams to start your day.

Liquid: All smoothies need a liquid to combine properly. Unsweetened nut milk, juice, or just water will work well.

Nut Butter: A tbsp of your favorite nut butter adds healthy fats and some extra protein.

Leafy greens: Sneak in a handful of leafy greens to get an extra dose of fiber and key vitamins and minerals.

Place all ingredients in a blender and process until smooth.

1 medium banana (fresh or frozen)

½ cup sliced berries or mangos

¼ cup plain Greek yogurt

1 tbs nut butter

½ cup baby spinach

½ cup unsweetened almond milk

Optional: 1-2 basil leaves, 2-3 mint leaves, ½ tsp peeled, chopped ginger

For a dairy-free smoothie use coconut milk yogurt in place of Greek yogurt.

For a nut-free smoothie, substitute ground flax seeds, sunflower seeds, or pumpkin seeds for nut butter.

1 serving; 300 calories; 11g Fat; 12.5g Protein; 40g Carbs

Interested in running with other faculty and staff members?



A new running group is forming. The group plans to start small with 1 or 2 runs after work per week (3-5 miles), Get fit, and build bonds within the RC Community. Look in the Daily Email and Inside Roanoke for further details or sign up at <https://www.roanoke.edu/fsrunning>.

Would you prefer to walk? You can join too! Weekly routes will be mapped so you can follow along at your own pace.



Locker rooms, lockers, and shower facilities are available for faculty and staff members in the Cregger Center. For further information and how to obtain access please visit Wellness Resources, here.

Keep Your Grip

Our hands are indispensable! We need them in nearly every waking moment. Hand and grip strength may also indicate general health, future mobility or risk for heart attack.

A 2015 study measured the grip strength of 140,000 adults for 4 years. Those who had declining grip strength has a 17% increased risk of dying from a heart attack. It seems a stronger grip suggests more muscle mass in general, perhaps resulting from increased activity and overall health.

To improve your grip, exercise your hands and wrists. Examples:

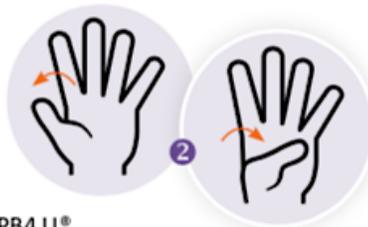


Hand squeezing:

- 1 Squeeze a soft stress ball between the fingers and thumb of 1 hand; hold it for 30 to 60 seconds. Repeat with your opposite hand.
- 2 Wet a small towel and wring out the water using both hands. Repeat several times.

Wrist stretching:

- 1 Hold the fingers of 1 hand with your other hand, pulling the hand back gently until you feel the stretch; hold 5 to 10 seconds. Repeat by switching hands.



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- 2 Begin with hands up and thumbs positioned outward. Keeping your fingers and thumb straight, move thumbs across your palms and then back to the starting position. Repeat movement several times.



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.



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