

April 2023



MaroonsRWell Newsletter

Happy Spring, Maroons!

In this issues of the MaroonsRWell Newsletter, you'll find tips to spring clean your health; information about our upcoming fitness classes (including new offerings!); pictures and winners from the Wellness Fair; and a spring recipe to try!

Five Ways to Spring Clean Your Health

No matter how good your intentions, it can be difficult to stay healthy during winter: the season of comfort food, cozy sweaters and Netflix marathons.

But with spring finally here, you're likely ready to shed your cold-weather cocoon and return to the healthy habits of seasons past. Here are the five things to do to spring clean your health and jumpstart your warmer weather routines, according to experts.

Prioritize good sleep.

"It's the most important biorhythm, but too often ignored. For the average adult, the aim is eight to nine hours of sleep a night. Your bedroom needs to be as quiet and dark as possible. To get your mind prepared for sleep after an active day, meditate for five minutes before slipping into bed." — Dr. Deepak Chopra, integrative medicine expert and author of *The Healing Self*

Find excuses to move — outside of the gym.

"As the weather gets nicer, people can go outside more and move more. I give people the goal of a minimum of 10,000 steps a day, and eventually they should get to 12,000 steps a day. As the weather warms, there are more opportunities to go for walks with friends, walk for coffee, play outdoor sports like golf and tennis, hike, garden and do outdoor house repairs." — Harley Pasternak, Los Angeles-based celebrity trainer

Set a "good alarm."

"A 'good alarm' can be used to remind you to establish and develop healthier habits. For example, I set a good alarm to remind me to start my bedtime routine, so I get an adequate amount of rest. You can also set a good alarm as a nudge to drink more water, stand up (for those who have a sedentary job) or to remind you to eat a healthy meal, if you often work through your lunch hour." — Grace Derocha, registered dietitian and certified health coach at Blue Cross Blue Shield of Michigan

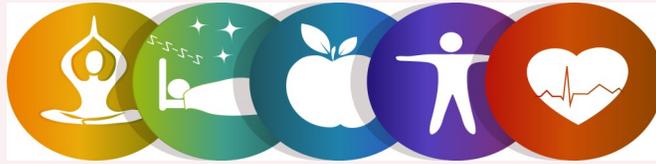
Develop better sunscreen habits.

"A recent study has shown that an ultra-high SPF (100+) sunscreen does provide better sun protection, compared to SPF 50. We do not apply as much sunscreen as we should, and we do not reapply. This means that the protection we're getting is, in fact, less than what is labeled on the bottle, as the SPF value gets diluted out. I tell my patients to choose a sunscreen with the highest SPF possible, as an insurance policy to provide the best protection for the longest period of time." — New York City-based dermatologist Dr. Joshua Zeichner

Greet the day.

"Take advantage of the increased sunlight in the mornings to set your circadian pacemaker, also known as your body's sleep clock. I would recommend choosing a consistent wake-up time in the morning and aiming for a 20-minute walk after waking up. The sunlight will program your body clock and help regularize your sleep and wake rhythm. If you focus on programming your wake-up time, then your bedtime will naturally start drifting into place." — Dr. Josna Adusumilli, neurologist at Massachusetts General Hospital

Article and resources found [here](#).



MRW Fitness Classes!

Classes start at noon and run for 45 minutes. No experience necessary. Join us in Bast 109!

Tuesdays

Body Pump with Christine (4/4, 4/11, 4/18)



Thursdays

Yoga with Laura (4/6)

Jump Rope with Hany (4/13)

Zumba with Kathy (4/20)

Jump Rope with Hany (4/27)

Did you know that Campus Recreation hosts Pickle Ball on Tuesdays from 12:00—2:00 pm in Bast Gym? This open play is for all faculty, staff, and students!

New Class
RPM (Spin Class)
Coming Soon to MRW



New Class!
Begins Friday April 14th!

A HIGHER
GEAR

Cardio-peak training for next level results.
New workout now.

LES MILLS
RPM

RPM BY LES MILLS
FRIDAYS 12:10-12:40
ALUMNI 212 (ACROSS FROM THE POOL)

LES MILLS RPM™ IS A CARDIO PEAK CYCLE WORKOUT USING A SIMULATED JOURNEY OF HILL CLIMBS, SPRINTS AND FLAT RIDING TO IMPROVE AEROBIC FITNESS LEVELS AND MUSCLE ENDURANCE. YOU RIDE WITH THE PACK TO FIND YOUR RHYTHM IN THE MUSIC AND HIT AN AMAZING ENDORPHIN HIGH. YOU CONTROL YOUR OWN RESISTANCE LEVELS AND SPEED TO BUILD YOUR FITNESS LEVEL OVER TIME.

THANK YOU!!!



Many thanks to all of the faculty and staff who joined us for the annual employee wellness fair, and to the more than 30 vendors from our community as well! With such a wide variety of vendors, we were able to learn about financial planning, mental health services, holistic wellness, healthy eating, and so much more! All while receiving acupuncture, massages, testing e-bikes, and riding adult big wheels!



And a huge congratulations to our grand prize winners!

Becky Cockram
Teresa Gereaux
Ian Michalski
Dale Nulf
Randy Webb



Recipe of the Month: Shrimp Ramen

Ingredients

8 ounces bacon, chopped
5 garlic cloves, thinly sliced
2 cups sliced stemmed shiitake mushrooms (about 6 ounces)
7 cups low-sodium chicken broth
1 teaspoon soy sauce
1 teaspoon Worcestershire sauce
Two 3-ounce packages instant ramen noodles (flavor packets discarded)
12 ounces peeled medium shrimp, halved lengthwise (about 20 shrimp)
2 tablespoons 1-inch-long pieces fresh chives



Directions

Put the bacon in a cold medium saucepan and cook over medium-high heat, stirring occasionally, until golden, about 6 minutes. Pour off all but 3 tablespoons of the bacon fat from the saucepan. Add the garlic and cook, stirring, until golden, about 3 minutes. Add the shiitakes and cook, stirring, until browned, about 6 minutes.

Pour in the chicken broth, soy sauce, and Worcestershire and bring to a boil. Add the ramen and boil until tender, about 2 minutes.

Remove the broth from the heat and stir in the shrimp. Let stand until the shrimp are cooked, 1 to 2 minutes. Serve topped with the chives.