



# MaroonsRWell Newsletter



Hello, Maroons!

August is National Wellness Month and we've got 8 tips for caring for your mind, body, and spirit below!

In addition, you can join us for any of our group fitness classes this month.

Last month, we had a food demonstration with Roanoke College Dietitian Grace Scott and the recipe was so delicious we wanted to share it with everyone! See page 3 for details along with save the dates for upcoming events.

## Eight Ways to Celebrate National Wellness Month

By Christine Bean

August is National Wellness Month, and it's a perfect time to focus on taking care of yourself physically, mentally, and emotionally. Especially during these stressful times, it's important to make self-care, healthy eating, and stress management a priority in order to feel better than ever! Make it a goal to try one of these 8 ways to boost your wellness each day.

**Exercise.** Just 30 minutes of exercise per day can be a major mood-booster. Not only does it benefit your mental health, it keeps you at a healthy weight, gives you more energy, and assists with pain management.

**Drink more water.** Hydration is so important for your body, especially during these hot summer months. Water helps transport nutrients to give you energy, and even lubricates your joints. It's the key to digestion, clearer skin, and even weight loss!



**Spend time outside.** Fresh air can do a mind and body good, especially if you're exercising outdoors. Spending time in nature can improve your memory, lower your blood pressure, and boost your mood.

**Practice deep breathing.** Stress and anxiety can impact your breathing without you even realizing it, causing you to take shallow breaths, or even holding your breath for a period of time, causing your body to tense-up. Practicing deep breathing techniques, and concentrating on breathing from your diaphragm, can make a big difference.

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# August Faculty & Staff Fitness Classes

Join us for fun and Fitness! No Experience Required!

All Classes run from 12:00-12:45, and are held in Bast 109 (unless otherwise noted)

**Mondays at 12:00**

Yoga with Laura - 8/14



**Wednesdays at 12:00**

Zumba with Kathy - 8/23



**Tuesdays at 12:00**

Body Pump with Christine

8/1; 8/8; 8/15; 8/22

**Thursdays at 12:00**

RPM with Christine

8/3; 8/10; 8/24; 8/31

\*held in Alumni 211 across from the pool; lasts 35-40 minutes

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**Get enough sleep.** Sleep is a huge factor in our mental and physical well-being. Getting an adequate amount of sleep each night helps keep your weight in check, your risk of depression and anxiety low, your memory sharp, your immune system strong, and so much more.

**Take a social media break.** With information constantly being thrown at us via social media, it's important that we take time each day to disconnect from technology in order to boost our mental and physical health. A digital detox can help with anxiety, sleep, mood, and lots more. Aim to put your phone away one hour before bedtime to allow your brain to wind-down before falling asleep.

**Call a friend or family member.** Now that social distancing is part of our daily lives, it's more important than ever to stay connected to those we love. Friends and family play a huge role in our mental health, and social connection can be an instant mood-booster. Make it a goal to call or video chat with someone important to you every day, even if it's just for 5 minutes!

**Cut back on sugar and load up on fruits and veggies.** The average American consumes 22 teaspoons of sugar each day, and much of it is hidden in salad dressings, alcohol, coffee creamer, etc. Sugar depletes your energy and makes you feel tired and grumpy (afternoon slump anyone?) If you have a sweet tooth, you can still satisfy it by swapping your sugary sweets for juicy peaches, plump blueberries, or MightyMeals' [Roasted Sweet Potatoes](#). Your body and mind will thank you for it!



[Send us](#) a photo of yourself engaging in one of these 8 healthy habits and you'll be eligible to win MaroonsRWell prizes!



## Save the Dates!

### September 12, 2023 at noon

*Food for Thought* workshop with Dr. Simone Patterson, Copenhaver Scholar-in-Residence.

Olin Hall Gallery exhibition tour discussing the energy balancing system of the chakras followed by a chakra meditation.

Using the 7 step system of the chakras, staff and faculty can develop a process for relieving anxiety, boosting confidence and avoiding burn out. Perfect for the beginning of the semester.



### September 12, 2023 from 4:00 — 6:00 pm

*MaroonsRWell Faculty & Staff Fall Mixer*

Join us for an afternoon of food, fun and community! Our fall employee mixer will be held in the Cregger Center Foyer. More details to come!

### September 25, 2023 at 1:15 pm

*Food for Thought* workshop with Kimberly Whiter, Owner and CEO of Elder Care Solutions. Educational Presentation on the ins and outs of elder care and the expenses associated with it.

## Recipe of the Month: Vegetable Spring Rolls

We had the pleasure of hosting Grace Scott, current RC dietitian, for a MaroonsRWell Food for Thought in July, where we learned to make Vegetable Spring Rolls. The recipe was seasonal, delicious, and surprisingly easy!

### Ingredients

- 1.5 oz Dried Vermicelli Noodles
- 8 Lettuce Leaves Use soft lettuce such as Oak or Butter lettuce.
- 1 Red Bell Pepper (Capsicum) thinly sliced
- 2 Carrots peeled and sliced into strips with a julienne peeler or thinly sliced into matchsticks
- 1 Cucumber sliced into strips with a julienne peeler or thinly sliced into matchsticks
- ½ cup Edamame Beans
- ¼ cup Coriander (Cilantro) roughly chopped
- 16 Mint Leaves
- 8 Rice Paper Wrappers



### Directions

Bring a pan of boiling water to a boil, place noodles in the pan and cook for 2 mins (or according to package directions). Drain and rinse under cold water.

Make sure you have all the filling ingredients prepared and within reach.

Fill a large bowl with warm water. Submerge one sheet of rice paper into the water for 5 seconds. Remove, allow any excess water to drip off and carefully place on a clean damp dish towel or damp board. (prevents sticking to surface)

On the bottom half of the paper add a lettuce leaf, followed by a small handful of noodles, a little of each vegetable, a sprinkle of coriander (cilantro) and 2 mint leaves.

Lift the bottom edge of the rice paper up over the fillings until the filling is completely covered. Fold in the sides and then continue rolling to seal. Repeat with remaining rice paper wraps.

Serve the spring rolls with the dipping sauce on the side. Either serve whole or slice in half with a sharp, wet knife.

You can serve them with the Peanut Sauce found with the [recipe](#), or try the [Tomato Vinaigrette](#) we used!

