



MaroonsRWell Newsletter



Around here, we think February is for Wellness Lovers!

This month we are bringing wellness in all forms— from healthy tips on using supplements, fitness classes twice a week, and a workshop on financial basics. Have a topic or event you want to see included in our newsletters? [Let us know!](#)

Five Benefits of Vitamin Supplements

While a balanced, whole-food diet is key to optimum health, some of us may find we need to supplement our diets with vitamins and minerals. You can learn more [here](#) about the benefits of a healthy diet along with multivitamins. Below, you will find more about the positive effects and impacts of specific vitamins and minerals.

Instead of taking a true multivitamin, more and more people are instead targeting a specific health concern by taking individual vitamin supplements, or supplements that have a limited, but more focused, set of specific nutrients.

Your nutritional needs may also change as you get older, or as your lifestyle changes. For example: Vegans need to take a vitamin B12 supplement because their diet tends to have little to no vitamin B12. Women who might have taken iron supplements all their lives may stop taking iron after menopause. Someone who was recently exposed to a sick person may opt to take immunity-specific vitamins, such as vitamin C.

Let's break down a few benefits of vitamin supplements, grouped by their specific purposes and goals.

1. Improves mental health

Many people struggle with their mental health. So what can you do to take better care of your mental health? Here are five vitamins that may help:

B vitamins; Vitamin C; Vitamin D; Magnesium; Omega 3s

2. Improves cardiovascular health

Heart attacks, strokes, and other cardiovascular illnesses are the number-one cause of death around the world. Supplements that may help improve your cardiovascular health include:

Nitrates; Garlic extract; Vitamin K; Berberine; Taurine

3. Supports cognition and brain health

Your brain needs a lot of fuel. In fact, it has some of the highest energy requirements amongst all of your body's organs. Did you know that 60% of the glucose (sugar) your body burns every day goes directly to powering your brain?

But your brain needs more than just calories and carbohydrates—it needs specific nutrients. So what vitamins and minerals are good for the brain? These are the most important vitamins for brain health:

Anthocyanins; Omega 3 fats; Vitamin D; Iron; Selenium; B-complex vitamins



Financial Wellness Basics

This class is a quick and real-world reminder of some basic principles for building and protecting your money. We'll take a look at managing credit, growing savings, and mastering your money in practical ways. We'll also discuss some financial perks available to you through Roanoke College's relationship with our credit union.

About the Presenter



Alex Lucas is an educator and a certified financial counselor whose passion is all about sharing what he's learned about money while working in the banking industry. His primary purpose in educational offerings like this is to provide simple, easy to digest tips that people can use immediately to improve their financial lives. His role as VP of Community Impact at Member One Federal Credit Union allows him to help others with money every day.

Monday February 13th
12:00 pm
Pickle

Lunch will be provided
for the first 15
registrants! Email
wellness@roanoke.edu to
reserve your spot.



Join us for our February
Food for Thought
workshop on Monday the
13th with Member One
Credit Union!

Have a topic you'd like to
learn more about? Be
sure and let us know by
sending us an [email](#) with
your suggestions!

Consider yourself a
campus "expert?" We'd
love to hear from you!

Benefits of Vitamin Supplements ... Continued from Page 1

4. Increases energy levels

Several vitamins play critical roles in your energy metabolism, and a lack of vitamins may leave you feeling sluggish, tired, or fatigued. Energy-boosting supplements may include:

Vitamin B12; Iron; Coenzyme Q10

5. Supports healthy ageing

Researchers have found that men and women who eat a healthy diet and get the right nutrients reduce the signs of ageing on a cellular level, and also physically slow some of the symptoms of the ageing process.

If you want to experience healthier ageing, the best anti-ageing vitamins, minerals, and supplements include:

- Omega-3 fatty acids: These healthy fats protect against cognitive decline as we get older (and even reduces the risk of developing dementia).
- B vitamins: They support bowel function, help our bodies to produce healthy blood cells, and improve eye health.
- Antioxidants: They help to protect our cells from damage from free radicals, and this damage is associated with increased signs of ageing and a higher risk of illness.
- Vitamin D: It improves bone strength and reduces the risk of osteoporosis.
- Vitamin A: It also supports healthy eyes (specifically vision when lights are dim) and prevents cognitive decline.
- Biotin: It strengthens skin, hair and nails, which often become dry and brittle as we age.
- Zinc: This mineral supports your immune system.
- Selenium and iodine: These minerals are key for thyroid function.
- Chromium: It boosts mood and helps us metabolize fats.
- Vitamin E: It assists with wound healing.



Full article and resources found [here](#).

MRW Fitness Classes!

February is for Fitness Lovers! Classes start at noon and run for 45 minutes. Join us in Bast 109.

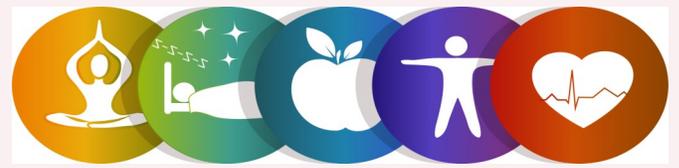
Tuesdays

Body Pump with Christine



Thursdays

Yoga with Laura (2/2)
Jump Rope with Hany (2/9; 2/16; 2/23)



Please mark your calendars for our annual

☆ *Wellness Fair!* ☆

Wednesday March 22nd

11 am - 3 pm

Cregger Fieldhouse

Chair Massages, Fitness Demos, Raffles, Roanoke Rail Yard Dawgs visit, and More!

From financial planners to recreational sports, outdoor adventure companies and home-health care, we'll have a variety of vendors providing information about their services and offerings. Join us!

Recipe of the Month: Nutella Mousse Cups

After all those fitness classes and brisk winter walks, why not treat yourself to something sweet?!

- ½ cup cream cheese, softened
- ⅓ cup nutella
- ½ tablespoon vanilla extract
- ⅔ cup heavy cream (or whipping cream)
- 1 tablespoon granulated sugar
- 1 tablespoon cocoa powder, unsweetened



- 1) In a large mixing bowl, use a hand mixer and beat the cream cheese until light and fluffy.
- 2) Add Nutella and vanilla extract and continue to beat until everything is smooth and fully blended together.
- 3) In a separate smaller mixing bowl, whip the cream using your hand mixer set on low-medium speed until you form soft peaks. Add the sugar and cocoa powder and set the mixer to high and continue to whip until you reach stiff peaks.
- 4) Gently fold the whipping cream mixture into the Nutella/cream cheese mixture until fully combined with no streaks visible.
- 5) Transfer the mousse into individual sized serving cups. You can pipe them to make the transfer easier. At this stage, the mousse will be very soft. Refrigerate for at least 2 hours to let the mousse set. If you have time, leave it overnight.

Serve as is or top off the mouse with your favorite toppings such as whipped cream and shaved chocolate.

Recipe details and nutrition facts [here](#).