

**UPCOMING  
WELLNESS  
EVENTS:**

**VTC STUDENT/  
FACULTY/  
STAFF  
SOFTBALL  
GAME & CHILI  
COOKOFF  
APRIL 20TH  
RIVERS EDGE  
BASEBALL  
FIELD #1  
5:00 PM**

**FUR BABIES  
FRIDAY  
(PUPPY  
PLAYDATE)  
APRIL 27**

**END OF YEAR  
EXTRAVAGANZA  
MAY 3RD  
ATRIUM  
1:00-5:00**

**MINDFULNESS  
WITH LAURIE  
SIEDEL  
MAY 7TH  
M206  
12:15**

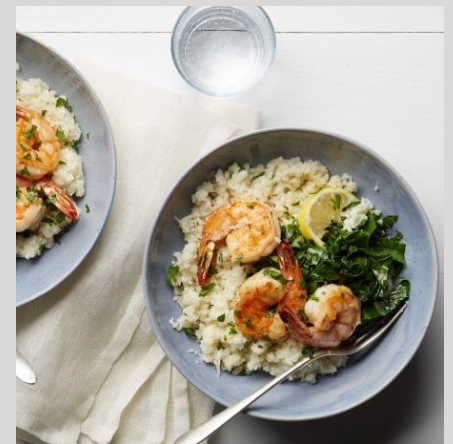
## Shrimp & Cauliflower Grits

### Ingredients:

- 1 large head cauliflower, trimmed
- 1 1/2 cups plain unsweetened almond milk
- 4 Tbsp extra-virgin olive oil
- Kosher salt
- 1/3 cup nutritional yeast, optional
- 6 collard green leaves, stems removed, shredded
- 1 1/4 lbs. peeled and deveined tail-on shrimp
- 2 large cloves garlic, minced
- Pinch of cayenne pepper
- 1/4 cup fresh flat-leaf parsley, chopped
- Juice of 1/2 lemon, plus wedges for serving

### Directions:

1. Pulse cauliflower in a food processor until looks like rice. Transfer to a medium saucepan. Add the almond milk, 1 Tbsp of oil, 1/2 tsp salt, and several grinds of pepper. Bring to a simmer over medium-high heat. Simmer, stirring frequently, until the mixture is soft & smooth (approx. 10 minutes). Remove from heat, stir in the nutritional yeast if using.
2. Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the collards, sprinkle with salt and pepper, tossing slightly (2-3 minutes). Transfer to a bowl.
3. Sprinkle shrimp with salt and pepper. Heat the remaining 2 Tbsp oil over medium-high heat. Add the shrimp, garlic, and cayenne. Cook, tossing until the shrimp are pink (3-4 minutes). Remove from heat, add the parsley, lemon juice, and 1 Tbsp water and stir the coat the shrimp with the sauce.
4. Serve elements together.



# Wellness Weekly Challenge

**Come out and Cheer!!**

**Today is the annual VTC Faculty, Staff, & Student Chili Cook-off & Softball Game**

at

**Rivers Edge Field #1**

**Game time is 5:30 PM**

**SEE YOU THERE!**

## Fur Babies Friday!

There are definitely lots of members of the **VTC** community who love dogs! Give your fur baby the chance to meet other VTC pets.



Bring your puppy/dog(s)  
to meet new friends !!

Weather permitting, we will all meet  
for a puppy playdate on the

**Rivers Edge fields**

(near tennis courts) **on**

**April 27th at 5:00 PM!**

# End of the Year Extravaganza!

Open to **ALL** VTC Faculty, Staff & Students

**VTC Atrium on  
May 3rd from 1:00-5:00!!**

Event includes:

**FREE Massage Envy chair massages**

(arrive early to sign up for a spot)

**Moose the VT therapy dog**

**Mindfulness coloring table**

**Healthy snacks**

## May Mindfulness Session

**It's never too late to start a good habit.**

**Come try mindfulness on**

**May 7th**

**with Laurie Seidel**

**Two sessions leaving plenty of time to still  
grab a bite to eat for lunch.**

**12:15-12:25**

**12:35-12:45**

**Open to ALL VTC faculty, Staff & Students!**



# CDC Recommended Exercise

The following is taken straight from the CDC website:

## Key Guidelines for Adults:

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic activity, or an equivalence combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalence combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults also should do muscle-strengthening activities that are moderate- or high-intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits (Center for Disease Control (CDC), 2018).

Exercise is encouraged by multiple studies including:

- Brown, D. W., Balluz, L. S., Heath, G. W., Moriarty, D. G., Ford, E. S., Giles, W. H., & Mokdad, A. H. (2003). Associations between recommended levels of physical activity and health-related quality of life: Findings from the 2001 Behavioral Risk Factor Surveillance System (BRFSS) survey. *Preventive Medicine, 37*(5), 520–528. [https://doi.org/10.1016/S0091-7435\(03\)00179-8](https://doi.org/10.1016/S0091-7435(03)00179-8)
- Dyrbye, L. N., Satele, D., & Shanafelt, T. D. (2017). Healthy Exercise Habits Are Associated With Lower Risk of Burnout and Higher Quality of Life Among U.S. Medical Students. *Academic Medicine, 92*(7), 1006–1011. <https://doi.org/10.1097/ACM.0000000000001540>
- Frank, E., Tong, E., Lobelo, F., Carrera, J., & Duperly, J. (2008). Physical activity levels and counseling practices of U.S. medical students. *Medicine and Science in Sports and Exercise, 40*(3), 413–421. <https://doi.org/10.1249/MSS.0b013e31815ff399>
- Shanafelt, T. D., Oreskovich, M. R., Dyrbye, L. N., Satele, D. V., Hanks, J. B., Sloan, J. A., & Balch, C. M. (2012). Avoiding burnout: The personal health habits and wellness practices of US surgeons. *Annals of Surgery, 255*(4), 625–633. <https://doi.org/10.1097/SLA.0b013e31824b2fa0>
- Weight, C. J., Sellon, J. L., Lessard-Anderson, C. R., Shanafelt, T. D., Olsen, K. D., & Laskowski, E. R. (2013). Physical activity, quality of life, and burnout among physician trainees: The effect of a team-based, incentivized exercise program. *Mayo Clinic Proceedings, 88*(12), 1435–1442. <https://doi.org/10.1016/j.mayocp.2013.09.010>

Link to CDC website:

[https://www.cdc.gov/cancer/dcpc/prevention/policies\\_practices/physical\\_activity/guidelines.htm](https://www.cdc.gov/cancer/dcpc/prevention/policies_practices/physical_activity/guidelines.htm)



# CPR & AED Training

The Compress and Shock Foundation is offering a  
**Carilion sponsored**  
**FREE**  
**CPR & AED\***  
training

**Saturday May 12, 2018**  
at 16 fitness facilities in Roanoke

**The training is only 1 hour**  
Open to all ages 13 and up

## Why is this training so important?

Sudden cardiac arrest can happen to anyone, anytime. 350K events occur in the US each year BUT with early bystander CPR 70K lives that would have been lost could be saved!

Register for the FREE training at  
[www.compressandshock.org](http://www.compressandshock.org)

Questions - email us at  
[compressandshock@gmail.com](mailto:compressandshock@gmail.com)



\*AED stands for automated external defibrillator

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY  
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

ALLY NAGY - CLASS OF 2018

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

DR. ALLY BOWERSOCK, PHD, CSCS, ACSM, EIM - LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

**QUOTE OF THE WEEK:**

**“STRENGTH DOESN’T COME FROM WHAT YOU CAN DO.  
IT COMES FROM OVERCOMING THE THINGS YOU  
ONCE THOUGHT YOU COULDN’T.  
- RIKKI ROGERS**

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,  
EMAIL EMILY HOLT AT [EMHOLT@CARILIONCLINIC.ORG](mailto:EMHOLT@CARILIONCLINIC.ORG)**

**IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,  
PLEASE EMAIL [EMILY HOLT](mailto:EMILY.HOLT@VTCSOM.VTACADEMY.EDU), OFFICE OF STUDENT AFFAIRS VTCSOM.**