

VTCSOM  
WELLNESS  
ADVOCACY  
COMMITTEE

**UPCOMING  
WELLNESS  
EVENTS:**

**MINDFULNESS  
WITH LAURIE  
SEIDEL  
2 OPTIONS  
MARCH 5TH  
12:10-12:25  
12:35-12:50**

**OPEN MIC  
NIGHT  
3RD STREET  
COFFEE  
HOUSE  
MARCH 23RD**

**VTC PAINT  
NIGHT  
VTC CAFÉ  
APRIL 6**

**SELF-DEFENSE  
TRAINING  
APRIL 12  
4:30  
STUDENT  
COMMONS**

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

# Wellness Weekly

Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 35

MARCH 2, 2018

## Balsamic Tuna Salad

### Ingredients:

- 3 oz tuna packed in water, drained
- 2 Tbsp balsamic vinaigrette
- 1/4 cup chopped celery
- 1 small orange
- 2 slices whole-grain bread (optional)
- Lettuce (optional)

### Directions:

1. Combine tuna, vinaigrette, and celery.
2. If you prefer bread, serve as a sandwich. Otherwise, nest on a few pieces of lettuce.
3. Serve with orange.



<https://www.fitnessmagazine.com/recipe/seafood/balsamic-tuna-salad-sandwich/>

# Time's Running Out Strength Training

Want an easy way to get a few more points before the Fitness Challenge ends at NOON on March 16th?!

Join Dr. Allison Bowersock, PhD, CSCS, ACSM-EIM Level I  
for 30 minutes of Strength Training

**March 12th**

**NOON**

**Student Gym**

\*\*\*Wear tennis shoes and comfortable clothes because you will be exercising.

# Mindfulness Monday

**Don't Forget!**

March 5th is the next Mindfulness Monday.

Everyone is welcome!

Students, staff, physicians, faculty....

The TWO sessions will be led by: Laurie Seidel



**TWO OPTIONS:**

**12:10-12:25**

**12:35-12:50**

**VTCSOM M206**

**PLEASE CHOOSE WHICHEVER WORKS  
BEST FOR YOU.**

# Wellness Weekly Challenge

**Back by Popular Demand!**

## **Self-Defense Training**

with

**Officer Marshall Hamilton & Emily Holt**

This course is designed to help individuals who identify as female protect and defend against unwanted physical advances.

Participants will learn general safety tips as well as defense techniques including kicks and strikes during the session.

**April 12, 2018**

**4:30 PM**

**Student Commons**

If you are interested in participating, please email Emily Holt at [EmHolt@carilionclinic.org](mailto:EmHolt@carilionclinic.org)

Every individual (faculty, student, physician, staff) who identifies as female is welcome to contact Emily to participate. It is also ok to sign up even if you've had this class previously but would like a refresher course.

**Note for the class:**

Athletic clothing and tennis shoes need to be worn. Please do not wear jewelry. If you have long hair, please wear it pulled back. If you are interested and have a physical limitation, please contact Emily Holt for advice on participation.

# THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE.....

## TEAM STANDINGS AS OF 3/2/18

1. Globo Gym	537.5 points
2. Hustlin Hokies (but #GoHeels)	488.5 points
3. Bones & Babies	487 points
4. GunningNoRunning	419 points
5. Swole Girls	395.5 points
6. Spongebob Sweatpants	375 points
7. Get Yolked	325 points
8. Pumped Up Chicks	277 points
9. The New Years Resolutioners	269 points
10. Mission Slimpossible	241 points
11. Mighty Morphine Power Rangers	234 points
12. #SquatGoals	205 points
13. (Chick)en Tikkis	196 points
14. Thick & Thin	192.5 points
15. Got the Runs	143 points
16. Jak'd-STAT	135.5 points
17. Team Quan	131.5 points
18. Team of One	74.5 points

**2 Weeks to go!!! Don't Give Up!!!!**

**Remember: 20 points per person per week.**

The week is Sunday—Saturday,  
so be strategic on the weekends.

**It's not too late to enter your points from past weeks.**

**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:**

**“SOMETIMES LIFE TAKES YOU IN A DIRECTION  
YOU NEVER SAW YOURSELF GOING...  
BUT IT TURNS OUT TO BE THE BEST ROAD  
YOU HAVE EVER TAKEN.”  
- AUTHOR UNKNOWN**

**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.VTACADEMYOFHEALTHCARE.EDU), OFFICE OF STUDENT AFFAIRS VTCSOM.**