

VTCSOM  
WELLNESS  
ADVOCACY  
COMMITTEE

**UPCOMING  
WELLNESS  
EVENTS:**

**OPEN MIC  
NIGHT  
3RD STREET  
COFFEE  
HOUSE  
TONIGHT**

**MINDFULNESS  
WITH VARUN  
KAVURU  
APRIL 2ND  
12:15**

**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 38

MARCH 23, 2018

## Endive with Goat Cheese, Strawberries & Walnuts

### Ingredients:

- 24 large Belgian Endive leaves
- 3 oz soft goat cheese
- 1 1/2 cups sliced small/medium strawberries
- 1/4 cup toasted chopped walnuts
- 1/4 tsp sea salt
- 4 tsps. Extra-virgin olive oil
- 1 Tbsp honey
- 1 Tbsp chopped basil

### Directions:

1. Arrange endive on a platter. Crumble a little bit of goat cheese onto each leaf.
2. Top with strawberries and walnuts.
3. Sprinkle with salt.
4. Drizzle with oil and honey.
5. Top with sprinkle of basil.



# Healthy Diet and Mood

A recent article in Carilion Clinic Living highlights the importance of healthy choices in dietary habits as well as the link between healthy eating and positive mood. According to the article, individuals who met with a dietitian and thus modified their diet to include healthy options, had a “ 32.3 percent reduction in depression scores at the end of 12 weeks.”

## Recommended Foods include:

- ◆ Whole grains
- ◆ Fruits and Vegetables
- ◆ Legumes
- ◆ Unsweetened dairy
- ◆ Raw nuts
- ◆ Fish
- ◆ Chicken
- ◆ Eggs
- ◆ Red meat (up to three servings a week)
- ◆ Olive Oil

## Avoid:

- ◆ Sugar
- ◆ Refined Cereals
- ◆ Fried/Fast Food
- ◆ Processed Meat
- ◆ Alcohol

[Full Carilion Clinic Living Article](#)

# Mindfulness Monday

**Special Guest Host:**

**Monday, April 2nd**

**Varun Kavuru, Class of 2021**

**will be hosting**

**one session at 12:15 PM**

**in**

**Room M206**

**Take a moment out of your day for your health and well-being!**

# Wellness Weekly Challenge

## Step Up to Fitness!

The VTC Fitness Challenge may be over, but there are still plenty of reasons to build fitness into your daily routine.

**The easiest option is to....**

## Take the Stairs!

Increase your motivation to “step up to fitness” by asking a buddy to walk with you and/or team up and start a Fitbit battle.

See who can get the most steps in per week.

# Open Mic Night

Show off your musical talents and then....



Awaiz Khan, Class of 2020  
will take the stage!!

**March 23rd**

**7:30 PM**

3rd Street Coffee House

**TONIGHT!!!!!!**

**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:**

**“HAPPINESS IS NOT A GOAL, IT IS A BY-PRODUCT.  
PARADOXICALLY, THE ONE SURE WAY NOT TO BE HAPPY IS  
DELIBERATELY TO MAP OUT A WAY OF LIFE IN WHICH ONE  
WOULD PLEASE ONESELF COMPLETELY AND EXCLUSIVELY.”**

**- ELEANOR ROOSEVELT**

**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@VTC.SOM), OFFICE OF STUDENT AFFAIRS VTC SOM.**