

**QUOTE OF
THE
WEEK:**

Happy
Mind,
Happy
Life

- author
unknown

Mediterranean Farro Salad

Ingredients:

- 10 oz farro (1 1/2 cups)
- 1 1/2 tsp kosher salt, plus 1/2 tsp
- 8 oz green beans, cut into 1- inch pieces
- 1/2 cup pitted black olives
- 1 medium red pepper cut into thin strips
- 3 oz Parmesan, crumbed
- 1 small bunch chives, snipped (about 1/4 cup)
- 1/4 cup sherry vinegar
- 1/4 cup extra-virgin olive oil
- 1 Tbsp Dijon mustard
- 1 tsp freshly ground black pepper

Directions:

1. In a medium saucepan, combine 4 cups water with the farro. Bring to a boil over high heat. Cover and simmer over medium-low heat until the farro is almost tender, about 20 minutes. Add 1 1/2 tsp of the salt and simmer until the farro is tender, about 10 minutes longer. Drain well. Transfer to a large bowl and let cool.
2. Meanwhile, bring a medium pot of salted water to a boil over high heat. Add the green beans and stir. Cook for 2 minutes. Transfer the cooked green beans to a bowl of ice water and let cool for 2 minutes. Drain the green beans.
3. Once the farro has cooled add the green beans, olives, red pepper, Parmesan, and chives. Stir to combine. In a small bowl mix together the sherry vinegar, olive oil, mustard, pepper, and the remaining 1/2 tsp salt. Stir to combine. Pour the sherry vinaigrette over the farro salad. Toss to combine and serve.



<http://www.foodnetwork.com/recipes/giada-de-laurentiis/mediterranean-farro-salad-recipe>

Get the Facts: Age & Losing Weight

Myth:

I can't lose weight because of my age/ "oh you are fit because you are young"

Fact:

A statement that I hear often that really frustrates me is when older adults who are overweight or not in the best shape minimize the effort and determination of those who keep themselves physically fit. These people say things like, "Oh you have it so easy, you are still young. Just wait until you are my age." I don't mean to be harsh but this statement is simply using an uncontrollable variable in one's life to justify not taking care of themselves. As far as scientific and physiologic excuses go, this is not one of them.

Here's why:

As we age, our metabolism does indeed decrease in activity. This can be from several reasons (thyroid function, androgen levels, etc.) of which I will not get into. The thing is, no one's metabolism drops to the point where they cannot lose weight or gain muscle. No research to date has been able to directly quantify how much a person's metabolism drops as they age (probably because everyone is so different) but, I speculate that the amount of energy being used per day at rest drops by maybe 100-500 kcals per day. To add some context, that is one half to two Snickers bars or one peanut butter and jelly sandwich. In May of 2008, Sillanpaa conducted a study where 40 year old -65 year old men underwent endurance or strength training 2 times per week (an amount anyone can fit into their busy schedule) and saw a 2.1% decrease in body fat in a few months, as well as significant gains in strength and muscular development.

Another reason it may be harder to stay fit as you age is the rate of muscle protein synthesis, i.e. it is harder to gain muscle as you age. It may be true that it is "harder" but many hear this and are deterred altogether. Another study by Bickel et al. in 2010 showed that with 3 days per week of resistance training, older men gain significant amounts of muscle as compared to their younger counterparts who gain the same with 2 days of training per week. Also, with ½ the intensity (1.5 days per week of training), the older men could maintain the muscle gains. Although the younger men could maintain the muscle mass at a lower frequency (only 1 day per week of training), it was not nearly as much of a difference as some may say.

Finally, I have heard that protein supplements will make older people fat rather than strong. Protein powder is food like anything else, and used inappropriately (like anything else) can cause you to gain fat. However, according to Yang et al. in 2012, older men actually required more protein to aid in muscle growth than younger men and muscle growth was as effective in both.

Get the Facts Continued



Conclusion:

Aging sucks, but it doesn't mean your body falls apart and is useless. What will cause your body to fall apart and become useless (like with any machine) is poor maintenance. It is never too late to start changing the way you look and feel. If you are over the age of 40, you may have to cut out one extra sandwich a day, go to the gym one extra time per day, or add an extra protein shake into your diet, but I hardly think any of those compromises are impossible. For some extra motivation, here is a woman who works at my gym.....she is 48 years old.



Ernie Shepherd...80-year-old bodybuilder

References:

- Bickel, C. S., Cross, J. M., & Bamman, M. M. (2011). Exercise Dosing to Retain Resistance Training Adaptations in Young and Older Adults. *Medicine & Science in Sports & Exercise*, 43(7), 1177-1187. doi:10.1249/mss.0b013e318207c15d
- Sillanpää, E., Häkkinen, A., & Nyman, K. (2008). Body composition and fitness during strength and/or endurance training in older men. *Med Sci Sports Exercise*, 40(5), 950-958. doi:10.1249/MSS.0b013e318165c854
- Yang, Y., Breen, L., Burd, N. A., Hector, A. J., Churchward-Venne, T. A., Josse, A. R., . . . Phillips, S. M. (2012). Resistance exercise enhances myofibrillar protein synthesis with graded intakes of whey protein in older men. *British Journal of Nutrition*, 108(10), 1780-1788. doi:10.1017/s0007114511007422

Article By: Adam Heilmann, M2

No Fool'n April 1st is Clean Valley Day

A healthy planet fosters healthy people. So, consider taking advantage of the Clean Valley Council's Clean Valley Day mission. Clean-up around Roanoke will take place April 1st from 9:00– 12:00. Locations where clean-up takes place are left to the discretion of the individuals or groups who volunteer. If you'd like to learn more about Clean Valley Day and how you can get involved. Check out their website:



<http://www.cleanvalley.org/clean-valley-day.html>

Resistance Band Station in the Gym

Get the most out of the resistance band station in the student gym!

Here are some shoulder exercises you can try:

Abdominal muscles



Wellness Weekly Challenge

Try the alphabet workout. Do the exercises that correspond to the letters of your first name. If your name is 5 letters or less, repeat it **3** times. If your name has 6 letters or more, repeat it only twice. Take a 2 minute rest each time you complete your name. If you record your time; try to go faster in the future.

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|-----------------|-----------------|----------------|----------------|
| A = 5 burpees | H = 20 lunges | O = 5 burpees | V = 20 lunges |
| B = 10 push ups | I = 5 burpees | P = 15 squats | W = 5 burpees |
| C = 15 squats | J = 10 push ups | Q = 20 sit-ups | X = 10 burpees |
| D = 20 lunges | K = 15 squats | R = 5 push ups | Y = 15 squats |
| E = 5 burpees | L = 20 sit-ups | S = 10 lunges | Z = 20 sit-ups |
| F = 10 sit-ups | M = 5 squats | T = 15 sit-ups | |
| | N = 10 lunges | U = 5 burpees | |

Workout courtesy of
Virginia Western
Community College

Weekend at Home - Slow-Cooker Moroccan Lentil Soup

If you want to write an article for the Wellness Weekly, just email Emily Holt!

Ingredients:

- 2 cups chopped onions
- 2 cups chopped carrots
- 4 cloves garlic, minced
- 2 tsp extra-virgin olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 6 cups vegetable broth
- 2 cups water
- 3 cups chopped cauliflower
- 1 3/4 cups lentils
- 1 28 oz can diced tomatoes
- 2 Tbsp tomato paste
- 4 cups chopped fresh spinach
- 1/2 cup chopped fresh cilantro
- 2 Tbsp lemon juice

Directions:

1. Combine onions, carrots, garlic, oil, cumin, coriander, turmeric, cinnamon and pepper in a 5-6 quart slow cooker. Add broth, water, cauliflower, lentils, tomatoes, and tomato paste and stir until well combined.
2. Cover and cook until the lentils are tender, 4-5 hours on high or 8-10 hours on low.
3. During the last 30 minutes of cooking, stir in the spinach. Just before serving stir in the cilantro and lemon juice.
4. Make ahead tip: Stir in spinach, cover and refrigerate for up to 3 days or freeze for up to 6 months.

