

Wellness Weekly

Crockpot Applesauce

UPCOMING EVENTS:

NOVEMBER 27TH
POP PILATES
5:00 PM
M210

DECEMBER 6TH
WINTER
EXTRAVAGANZA
1:00-5:00
VTC ATRIUM

PUPPIES & PIZZA
5:00-7:00 PM
VTC CAFÉ

JANUARY 1ST
FITNESS
CHALLENGE
BEGINS!

Ingredients:

- 8 medium apples (combo of Golden Delicious, Honey Crisp, Fuji, Gala etc.)
- 1 strip of lemon peel (use vegetable peeler)
- 1 tsp fresh lemon juice
- 1 3-inch cinnamon stick
- 5 tsp light brown sugar (unpacked) optional

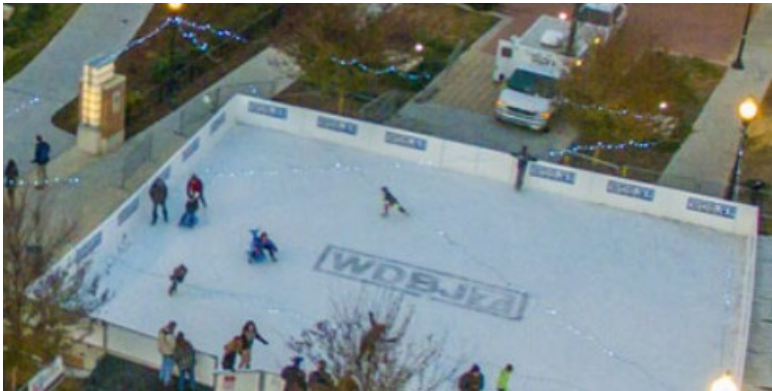
Directions:

1. Peel, core, and slice the apples.
2. Place them in the slow cooker.
3. Add the cinnamon stick, lemon peel & brown sugar.
4. Set the crockpot to low and cook for 6 hours.
5. Remove the cinnamon stick. Use an immersion blender to blend until smooth (or leave it chunky). A traditional blender can also be used if you do not have an immersion blender.



Wellness Weekly Challenge

Elmwood on Ice!



The 2018-2019 ice skating season is here!

Admission: \$6.00

Skates: \$2.00

Ice Slide: \$3.00

[Details!](#)

On-Going VTC Wellness Activities

Pop Pilates

November 27th
5:00 PM
Student Commons



Wellness Google Group

Need Wellness Event Reminders!?

Join:

vtcsom-wellness-g@vt.edu

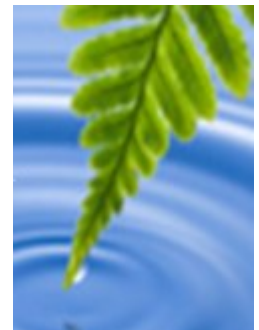
Walking Wednesdays

Every Wednesday at noon—group meets at the base of the Riverside 2 steps.



Mindfulness

December 3rd
12:15-12:30
in M206
with Laurie Seidel



Fitness Challenge Sign-Up NOW!

Start Getting Your Team Ready!!!

January 1st

the Fitness Challenge will be kicking off!

Just like last year,

the Fitness Challenge will end with Match Day, March 15th!

Details so Far:

- ◆ Teams can include: faculty, staff and/or students (any combination).
- ◆ Teams will be limited to no more than 4 people.
- ◆ Each team needs to choose a team name & a team captain.
- ◆ WAC will be tinkering with the points system a bit (more to come on that topic in December).
 - ◆ But one new feature: points will be due by NOON on Friday each week, no points submitted after the Friday NOON deadline can be included in the official tally.
 - ◆ This year, Elvir Berbic will be helping collect and tally points.
 - ◆ **Extra points will be awarded for attending certain WAC sponsored events (specifically: Mindfulness, Pop Pilates, Walking Wednesdays).**
- ◆ Participants will receive a FREE T-shirt (design currently under construction).
- ◆ The team with the most accumulated points at the end of the Fitness Challenge will receive a sweatshirt (and the opportunity to help in the design of the sweatshirt).

Email Emily at Emily_10@vt.edu with your team info.

Include in your email:

- **The 4 team member names**
- **Your team's name**
- **Which member of your team is the captain**



Designed by Vecteezy

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

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“You are never too old to set another goal
or to dream a new dream.”**

- C.S. Lewis

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

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU**