

VTCSOM
WELLNESS
ADVOCACY
COMMITTEE

UPCOMING
WELLNESS
EVENTS:

COMING
SOON!

THIS MONTH
OPEN MIC
NIGHT
3RD STREET
COFFEE
HOUSE
DATE TBD

IN FEBRUARY
THE RETURN
OF TEA &
JAZZ
FRIDAYS AT
5:00 PM

IN MARCH
VTC PAINT
NIGHT
VTC CAFÉ
DATE TBD

Wellness Weekly

Virginia Tech Carilion School of Medicine

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JANUARY 5, 2018

Quinoa & Cucumber Noodles Salad with Avocado Dressing

Ingredients:

- 2 cups cucumber, spiralized or julienned
- 2 cups chopped tomatoes
- 2 large avocados, diced
- 1 red onion, sliced
- 2 cups cooked quinoa
- 1 handful chopped parsley (or cilantro)

For the Dressing:

- 1 ripe avocado
- 1/4 cup white wine vinegar
- Juice of 1 lime
- Salt & fresh pepper
- 3/4 cup olive oil

Directions:

1. In a large bowl combine cucumber, tomato, avocado, onion, quinoa, and parsley.
2. In a blender or food processor, combine avocado, vinegar, lime juice, salt, and pepper. Pulse until smooth & creamy. Add in olive oil progressively until just combined. Transfer to a jar and drizzle over the salad before serving.



<http://www.eatwell101.com/quinoa-cucumber-noodles-salad-recipe>

Get the Facts! - Meal Timing

There is a lot of controversy surrounding the concept of meal timing. Everyone has heard “breakfast is the most important meal of the day” or “you should never eat before bed.” Another common idea adopted by many athletes is eating lots of meals per day or eating meals around your workout. I will try to shed some light on this topic and identify what recent investigation has revealed.

First, as a foundational rule for body composition changes, the most important factor in weight changes (gain or loss) is calorie amount. Generally, consuming more calories than you are expending will result in weight gain and vice versa. You can read more about this in my *Counting Calories* article on http://medicine.vtc.vt.edu/student_affairs/student_wellness/wellness_advocacy/Get_the_Facts/. Moving forward, we will assume that meal timing will not effect the caloric content or amount of food being consumed.

As far as eating in the morning or at night, a recent study by Versteeg et al. investigated front loading or back loading meals (>50% calories in the morning or at night) in overweight, insulin resistant adults. They investigated weight loss, glucose production, insulin sensitivity (hepatic and peripheral) and intrahepatic triglycerides (fat content in the liver) before and after the 4 week protocol. No values were significantly different between the morning fed group and nightly fed group, however, all values improved with weight loss. Most of the time, when people are “night eaters” they are not sacrificing calories from the morning, i.e. they are eating an additional large meal at night on top of their normal calorie content resulting in more calories consumed throughout the day. This inevitably will cause weight gain creating the theory that eating late at night has caused this.

There are some changes with timing in meals though. If you eat your whole days worth of calories in the morning and nothing else, you will be extremely hungry by bed time suggesting meal timing may influence appetite and subsequent adherence to a diet/nutrition plan. Jakubowicz et al. looked at this by feeding overweight individuals a high carb, high protein breakfast or a low carb breakfast with an isocaloric (the amount of calories to maintain their current weight) diet for 16 weeks. There was little to no change in the weight of the groups. However, the high carb group continued to lose weight in the following 8 weeks where the low carb group regained 22lbs on average. This supports the idea that a full breakfast may not affect weight directly but causes a more generalized satiety allowing for better adherence to a reduced calorie diet.

There is little data on meal timing around workouts. My general rule for this is do what works for you. If eating before the gym gives you energy then by all means, do what's best for your workout. The one concept that has been look at in depth (with little evidence to draw conclusions from) is meals per day. For general weight loss, there isn't much benefit. However, for losing weight while retaining muscle mass, it seems to play a small yet significant role. Muscle wasting is proportional to catabolism meaning the more your body is using fat storages for fuel, the more muscle you will waste. So, timing meals every few hours will give you a break from the fasting state to blunt the muscle wasting effect. This has also been shown to help with appetite similarly to the morning/nighttime meals, making it easier to handle the drop in calories needed for weight loss!

Conclusion:

Meal timing has limited benefits in the scope of weight loss. The most important aspect of weight loss is calorie amount. Timing does seem to help with appetite and cravings as well as limiting muscle loss in a fasted state. Focus more on what works for you and your schedule focusing on a good nutrition plan and workout routine by experimenting with meals at different times of the day to curb those intense cravings.

VTC Fit Playlist



1. RIGHT NOW -VAN HALEN
2. I HATE MYSELF FOR LOVING YOU - JOAN JETT
3. EVERLONG - FOO FIGHTERS
4. COULD HAVE BEEN ME - THE STRUTS
5. BLACK BETTY - RAM JAM
6. JUMPMAN - DRAKE
7. SMOOTH CRIMINAL - MICHAEL JACKSON
8. POWER - KANYE WEST
9. THUNDERSTRUCK - AC/DC
10. 7/11 - BEYONCE
11. THUNDER - IMAGINE DRAGONS
12. SE ACABO - GIAN VERELA REMIX—SANLUIS,
CHINO & NACHO
13. CENTURIES - FALL OUT BOY
14. PICK UP THE PIECES - AVERAGE WHITE BAND
15. HOWLING FOR YOU - THE BLACK KEYS
16. I'M WORTH IT - FIFTH HARMONY
17. SEX IS ON FIRE - KINGS OF LEON
18. THIS IS WHAT YOU CAME FOR - CALVIN HARRIS
& RIHANNA
19. YOU CAN'T STOP ME - ANDY MINEO
20. SWEET CHILD O'MINE - GUNS N' ROSES
21. A LITTLE LESS CONVERSATION - ELVIS
22. SHUT UP AND DANCE - WALK THE MOON
23. TILL I COLLAPSE - EMINEM
24. TURN IT UP - DIMITRI VEGAS & LIKE MIKE
25. AVENGER - TITAN SLAYER

THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE.....

TEAM STANDINGS AS OF 10:00 AM 1/5/18

1. Hustlin Hokies (but #GoHeels)	32.5 points
2. Adipositivity	29 points
3. Globo Gym	26 points
4. Get Yolked	25.5 points
5. (Chick)en Tikkis	21 points
6. The New Years Resolutioners	14.5 points
7. GunningNoRunning	14 points
8. Swole Girls	13.5 points
9. Pumped Up Chicks	12 Points
10.#SquatGoals	10 points
10. Mighty Morphine Power Rangers	10 points
12. Got the Runs	9 points
12. Team of One	9 points
14. Bones & Babies	7 points
15. Unknown Team 1	5.5 points
16. Unknown Team 2	5 points
17. Jak'd-STAT	—
18. Mission Slimpossible	—

Remember to Log Your Points!

If you worked out this week (or plan to this weekend)
pop onto your team's Google Doc & add your points.

Stay tuned for next week's Standings!

Wellness Weekly Challenge

AVOID NEW YEARS RESOLUTION FITNESS FAILURE!

AS A GYM REGULAR, I'M VERY FAMILIAR WITH "JANUARY GYMMERS"... FOLKS WHO TRY TO START OFF THE NEW YEAR WITH A NEW PLAN FOR FITNESS..... BUT THEN FEBRUARY ARRIVES AND ONCE AGAIN.... THE GYM IS ALL MINE (AND THE 10 OTHER PEOPLE I SEE ROUTINELY).

HOW DO YOU MAKE THE CHANGE PERMANENT?

TRY A FEW OF THESE TIPS:

- SCHEDULE YOUR GYM TIME WHEN YOU THINK YOU CAN ACTUALLY GO
- IF YOU PLAN TO GO AFTER WORK, DON'T GO HOME FIRST
- PUT YOUR GYM CLOTHES (AND EAR BUDS!) IN THE CAR
- IF YOU'RE GOING TO GO IN THE AM, PUT YOUR ROOM LIGHTS ON A TIMER SO THEY GO ON AS YOUR ALARM STARTS TO SCREAM IN YOUR EAR
- GET A WORKOUT BUDDY WHO WILL HARASS YOU ENDLESSLY IF YOU BAIL

Slow Cooker Whole Cauliflower Curry & Cashew

Ingredients:

- 1 large cauliflower, trimmed
- 1 red pepper, sliced
- 3-5 small red potatoes
- 1/2 onion, chopped
- 2 garlic cloves, sliced
- Toasted cashews, chopped cilantro (for garnish)

The Curry Sauce:

- 2 cups vegetable broth
- 2 cups unsweetened coconut milk
- 2 Tbsp yellow curry powder
- 1 tsp cumin
- 1/2 tsp cayenne pepper

Directions:

1. Add the whole cauliflower, red peppers, potatoes, garlic & onions to a slow cooker.
2. In a medium bowl, whisk the vegetable broth, curry powder, cumin & cayenne pepper. Pour mixture into the slow cooker & stir well. Cover and cook on high for 2-3 hours or on low for 4-5 hours.
3. About 10-15 minutes before serving, stir in the coconut milk. Season to taste with salt & pepper. To serve, cut into wedges in individual bowls & top with the curry sauce. & fresh chopped cilantro.



<http://www.eatwell101.com/slow-cooker-cashew-cauliflower-curry-recipe>

**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:

THE NEW YEAR IS YOURS;
WHAT WILL YOU DO WITH IT?
- AUTHOR UNKNOWN

**TO SEND A "WEEKLY SHOUT OUT" MESSAGE,
EMAIL EMILY HOLT AT EMHOLT@CARILIONCLINIC.ORG**