

VTC SOM  
WELLNESS  
ADVOCACY  
COMMITTEE

UPCOMING  
WELLNESS  
EVENTS:

COMING  
SOON!

VTC  
FITNESS  
CHALLENGE  
BEGINS  
JANUARY 2ND

IN JANUARY  
OPEN MIC  
NIGHT  
3RD STREET  
COFFEE  
HOUSE  
DATE TBD

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

# Wellness Weekly

Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 25

DECEMBER 22, 2017

## 5 minute Vegetarian Burrito Bowl

### Ingredients:

- 1 cup cooked brown rice
- 1/2 cup black beans
- 2-3 Tbsp salsa
- 1 Tbsp plain Greek yogurt
- 1 Tbsp shredded cheddar
- Diced Avocado, optional

### Directions:

1. Prepare brown rice according to package instructions.
2. In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheddar cheese. Microwave on high for 30-60 seconds, or until heated through.
3. Top with diced avocado, diced tomato, guacamole, or pico de gallo.



<http://www.healthy-liv.com/5-minute-vegetarian-burrito-bowl/>

## **POLYMER CLAY JEWELRY**

Learn to make your own polymer clay  
bead jewelry.

**Thursday, February 5, 2018**

**6:00—8:00 PM**

Green Ridge Course # 22436

**\$35.00 registration fee**

All supplies are provided.

Learn more at:

[www.roanokecountyparks.com](http://www.roanokecountyparks.com)

## **THE VTC 2018 FITNESS CHALLENGE!!**

**ALL STUDENTS, FACULTY, STAFF, RESIDENTS, FELLOWS,  
ATTENDINGS**

**ARE ALL ELIGIBLE TO JOIN A TEAM!**

TEAMS MUST INCLUDE 4 PEOPLE

**TO SIGN UP BY JANUARY 1, 2018 [CLICK HERE!](#)**

**CONTEST RUNS: JANUARY 2 - MATCH DAY, MARCH 16**

POINTS AWARDED FOR STRENGTH, CARDIO  
& MOBILITY/FLEXIBILITY EXERCISE

(30 MINS = 1 PT W/MAX OF 20 PTS PER PERSON PER WEEK)

**EVERYONE WHO PARTICIPATES GETS A T-SHIRT &  
THE WINNING TEAM MEMBERS RECEIVE  
PERSONALIZED SWEATSHIRTS**

CONTACT ANY WELLNESS ADVOCACY MEMBER  
FOR ADDITIONAL DETAILS!

# Wellness Weekly Challenge

## KEEP YOUR RESUME/CV/DIGITAL MEASURES PROFILE UPDATED

**LIFE HAPPENS!  
KEEPING UP WITH YOUR OFFICIAL RECORD OF COMMITTEES,  
CONFERENCES, PRESENTATIONS, ARTICLES.....  
CAN BE CHALLENGING!**

**PUT A BI-WEEKLY REMINDER ON YOUR CALENDAR THAT ENCOURAGES  
YOU TO UPDATE YOUR PROFESSIONAL PROFILE.**

YOU'LL THANK YOURSELF THE NEXT TIME YOU NEED TO APPLY FOR A NEW POSITION OR  
PREPARE FOR YOUR ANNUAL REVIEW.

## No Bake Peanut Butter Chocolate Bars

### Ingredients:

- 2 cups old fashioned rolled oats
- 1/2 cup ground flax seed
- 1/3 cup shredded unsweetened coconut flakes
- 1/2 cup chopped pecans
- 3/4 cup peanut butter
- 1/2 cup maple syrup
- 1/2 cup chopped dark chocolate
- 1 1/2 Tbsp chia seeds
- 1/2 tsp ground cinnamon
- 1/4 tsp salt

### Directions:

1. In a large bowl add oats, ground flax seed, unsweetened coconut, chia seeds, salt, and ground cinnamon.
2. Bring a small saucepan to medium heat, add peanut butter, and maple syrup, melt peanut butter and continue to stir until smooth.
3. Pour peanut butter mixture over oats, stir to combine. Let cool for 2-3 minutes.
4. Add in dark chocolate chunks, stir together.
5. Place oat mixture in an 8X8 pan, press the mixture down until flat.
6. Cover and place in the refrigerator for 30 minutes.



<https://www.joyfulhealthyeats.com/no-bake-peanut-butter-chocolate-bars/>

**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:**

IF YOU HAVE A GARDEN AND A LIBRARY,  
YOU HAVE EVERYTHING YOU NEED.  
- MARCUS TULLIUS CICERO

**TO SEND A "WEEKLY SHOUT OUT" MESSAGE,  
EMAIL EMILY HOLT AT [EMHOLT@CARILIONCLINIC.ORG](mailto:EMHOLT@CARILIONCLINIC.ORG)**