

# Wellness Weekly

## Butternut Squash Chili

### UPCOMING EVENTS:

8/14

MINDFULNESS ART SHOW OPENING  
5:00 PM  
VTC ATRIUM

COMING IN NOVEMBER, ART THERAPY NIGHT

12/6 PUPPIES & PIZZA

MINDFULNESS COMING SOON

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### Ingredients:

- 1 onion
- 1 green bell pepper
- Chili Seasoning
- 1 chipotle chili, minced
- Butternut squash, peeled & cut into medium cubes
- 1 1/2 cups water
- 1 can diced tomatoes
- 1 can red kidney beans (drained & rinsed)
- 1 can black beans (drained & rinsed)

### Directions:

1. Cook the onion and green pepper in some cooking oil in the bottom of a Dutch oven or large pot.
2. Add the butternut squash, chili seasoning, and chipotle chili. Cook for 1-2 minutes.
3. Add the water, bring to a boil, and simmer for 30 minutes.
4. Add tomatoes, kidney beans, and black beans. Simmer for another 5 minutes to heat through.
5. Serve with toppings of choice.

Note: Stores often offer pre-cut butternut squash... faster option.



Recipe contributed by: Staci Bradbury & her dad Ron Bradbury

# Wellness Weekly Challenge

## Learn some shortcuts to healthier eating!



In a July 19th online article, NBC news writer Madelyn Fernstrom offered six suggestions for cleaner eating.

Consider giving these ideas a try:

- 1) **Limit the amount of processed and refined foods you consume.** These foods often include added salt, sugar, and fat.

2) **Stay hydrated.** Fruits and vegetables as well as water serve as healthy options.

3) **Eat a variety of fruits and vegetables.** In addition to providing you with a source of hydration, they also provide lots of vitamins, minerals, and antioxidants.

4) **Choose lean sources of protein.** Fernstrom lists: soy (including milks), beans, nuts (including milks), legumes, fish, skinless poultry, lean cuts of beef (round & sirloin), eggs, and/or dairy (reduced fat).

5) **Watch your caffeine intake.** Caffeine can be helpful, but too much can interfere with your sleep habits and exacerbate anxiety. Try to stick with coffee & tea.

6) **Watch your alcohol intake.** In short, too much can be problematic.

Reference & full article:

<https://www.nbcnews.com/know-your-value/feature/6-smart-shortcuts-cleaner-eating-ncna892711>

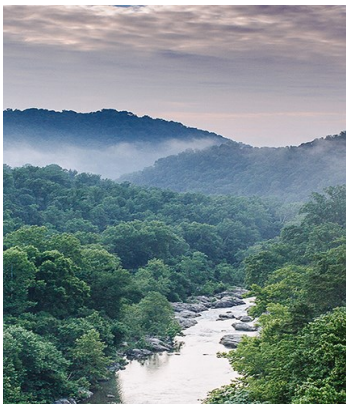
## Explore Park Every Saturday

**August 11 - November 3**  
**10:00-3:00**  
**Explore Park**  
**Artisan Fair**

There will be an artisan fair with lots of crafts, food, and live music.

Explore Park is located at 56 Roanoke River Parkway in Roanoke VA (Mile post 115 on the Blue Ridge Parkway). It is a 1,100 acre recreation facility run by the Roanoke County parks

department. On Saturdays, you'll find local crafts including: jewelry, wood crafts, and fiber art. Enjoy a beautiful drive down the Parkway and then a fun stroll through the fair.



## Want to Train for a 5K or 10K Race?

**Saturday,**  
**August 11th**  
**Green Ridge**  
**Recreation Center**

**\$8.00**  
registration fee

If you're interested in learning how to train for a 5 or 10K race, consider attending a workshop to get you up and running! The workshop is just 1 hour from 1:00 - 2:00 at the Green Ridge Wellness Studio.

Registration is required. [Click here.](#)



**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

TBD - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

EMILY M. HOLT FOERST, COMMITTEE CHAIR

**QUOTE OF THE WEEK:**

**“TODAY, I CLOSE THE DOOR TO THE PAST, OPEN THE DOOR TO THE FUTURE,  
TAKE A DEEP BREATH, STEP ON THROUGH AND START  
A NEW CHAPTER IN MY LIFE.”**

**- AUTHOR UNKNOWN**

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](mailto:EMILY_10@VT.EDU)**