

**UPCOMING
WELLNESS
EVENTS:**

**THIS MONTH
DOCS FOR
MORGAN
JAN 25
PATRICK
HENRY HS**

**IN FEBRUARY
THE RETURN
OF TEA &
JAZZ
FRIDAYS AT
4:30 PM**

**OPEN MIC
NIGHT
3RD STREET
COFFEE
HOUSE
FEB 23**

**IN MARCH
VTC PAINT
NIGHT
VTC CAFÉ
DATE TBD**

Caprese Noodles

Ingredients:

- 4 large zucchini
- 2 Tbsp extra-virgin olive oil
- Kosher salt
- Ground pepper
- 2 cups cherry tomatoes, halved
- 1 cup mozzarella balls, (quartered if large)
- 1/4 cup fresh basil leaves
- 2 Tbsp balsamic vinegar

Directions:

1. Using a spiralizer, create zoodles out of zucchini.
2. Add noodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinade 15 minutes.
3. Add tomatoes, mozzarella and basil to zoodles and toss until combined.
4. Drizzle with balsamic and serve.



Wellness Weekly Challenge

Do New Year's Resolutions Really Work?

In short, it depends. There is much debate about whether or not people are successful in their New Year's resolutions. Toronto psychotherapist Kimberly Moffit, PhD says they work in a very few cases and only for those who have "a will of steel" (White, 2011). People tend to set themselves up for failure and set goals too high. For example, you decide that you are going to go from being a couch potato to working out for two hours every day, or you may want to eat healthier but don't define what that means for you as an individual. Eating healthy can encompass lots of different things! If we set our goals too high, we become overwhelmed, focus on what we can't do and then give up.

On the other hand, John Norcross, PhD, University of Scranton psychology professor believes differently. Norcross believes that New Year's resolutions can be successful but it all depends on a person's readiness to change or how prepared someone is to actually put forth effort and action into their goal. Sometimes we like to simply think about what we need to do hoping it magically happens. Action is key to success. Norcross notes that "those who make resolutions are still 10 times more likely to successfully change their behavior than those who do not" (Dingfelder, 2004, page 34).

So if you have set a New Year's resolution, stay strong and put forth some effort. Small changes can go a long way! Make sure your goals are specific, measurable, and attainable. Also, don't surround yourself with energy zappers! Sometimes the people in our lives sabotage our hard work. The New Year may also be a good time to evaluate who you want to keep in your life and who you want to take away. Get rid of those obstacles and start fresh!

Article By:

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References :

Dingfelder, S.F. (2004). Solutions to resolution dilution. *Monitor*, 35(10), 34
<http://www.apa.org/monitor/jan04/solutions.aspx>
White, S. (2011, December 29). Do New Year's resolutions work? *Huffington Post*.

Jogging to Country Playlist

1. Female - Keith Urban
2. Your Broke Up with Me - Walker Hayes
3. That Don't Sound Like You - Lee Brice
4. Good Girl - Carrie Underwood
5. Body like a Back Road - Sam Hunt
6. Slow Hands - Niall Horan
7. Written in the Sand - Old Dominion
8. Heartache on the Dance Floor - Jon Pardi
9. The Long Way - Brett Eldredge
10. Done - The Band Perry
11. Beautiful Drug - Zac Brown Band
12. Somebody Else Will - Justine Moore
13. My Church - Maren Morris
14. You Look Good - Lady Antebellum
15. Singles You Up - Jordan Davis
16. Legends - Kelsea Ballerini
17. Greatest Love Story - LANCO
18. Star of the Show - Thomas Rhett
19. Rock On - Tucker Beathard
20. No One Else on Earth - Wynonna
21. Long Hot Summer Day - Turnpike Troubadours
22. High Class - Eric Paslay
23. This is How We Roll - Florida Georgia Line
24. Move - Luke Bryan
25. 80s Mercedes - Maren Morris
26. Snapback - Old Dominion
27. Wagon Wheel - Darius Rucker
28. It Don't Hurt Like it Used to - Billy Currington
29. Parachute - Chris Stapleton
30. I'm Comin' Over - Chris Young



THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE.....

TEAM STANDINGS AS OF 12:00 PM 1/12/18

1. Hustlin Hokies (but #GoHeels)	110.5 points
2. Get Yolked	86 points
3. Globo Gym	77.5 points
4. GunningNoRunning	77 points
5. Adipositivity	73 points
6. The New Years Resolutioners	69 points
7. (Chick)en Tikkis	66 points
8. #SquatGoals	64 points
9. Mission Slimpossible	61 points
10.Swole Girls	59.5 points
11.Pumped Up Chicks	54.5 Points
12. Mighty Morphine Power Rangers	42 points
13. Bones & Babies	41 points
14. Jak'd-STAT	34 points
15. Team of One	32 points
16. Thick & Thin	26.5 points
17. Team Quan	24.5 points
18. Got the Runs	12 points

Way to go teams!!!!

Remember: 20 points per person per week. The week is Sunday—Saturday, so be strategic on the weekends. And... if you go skiing - please don't count time spent in the lodge.

Stay tuned for next week's standings!

**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:

**IT NEVER GETS EASIER; YOU GET STRONGER.
- AUTHOR UNKNOWN**

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