

VTCSOM
WELLNESS
ADVOCACY
COMMITTEE

**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**

Wellness Weekly

Virginia Tech Carilion School of Medicine

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Easy Weeknight Chicken Fajitas

Ingredients:

- Cooking oil
- 1—1/14 lb chicken breast, cut into strips
- 1 sweet onion, wedged
- 2-3 bell peppers, cut into thin strips
- 2 cloves garlic, minced
- 1 tsp cumin
- Fresh ground salt & pepper
- 2 tomatoes, sliced

Directions:

1. Heat an iron skillet or other heavy skillet at medium heat. Once warm, drizzle some oil in the skillet to keep food from sticking.
2. Cook, chicken, onion, peppers, garlic, and cumin. Stir occasionally until the chicken is cooked through. Salt & pepper to taste.
3. Turn the heat up to medium high to caramelize the onions for a couple of minutes.
4. Add tomatoes and warm.
5. Serve.



<https://www.homeecathome.com/the-home-economist/easy-weeknight-chicken-fajitas>

Get the Facts! - What is Keto??

Among all of the popular diets, broscience, and fitness hearsay, I'm sure many have come across the term "keto" or "ketosis" or "keto diet." There are a lot of people (in the medical field and otherwise) who try to follow a "keto" style diet but little know what is happening or the theory behind the success. I will attempt to reveal some of the mystery behind this hot topic so those of you who decide to try this understand the science and evidence behind it.

First, let's go into the physiology behind what keto is. Normally, the carbohydrates you eat are broken down into glucose (among other sugars). These enter your cells and undergo glycolysis and oxidative phosphorylation which, simply put, are processes that create energy molecules known as ATP. This is the source of energy for your entire body. ATP can be generated via numerous pathways, but this is the most important. Now, when you begin a diet extremely low in carbohydrates, this can't happen normally. You begin to burn through your carbohydrate storages (known as glycogen) but this runs out in a matter of days. After glycogen, the 2 remaining sources of energy are fat and muscle. Fat gets broken down in a process known as beta oxidation and a lot of stuff happens. Long story short, the waste products are known as ketones which can be urinated out. This is all fine except there are some parts of your body that can not use fat for fuel, mainly your brain. These areas can however, "learn" to use ketones as fuel. This is all important just stick with me.

The theory behind ketogenesis is that without carbohydrates, you will learn how to burn fat more effectively for energy and hopefully lose more weight. The problem here is that this theory neglects calorie content. Low carb diets with the same number of calories as any other nutritional plan show no statistically significant improvements in weight loss. However, in order to avoid all carbs, most people eat less in general. Also, this keeps people from eating calorie dense foods (chips, cookies, cakes, etc.) and that alone is the cause of the weight loss. There has also been some investigation into performance changes in athletes using "keto diet." Fats do provide much more energy gram per gram, so if an athlete is able to teach themselves to utilize fats as a fuel effectively and efficiently, there may be some endurance benefits. Of note, this nutrition regimen may actually cause harm to some. There is an increase in ketone production and nitrogenous wastes in the blood which can exacerbate diabetic ketoacidosis and interfere with chronic kidney disease. This is referring strictly to those using the diet for weight loss not disease control.

As a final personal note, I have tried the "keto diet" and can speak to what it is like on day to day life. The time it takes to adapt and use fat for energy varies person to person. This means there is a time where you are out of carbs but can't use fat, and that time period feels miserable. It is nick named the "Keto Flu" and that is what it feels like. Foggy headedness, impaired concentration, physical fatigue, and grumpiness are the big symptoms. Also, it can get pretty expensive and difficult to plan meals. Finally, going out with friends where there is food is impossible and you can not have any alcoholic beverages.

Conclusions:

The "keto diet" has a lot of followers with some swearing by it's effectiveness. There is some research surrounding it but nothing conclusive. Most of the results are from the lack of calories simply because people are eating less. It is difficult to maintain and can effect your life dramatically but it can be a great starting point for those just trying to get started. I would personally recommend a more gradual decrease in unhealthy foods rather than jumping into keto just because of how hard it is to maintain but using it temporarily as a boost can also be a good way to kickstart a healthier lifestyle.

Article By: Adam Heilmann, Class of 2019

Wellness Weekly Challenge

Mix Up Your Workout!

Here's something new to incorporate into your routine!

Side plank (left side 30 seconds; right side 30 seconds)

Then immediately do 10 burpees (in under a minute)

Then immediately do 20 squats.

Repeat this 5 times!

When you're tired, thank Elvir Berbic! :)

Hard Boiled Egg and Avocado Bowl

Ingredients:

2 hardboiled eggs, chopped
1/2 large avocado, chopped
1 heaping Tbsp red onion, chopped
1 heaping Tbsp red bell pepper, chopped
Sea salt & ground pepper

Directions:

1. Combine eggs, avocado, onion and bell pepper in a bowl. Sprinkle on sea salt & ground pepper.
2. Enjoy!



Movie Tunes Playlist

1. Wonder Woman's Wrath - Rupert Gregson-Williams
2. Superman Theme - Voidoid
3. Pirates of the Caribbean - Main Theme - Klaus Badelt
4. The Batman Theme - Danny Elfman
5. Captain America Main Titles - Alan Silvestri
6. Iron Man 3 - Brian Tyler
7. In the Face of Evil - Magic Sword
8. Gonna Fly Now - Rocky Theme - Bill Conti
9. Theme from 300: Rise of an Empire - Tyler Bates
10. Blade Runner Theme Song - Vangelis
11. James Bond Theme - Monty Norman
12. Star Wars Theme Song - John Williams
13. Deathdealers Deploy - Paul Haslinger
14. The Crawl - Marco Beltrami
15. Marius - Michael Wandmacher
16. Tombstone Main Title Theme - Bruce Broughton
17. Finding the UHF Device - Tyler Bates
18. Battle Without Honor or Humanity - Tomoyasu Hotei
19. Terra Firm - Delerium featuring Aude
20. The Towers Collapse - Harry Gregson-Williams
21. Spidey Suite - Danny Elfman
22. Raiders March - John Williams
23. The Battle - Lisa Gerrard, Hans Zimmer, et al.
24. One Man at a Time - Rupert Gregson-Williams
25. Sons of Scotland - James Horner

THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE.....

TEAM STANDINGS AS OF 3:00ISH PM 1/19/18

1. Hustlin Hokies (but #GoHeels)	170 points
2. Globo Gym	164.5 points
3. GunningNoRunning	149 points
4. Spongebob Sweatpants	140 points
5. Get Yolked	136 points
6. Swole Girls	118.5 points
7. The New Years Resolutioners	111.5 points
8. Mission Slimpossible	107 points
9. (Chick)en Tikkis	101 points
10. Pumped Up Chicks	96 Points
11. #SquatGoals	92 points
12. Mighty Morphine Power Rangers	70.5 points
13. Got the Runs	53 points
14. Team of One	50.5 points
15. Jak'd-STAT	44 points
16. Team Quan	43.5 points
17. Bones & Babies	41 points
18. Thick & Thin	32 points

Way to go teams!!!!

Remember: 20 points per person per week. The week is Sunday—Saturday, so be strategic on the weekends. And... don't forget to log your points!

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:

I CAN ACCEPT FAILURE,
EVERYONE FAILS AT SOMETHING.
BUT, I CAN'T ACCEPT NOT TRYING
- MICHAEL JORDAN

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