

Wellness Weekly

Margherita Zucchini Boats

UPCOMING EVENTS:

OCTOBER 9TH

SLEEP & RELAXATION

12:15-1:00

TBMH

WELLNESS ROOM

1 RIVERSIDE

2ND FLOOR

OCTOBER 16TH

POP PILATES

12:15-1:00

TBMH

WELLNESS ROOM

1 RIVERSIDE

2ND FLOOR

OCTOBER 23RD

TAI CHI

5:00-6:00

MEDICAL STUDENT

COMMONS

M210

OCTOBER 29TH

MINDFULNESS

12:15-12:30

M206

OCTOBER 30TH

POP PILATES

5:00 PM

MEDICAL STUDENT

COMMONS

M210

Ingredients:

- 1/2 cup quinoa, rinsed
- 4 large zucchini
- 2 Tbsp high heat oil
- 1 tsp garlic salt
- 2 cups cherry tomatoes, halved
- 1/2 cup fresh basil, chopped
- 4 oz mozzarella

Directions:

1. Preheat the oven to 400 degrees.
2. In a small saucepan, combine the quinoa with a pinch of salt, plus 1 and 1/4 cups water. Bring to a boil and cook for 15 minutes. Turn off the heat then cover with a lid and let sit for at least 10 minutes. Fluff with a fork and set aside.
3. Meanwhile, wash and slice the stems off of each zucchini. Slice each zucchini lengthwise. Scoop out the middle. Grease a 9x13 baking dish. Brush the inside of the zucchini lightly with oil and then arrange them on the baking dish.
4. Once the quinoa is finished cooking, add 1 tablespoon of oil and 1 tsp garlic salt, then stir. Add the halved cherry tomatoes, and chopped basil then stir again. Spoon the quinoa mixture into the zucchini boats then top with sliced mozzarella. Cover with foil and bake for 25-30 minutes.
5. Enjoy!



New Wellness Option Coming to VTC

Tai Chi

VT Hokie Wellness presents:

Matthew Komelski of Virginia Tech

All students, faculty, and staff interested in participating are welcome to attend.

Tai Chi- "No Pain, Lots of Gain!"

Tai Chi is a form of moving meditation and martial arts that originated in China and is practiced by millions of people around the world. Tai Chi connects your movement with your mental focus and breath to give you a deep sense of flow and relaxed awareness.

This class will cover the basic movements and mindfulness skills known as Hunyuan Gong (Essential Skills) and Bafa (8 Principles of Tai Chi Kungfu). These moving meditations are gentle exercises that are open to all levels.

WHAT CAN TAI CHI DO FOR ME?

The most frequently reported benefits and research findings include:

- Stress relief and improved sense of emotional wellbeing
- Improved coordination, balance and body awareness
- Strengthened mental acuity, memory and focus
- Improved range of motion, core and lower extremity strength
- Chronic pain management

October 23rd

5:00 PM

Medical Student Commons

M210



Academic Wellness

Study Spaces at VTC

There are lots of places students can study around 2 Riverside.

Here's a list of student favorites:

- ◆ VTC Café
- ◆ VTC library
- ◆ Patio at the back of the building (main level behind welcome desk)
- ◆ Patio at the front of the building (outside library)
- ◆ M110D: Library Conference Room (nights and weekends)
- ◆ M114 Conference Room (nights and weekends)
- ◆ M118: Student Activity Center (room connected to Emily's office)
- ◆ M210: Student Commons
- ◆ M211 (nights and weekends)
- ◆ M212 (nights and weekends)
- ◆ VTC Wellness Room 2nd floor (across from the student gym)
- ◆ PBL Rooms

**Check out the [Academic Wellness](#) section of the
VTC student wellness website
for a list of 20 top places
off campus to study!**



Wellness Weekly Challenge

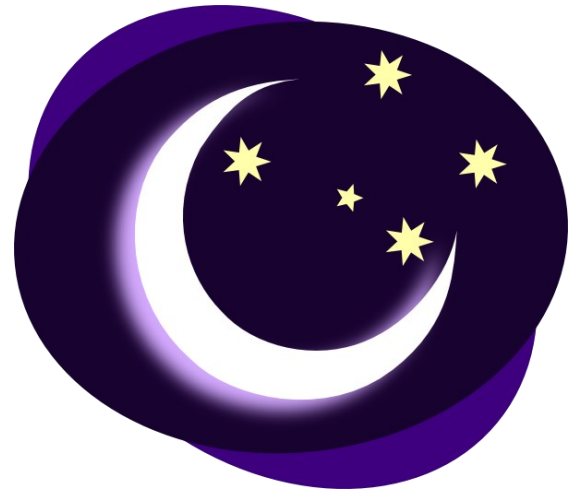
Sleep & Relaxation Presentation

VT Hokie Wellness Presents:

**Tuesday, October 9th
12:15-1:00
Riverside 1, TBMH Wellness Room**

This class will cover what happens cognitively and physically when an individual sleeps. Sleep assessments will be offered to help participants learn how to develop healthy sleep habits. Zoe's lunch provided. RSVP needed (students, faculty, & staff welcome to attend).

To RSVP, go to:
hokiewellness.vt.edu/students/VTC



On-Going VTC Wellness Activities

Pop Pilates

October 16th 12:15
TBMH Wellness Room,
1 Riverside
October 30th 5:00
School of Medicine
Student Commons



Walking

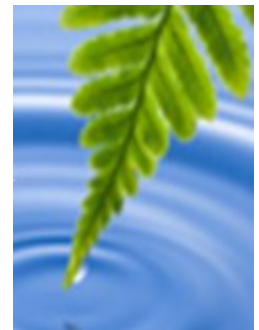
Wednesdays

Every Wednesday at
noon—group meets at
the base of the
Riverside 2 steps.



Mindfulness

October 29th, November 12th,
and December 3rd
12:15-12:30
in M206
with Laurie Seidel



**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

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

*“Do you recharge yourself as much as you
recharge your phone?”
- 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