

Quick Breakfast - Cracker Eggs

THINGS TO REMEMBER:

- Breakfast is a healthy way to start your day.
- Sleeping 6+ hours each night is important for clear thinking and effective study.
- Fitting in fitness might be a challenge, but it is worth the effort!

Serves 2

2 eggs

12 saltines (give or take depending on pan)

2 tablespoons butter

1. Whisk eggs until well combined and season with salt and pepper. Melt butter in a medium non-stick skillet over medium low heat. Dip saltines into egg mixture and place in pan. Pour remaining egg around crackers and tilt to even out eggs. Cook for a minute or two until bottom is set, then carefully flip (you can slide onto a plate, place pan over eggs, and invert). Cook until just cooked through. Serve with a condiment of your choice or eat as is.

<https://food52.com/recipes/50290-cracker-eggs>



Need to Get Away? - Douthat State Park

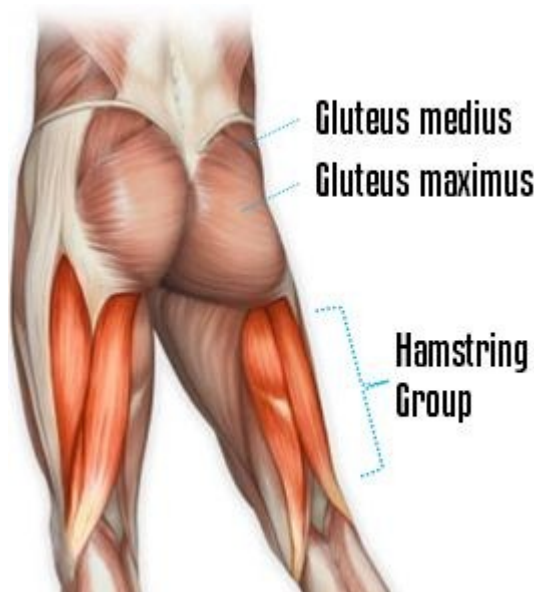
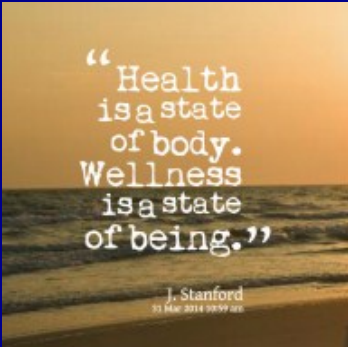


If you need to get away for the day, but can't go too far, consider going to Douthat State Park. There is lots to do and it's just 1.5 hours from Roanoke. The park has hunting, fishing, hiking, swimming and boating as well as camping.

Check it out:

www.stateparks.com/douthat_state_park_in_virginia.html

Exercise What You're Learning



Exercising while learning can facilitate long-term retention. And, if you don't want to study at the gym, exercising strongly contributes to general wellness.

Carilion Wellness - Group Classes



There are a variety of group exercise classes available throughout the day at the Carilion Wellness Centers in Roanoke and Botetourt. Check them out!

If the classes interest you, there's a link to a pdf class schedule on their website.

www.carilionfitness.com

If you keep healthy food in your fridge, you will eat healthy food.
- Errick McAdams

Date Night Dinner

Ingredients:

- 1 lbs. salmon fillet
- 1 tbsp. olive oil
- 1 lime (zest & juice divided)
- 1 garlic clove, minced
- 1 jalapeno
- Salt & pepper

Blend oil, lime zest & garlic. Add diced or grate jalapeno (or just use pepper if you don't like things too spicy). Spoon or pour over fillet. Salt & pepper as needed.

Bake for 10-15 minutes. The fish should be firm in the center and just beginning to flake if you prick it with a fork. If you use a thermometer, it should read 120 degrees.

Remove & squeeze lime juice over meat.

Done.

Prep:

Preheat Oven to 300 degrees

Line rimmed baking sheet with parchment paper

Pat salmon fillet with paper towel & lay on baking sheet



<https://food52.com/recipes/38320-a-spicy-perspective-s-garlic-lime-oven-baked-salmon>

Weekly Words for Willpower!

“Taking control of your **attitude** and **confidence level** is one of the *most powerful things* you can do to influence your **success** or *failure*.”



Share Your Favorites!

Hey VTCSOM,

Thank you to everyone who has emailed me and offered newsletter feedback and suggestions! The newsletter is definitely stronger with your input!

Have a great weekend!

Send ideas to:

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