

Flourless Peanut Butter Coconut Cake

TIP OF THE WEEK:

Eat a breakfast high in protein as well as fiber and low in sugar. You'll stay full longer and start the day off in a healthy way.

Ingredients:

- 2 large eggs
- 2tsps vanilla extract
- 1 cup peanut butter
- 3/4 cup pure maple syrup
- 1 tsp baking soda
- 1/4 tsp salt
- Coconut flakes

Directions:

1. Preheat oven to 325
2. Whisk eggs and vanilla extract. Add peanut butter and blend. Add maple syrup, baking soda and salt and blend.
3. Line loaf pan with parchment paper. Pour mixture into pan. Sprinkle with coconut flakes.
4. Bake 30-40 minutes until center is set.



<http://avocadoadaynutrition.com/2016/10/flourless-peanut-butter-coconut-cake/>

Get the Facts: Burning Fat without Losing Muscle

Fact:

In a perfect world, we could go to the gym for 30 minutes and gain massive amounts of muscle while burning away all the fat. Unfortunately, this does not happen. Similar to other areas of the body, there is a balance between muscle breakdown and muscle formation. The stress applied to us by the outside world dictates which direction these mechanics will sway. This is the fundamental concept of adaptation. For example, if an animal comes across a large meal, it will store this meal as fat as well as create muscle to allow it to hunt for another meal. If, however, it does not eat at all, the muscle may begin to atrophy and will be used as fuel reserves along with the fats.

So how do we do one while limiting the other? There are a few tricks and theories on how to keep the muscle and burn the fat. The overarching method that I use is slow and controlled. If weight drops too quickly, it is hard to determine what and where the weight loss came from. Here's what I suggest.

Make sure to keep track of as many variables as possible (weight, food intake, strength, etc.). I like for most of the weight loss to come from diet rather than cardio. This may be more feasible to some due to variation in metabolism but cardio should be supplementary. There is strong evidence showing how anaerobic exercise promotes catabolic processes and inhibits anabolic processes. Too much or too intense of cardiovascular training may exacerbate muscle loss. Start by slowly dropping your daily calorie consumption. Keep an eye on your weight and try to reach a point where you lose around 1-2lbs per week. Any more and you risk excess muscle wasting. 1lb of fat is roughly 3,500 calories worth of energy so to lose 1lb per week, 500 calories per day would need to be removed if you are eating exactly the amount you need to stay at a steady weight.

Next, keep a pretty reliable lifting routine. Decreasing weight slightly while increasing reps will help to burn a few calories without jumping into anaerobic territory. Simultaneously, building up strength and endurance will help offset the increased risk of injury due to the lower calorie diet. As you progress, it might seem like there is a plateau where you just stop losing weight without changing anything. This is the metabolic adaptation to your new routine and means that it is time for another change in diet.

Protein intake is another good way to maintain muscle mass especially in a low-caloric state. If the body thinks it is fasting, it will attempt to use protein as a fuel source. Combining a good weight training routine with proper protein intake will help muscles heal and prevent muscle wasting.

Conclusion:

Everyone's body works a little differently so you might have to play around with how much you eat, lift, or run. That said, the key points to take away are: keep an eye on your numbers, adapt and be flexible to the way your body reacts, make protein and resistance training a key part of your routine, and don't give up - it takes at least 6-8 weeks for noticeable changes so don't become discouraged if you don't see a difference right away.

There is a great round table discussion about this topic with some renowned fitness professionals if you would like more info about this topic.

Article By: Adam Heilmann, M2

Tea & Jazz in the Commons

Need a break?

Want to just hang out and listen to some jazz, eat some treats & drink some tea while relaxing with a few friends?

Come to the Student Commons!

Fridays in February

5:00—6:00

Free for everyone!

Brought to you by the Wellness Advocacy Committee

(and the letter W and the number 13)

Wellness Calendar of Events!

Have you had a chance to check out the Calendar of Events on the Wellness Weekly website? If not, you should. February and March are both listed with lots of things to do around Roanoke. When you need a break from studying... Have a peek!

Wellness Events Calendar

2017

February

- 2 - VTCSOM Docs for Morgan Basketball Tournament - Patrick Henry H
- 2 - Yoga for Athletes - Uttara Yoga Studio
- 2 - Snowshoe Shuttle - Meeting place, Public Works
- 3 - College Night at the Taubman - Celebrating Black History Month
- 4 - Taubman Tours 11:00-4:00
- 4 - Mind, Body & Movement Class - Life Church
- 4 - Intermediate Bike Ride - Carvins Cove
- 5 - Slackline Sunday - The River Rock
- 5 - Taubman Tours 1:00-2:30

http://medicine.vtc.vt.edu/student_affairs/student_wellness/wellness_advocacy/events_calendar/

Wellness Weekly Challenge

Try Pause Training.

Leo Babauta, author of “The Power of Less” suggests this technique to help individuals improve productivity. In his article (link below), he writes that Pause Training can give those who practice it regularly the opportunity to mindfully take note of the body’s energy, see it as simply that and then refocus attention to the task at hand. So, when you find yourself distracted, antsy, amped up..... Pause. Breathe. Inhale for four seconds, hold 4 seconds, exhale for 8 seconds. Just feel the energy. It’s only energy, so smile, and breathe. Consider adding this to your routine.

<http://www.earlytorise.com/how-to-stay-productive-an-unconventional-approach/>

Night at Home - Chicken Burrito Bowl & Guacamole

Ingredients:

- 1 lb chicken cut into chunks
- 2 limes (juiced)
- 3 Tbsp oil
- 1/2 tsp oregano
- Salt & pepper
- 2 ripe avocados
- 3 Tbsp cilantro, chopped
- 1/4 cup plus 2 Tbsp chopped red onion
- 1 cup brown rice
- 2 scallions, chopped
- 1 cup frozen corn
- 1 1 lb bag frozen peppers & onions
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup salsa verde

Directions:

1. Blend juice of 1 lime, oil, oregano, salt & pepper. Add chicken, toss and marinate overnight.
2. Prepare brown rice. Add chopped scallion and fluff with a fork.
3. For guacamole, scoop avocados into a bowl, add juice of 1 lime, cilantro, and red onion. Add salt and mash to combine.
4. Heat grill. Please chicken on a skewer and grill 4 minutes on each side until cooked.
5. Heat 1 tsp oil in a medium skillet. Add corn and cook until lightly charred (about 5-7 mins). Set corn aside, wipe the skillet, add 2 tsp oil & add peppers and cook peppers until tender (5-7 mins). Season both the corn & peppers with salt and pepper.
6. Place all elements on a plate and serve.



<http://avocadoadaynutrition.com/2016/05/chicken-burrito-brown-rice-bowl-bowl-homemade-guacamole/>