

QUOTE OF THE WEEK:

There is no secret to success. It is the result of preparation, hard work, and learning from failure.

— Colin Powell

Cherry Almond Chocolate Clusters

Ingredients:

- 1 cup almonds
- 1/2 cup dried cherries
- 6 oz dark or bittersweet chocolate

Directions:

1. In a medium bowl, toss together the almonds and cherries. Line a baking sheet with wax paper.
2. Melt half the chocolate in the top of a double boiler over slightly simmering water, over the lowest possible heat, stirring frequently; make sure the water is not touching the top pan. Remove the double boiler from the heat, and stir in the rest of the chocolate until melted. Remove the top pan with the chocolate in it, gently wipe the bottom of it, and set it aside for a moment. Replace the simmering water in the bottom pan with warm tap water. Put the pan of melted chocolate on top of the warm water. This will keep the chocolate at the right temperature while you make the clusters.
3. Stir the fruit/nut mixture into the chocolate. Spoon out heaping tablespoon-size clusters of the chocolate mixture onto the baking sheet about 1 inch apart. Place in refrigerator or for 20 minutes to set. Store and serve at room temperature.



Get the Facts: Training for a Run

Myth:

To train for a run, you just run.

Fact:

Many will say, to train for a marathon, half marathon, 5k or a sprint, you just do it until it gets easier. There is some truth to this but it is extremely oversimplified and not applicable to most. For example, everyone starts at a different level. Some can run 4 miles but not quickly, some can run quickly but only for a short distance, some have never run in their lives. For this article, I will focus on the most beginner of trainers.

In order to get yourself started and keep from falling off the wagon, I find it most helpful to arrange a schedule. This should be tailored to your daily routine. Make it achievable and gradually increase the intensity as you see fit. If you're having trouble creating a schedule, there are plenty templates online to guide you. Remember though, there is no one golden routine. Everyone is different and the best routine is the one you create for yourself, so adjust the online templates to suit your personal needs. The next question would be "what to do when I train?" When starting from scratch, the best first step is to simply get out there and determine your current level. If you can only run a mile that's fine, if you can only make it a quarter mile without stopping, that's fine too. Just establish a starting point.

Now, use this to practice going further and further at a comfortable pace. This will help build the cardiovascular endurance needed for a distance event. Also, from time to time, switch up the pace and distance to add some variability to your training. A sample schedule may look something like:

Monday: 8am – 1 mi jog

Wednesday: 9am – 0.25 mi sprint à 0.5 mi slow jog à 0.25 mi sprint

Friday – 8am – 1 mi jog

Sunday – 9am – 2.5 mi slow jog

Repeat this or alter it to make it more suitable for you and don't be afraid to tone it down at first. A regimen that is too difficult initially will make it much more difficult to adhere to, and getting into the routine is the most important step.

Another problem often faced is that workouts may become boring. Swapping out one form of cardio for another works great and keeps things interesting. There are plenty of cardio exercises other than running available such as ellipticals, swimming, racquetball, soccer, biking, zumba, plyometrics (jump training), and many online videos to get your heart pumping. But, remember to come back to the main goal and reassess consistently to monitor progress.

Conclusion:

In a nut shell, to increase your cardiovascular endurance for a run or endurance event keep, the most important step is to keep a schedule. Vary the exercises within that schedule to strengthen different areas which contribute to the goal (i.e. running uses leg strength, leg endurance, cardiovascular endurance, and agility). Find fun and different ways to train. Find a buddy to keep you accountable and motivated. Constantly reassess to track your progress and adjust your schedule accordingly. And finally, from last weeks' Wellness Weekly topic, fasting before endurance training may help increase glycogen availability to allow you to go further and faster in the future. Think about morning trainings before breakfast. In fact, there is a class at Carilion Wellness called Xtreme Training which is great for building cardio endurance with an instructor who pushes you but only to your own abilities.

Check it out!

Article By: Adam Heilmann, M2

Shamrock Hill 5K Run



You don't need luck to find a 5K run in Roanoke.... There is always another one just around the corner. If you're looking for a 5K to do this month, check out the Shamrock Hill 5K on March 11th. The run will take place downtown. If you go to the run website, you'll be able to see a map of the course. If a 5K is a little to much, the event also includes a 1 mile walk/run option. More information is available at the link below.

<https://www.roanokecatholic.com/support-rcs/shamrock-hill-run/>

Exercise & Quality of Life

Recent findings highlighted in an Academic Medicine article, "Healthy Exercise Habits Are Associated With Lower Risk of Burnout and Higher Quality of Life Among US Medical Students." indicate that medical students benefit from exercise that meets the CDC guidelines for healthy aerobic exercise and strength training. Students who exercise at the CDC guideline levels in the study were found to be less likely to experience burnout and had an overall higher quality of life. The article citation as well as a link to the CDC recommended guidelines can be found at the VTCSOM wellness website in the physical wellness section at:

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

The article was written by Liselotte N. Dyrbye, MD, MHPE et al. Dr. Dyrbye's work on medical students and burnout is abundant. Please consider reading this study and its findings.



Swim



Bike



Run

©Gene For A Run

Wellness Weekly Challenge

Include self-care as part of your routine. Wanderlust.com lists 10 things people can do to take care of themselves better. <https://wanderlust.com/journal/simple-ways-practice-self-care/>

The list encourages readers to:

- Eat healthily and mindfully.
- Keep track of your accomplishments
- Express gratitude
- Gift your inner child.
- Create a cozy space.
- Read a book.
- Move.
- Unplug.
- Create something.
- Build a self-care kit.

Visit the link cited above to read the expanded details about these topics and what you can do to help care for you.

If you want to write an article for the Wellness Weekly, just email Emily Holt!

Night at Home - Pistachio-Crusted Chicken

Ingredients:

- 1/2 cup quinoa
- 1 veggie stock concentrate
- 1 oz pistachios
- 12 oz chicken breasts
- 1 Tbsp Dijon mustard
- 1 Persian cucumber
- 1 Roma tomato
- 1/4 oz mint
- 1 shallot
- 1 lime
- 1 jalapeno
- 1 Tbsp sherry vinegar

Directions:

1. Preheat oven to 400. Place vegetable stock concentrate, quinoa, 1 cup water and pinch of salt in a small pot. Bring to boil, cover, and reduce to simmer until tender, 15-20 minutes.
2. Chop pistachios. Place chicken on a cookie sheet, season with salt & pepper. Spread a thin layer of mustard evenly on top of the chicken. Press pistachios into mustard. Bake until no longer pink in middle, about 20 minutes.
3. While chicken cooks, dice cucumber and tomato. Finely chop mint leaves. Halve, peel and finely dice 2 Tbsp shallot. Zest and halve lime. Dice jalapeno, removing ribs and seeds if you prefer less heat. Combine everything in a medium bowl. Toss with a squeeze of lime and drizzle of olive oil. Season with salt and pepper.
4. When chicken is cooked through, remove from oven and let it rest 3 minutes before slicing.
5. When quinoa is ready, fluff with a fork and season with salt and pepper. Stir in a drizzle of sherry vinegar and drizzle of olive oil.
6. Serve pistachio-crusted chicken on a bed of quinoa. Spoon cucumber jalapeno salad on top. Garnish with remaining mint.



Recipe from Hello Fresh at Hellofresh.com