

**QUOTE OF
THE
WEEK:**

The best
view comes
after the
hardest
climb.

— Author
unknown

Roasted Wild Salmon & Dill

Ingredients:

- 1 (2 1/4 lb) wild salmon fillet
- Cooking spray
- 2 tsps. Olive oil
- 3/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 Tbsp chopped fresh dill
- 1 Tbsp grated lemon rind
- 8 (1/8 inch thick) slices of lemon

Directions:

1. Preheat the oven to 450 degrees.
2. Place fish, skin side down, on a foil-lined baking sheet coated with cooking spray. Brush fish with oil; sprinkle with salt and pepper. Sprinkle dill and rind over fish; arrange lemon slices over fish. Bake at 450 for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.



Get the Facts: Going to a Gym is the Only Way....

Myth:

The only way to get exercise is running or lifting weights at a gym

Fact:

One of the many reasons some do not begin or continue a workout plan is because of the idea that you need to lift weights or do cardio at the gym. The gym can be intimidating, expensive, out of the way, or simply not everyone's ideal place. Fear not, there are plenty of other options for those who would rather try a different approach.

The most obvious but underestimated option is the greenway. Here you can get your cardiovascular exercise in with walking, jogging, or biking. The greenway spans over 20 miles across Roanoke and the surrounding area making it accessible to many. Also, there is a hidden gem at the Vic Thomas park area, a loop of outdoor workout stations including pull up, push up, jumping, and triceps dip stations.

For more exotic and unique style of fitness, check out Arete Fitness, a studio offering pole dancing, belly dancing, and hoop classes. These fun styles of fitness are not only a cardio workout but a great way of strength training. The best part about pole and belly dancing is that no matter how strong or fit you are, everyone starts at the same level due to the unique movements and tasks.

Across Roanoke are other fitness centers offering kickboxing, martial arts, and Zumba classes. Yoga is another genre of fitness that doesn't get much credit either. There are many forms of yoga targeting anything from flexibility to stress relief or strength training. These classes vary by pricing but it isn't too difficult to shop around for what suits you and don't forget to check Groupon.com and other coupon sites for offers if price is an issue. The OMA training center in Vinton has pretty good deals and a wide variety of different classes and Carilion Wellness has a great Xtreme Training class for a kick butt cardio workout.

Get the Facts Continued

Another great option for those who can't leave the house is workout videos. I'm not talking about the silly Richard Simmons videos where everyone is wearing a spandex body suit, I'm talking about the ones that get you moving and sweating like crazy in a 4'x4' space in your own home. There are a bunch of great options from the company BeachBody like: P90X for strength building, Insanity/Asylum for intense calorie burning, T25 for a quick 25 min cardio workout, 10-Minute trainer for an even quicker workout, and Cize if you want to dance away the lbs. These can be slightly more expensive but find a buddy and split the cost while sharing the videos or see if someone you know has them for you to borrow. They are convenient and fit anyone's busy schedule. There are also TONS of workout videos on YouTube you can view for free!

Lastly, if you're more into being in a group atmosphere or in a team setting, Roanoke actually has a pretty good intermural program. There are plenty of sports to play (flag football, soccer, volleyball, etc.) and you can register online as a "free agent" so teams looking for more players can pick you up. Or you can start your own team with some friends. The Rivers Edge Sports Complex across from CRMH has a bunch of great fields for all sports so why not take advantage?

Conclusion:

There are plenty of ways to exercise so the excuse of "I don't like or can't go to the gym" is no longer a valid excuse for being inactive. If you get bored or don't like the traditional cardio and weight lifting, go out and try something fun and different. Try pole dancing (for women **AND MEN**), kickboxing, Zumba, or just stay at home, walk downstairs, and put on insanity for a 45 min fat shred in your own home (you might have to move the coffee table though).

Article By: Adam Heilmann, M2

Spa Day with Friends

You don't need to take a trip to the beach to have an excuse to get a facial or a massage.... You just need to make the call and enjoy the break! Make it a group event and go with a couple close friends. It will be a little like a vacation but



without all the airport fuss and big expense. Roanoke has several options for treatments. Yelp's top 10 include Salon Del Sol—Valley View, Les Cheveau Salon & Day Spa, Body Sense Day Spa, Azario Salon and Day Spa, Brighter Image Day Spa, Lash Etc., Bodatious Salon and

Day Spa, Salon Del Sol—Franklin, Balance Wellspace, and Angel's Touch Spa Therapy Day Spas. Pick one and make the call.

Resistance Band Station in the Gym

Want to use the resistance band station, but a little nervous?

Here are some arm exercises you can try:

Arm muscles



<http://www.dhgate.com/product/11pcs-in-1-set-fitness-resistance-bands-exercise/231012643.html#>

Wellness Weekly Challenge

Start and/or end your work day with a positive audio book or podcast.

Sometimes heading into school or work we need a little help starting the day off on a positive note. And, sometimes at the end of the day we need some help unwinding on the drive home.

Take a few minutes to explore what's available in your areas of interest and give yourself a chance to start or finish the day with something fun.

Need help with ideas? Here are the NY Times' picks for 2016

<https://www.nytimes.com/2016/12/06/arts/best-podcasts.html? r=0>

Packed Lunch - Guacamole Salad

Ingredients:

- 1/4 cup extra-virgin olive oil
- Juice of 1 lime
- 1/4 tsp cumin
- Kosher salt
- Freshly ground black pepper
- 1 pint cherry tomatoes
- 1/2 cup black beans, drained & rinsed
- 1/2 cup corn
- 1/2 medium red onion, finely chopped
- 1 jalapeno, minced
- 2 ripe avocados, cubed
- 2 Tbsp cilantro, chopped

Directions:

1. In a small bowl, make dressing: Whisk together olive oil, lime juice, and cumin. Season with salt and pepper. Set aside.
2. In a large bowl, combine remaining ingredients. Toss with dressing until well combined.



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