

TIP OF THE WEEK:

Wear sunscreen or face cream with sunscreen on your face and neck year round - not just in the summer. You'll thank yourself in about 20 years.

Grilled Fish Tacos

Ingredients:

- 4 (4 oz) tilapia fillets
- 1/4 cup canola oil
- 1 lime, cut into 4 wedges
- 1 Tbsp ancho chili powder
- 2 jalapenos, chopped & divided
- 4 plum tomatoes, chopped
- 1/4 cup finely chopped red onion
- 2 Tbsp chopped fresh cilantro leaves
- 1 garlic clove
- A pinch of salt
- Olive oil cooking spray
- 8 soft (6 inch) corn tortillas
- 1/4 small head of cabbage, shredded



Directions:

1. Place fish in a baking dish and squeeze lime over it.
2. Whisk the oil, chili powder, and chopped jalapeno. Then pour over the fish. Marinate for 15 minutes while you make the salsa.
3. In a small bowl, toss the tomatoes, onion, cilantro, garlic and remaining jalapeno and lime juice.
4. Heat a large skillet over medium-high heat. Sprinkle fish with salt. Coat pan with cooking spray. Add fish to the pan and cook for 2 minutes. Turn fish and cook for 1 more minute.
5. Heat tortillas and fill with prepared ingredients.

Zip Lining in North Carolina



One of the best ways to make sure fun is a regular part of your busy life is to plan ahead. No matter how busy you are this fall and winter, you know spring will once again arrive. And, with the spring will be the desire to get outside! Plan now. Talk to your friends, and make a note in your calendars that in May or in June you'll take a day and a half and go somewhere fun.

One option: Zip Lining!

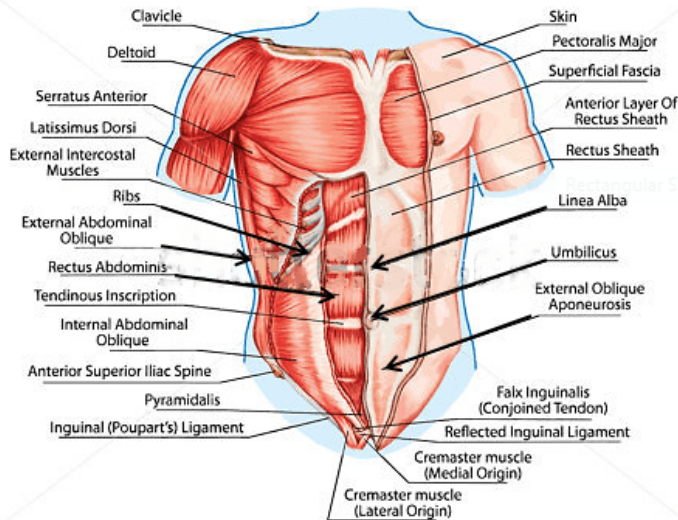
Just 2 hours away you can spend a little time rejuvenating with friends doing something you can't find in Roanoke. Hanging Rock Campground isn't far if you decide to stay all weekend.

<http://www.carolinaziplines.com/>

Exercise What You're Learning

I can.
I will.
End of story.

relatabilty.com



Images from: indianist.com; womenshealth.com, healthandfitnessstraining.com, rowtallerwithshinlengthening.com/

Better Sleep Series - Part IV, Untreated Sleep Disorders

Sleeping is as essential to health as breathing. During sleep we carry out a number of vital activities including regulation of blood pressure and blood sugar, memory consolidation, and the release of growth hormone. Chronic sleep deprivation has been linked to increased risk for heart disease, diabetes, cancer, obesity, depression, motor vehicle accidents, and medical mistakes. Yet, many of us struggle to obtain sufficient quality sleep. The first thing you should know is that you cannot train your body to need less sleep. The average adult needs between seven to nine hours of sleep per twenty-four hour period (this may vary slightly between individuals). Our sleep is influenced by numerous factors including light exposure, stress levels, circadian rhythms, how many cups of coffee we drink, and simply how much time we devote to sleeping. So what can be done to improve and maximize sleep potential? I hope you've enjoyed this four-part series. Here is this week's topic:

PART IV:

Untreated Sleep Disorders:

- ◆ Sleep Apnea is the most underdiagnosed sleep disorder in America. Many people have sleep apnea and do not realize it. If you regularly wake up feeling unrefreshed or have problematic daytime sleepiness despite sufficient sleep talk to with your doctor about a possible sleep study.
- ◆ Insomnia is the most common sleep disorder in America. If you have difficulty falling or staying asleep for 2 weeks or longer talk with your doctor about possible insomnia treatment options. For further support, seek out resources on Cognitive Behavioral Therapy for Insomnia (CBT-I) which is recognized as the front line treatment for insomnia.

Article By: Barbara Hutchinson, PsyD

Sleeplessness Presentation

I hope you've enjoyed the four-part series on getting better sleep. As a capstone to the series, the Wellness Advocacy Committee has invited Dr. Barbara Hutchinson, a specialist in this area and author of the four-part series, to visit VTCSOM to do a talk.

If you're interested in learning more about sleeplessness or establishing a care provider in this area, please consider attending her talk.

November 17, 2016

1:00 PM

VTCSOM Student Commons

Students in attendance will have the opportunity to have their name entered into a drawing for a \$100.00 Amazon gift card.

Treat a man as he is and he will remain as he is. Treat a man as he could be and he will become what he should be.
-Emerson

Dinner at Home - Poached Ginger Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- Kosher Salt
- 1 2-inch piece of ginger, peeled
- 1 lg shallot
- 4 Tbsps peanut oil
- 1/2 tsp sugar
- 1 English cucumber, halved lengthwise, seeded & thinly sliced
- 1 bunch of radishes, thinly sliced
- 1 tsp Asian chili sauce
- 1 bunch of watercress, trimmed
- Juice of 1 lime

Directions:

1. Place chicken in a pot and cover with water, add a tablespoon of salt and simmer over medium heat. Cook until chicken is firm, about 15 minutes.
2. While chicken is cooking, prepare a bowl of salted ice water. When chicken is finished cooking, plunge it into the ice water for 30 seconds. Then slice the chicken.
3. Grate the ginger and shallot in a small bowl. Stir in 3 Tbsps of peanut oil, the sesame oil, and 1/4 tsp of sugar and salt.
4. Toss the cucumber and radishes with the chili sauce, 3/4 tsp salt and remaining tablespoon of peanut oil, and 1/4 tsp sugar. Add the watercress & toss some more.
5. Divide cucumber mixture among plates. Add to the top the sliced chicken and then top with the ginger mixture. Drizzle it all with the lime juice.



<http://www.foodnetwork.com/recipes/food-network-kitchens/poached-ginger-chicken-recipe.html>