Caprese Noodles

Ingredients:

- 4 large zucchini
- 2 Tbsp extra-virgin olive oil
- Kosher salt
- Ground pepper
- 2 cups cherry tomatoes, halved
- 1 cup mozzarella balls, (quartered if large)
- 1/4 cup fresh basil leaves
- 2 Tbsp balsamic vinegar

Directions:

1. Using a spiralizer, create zoodles out of zucchini.

2. Add noodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinade 15 minutes.

3. Add tomatoes, mozzarella and basil to zoodles and toss until combined.

4. Drizzle with balsamic and serve.

http://www.delish.com/cooking/recipe-ideas/recipes/a47336/caprese-zoodles-recipe/
Wellness Weekly Challenge

Do New Year’s Resolutions Really Work?

In short, it depends. There is much debate about whether or not people are successful in their New Year’s resolutions. Toronto psychotherapist Kimberly Moffit, PhD says they work in a very few cases and only for those who have “a will of steel” (White, 2011). People tend to set themselves up for failure and set goals too high. For example, you decide that you are going to go from being a couch potato to working gout for two hours every day, or you may want to eat healthier but don’t define what that means for you as an individual. Eating healthy can encompass lots of different things! If we set our goals too high, we become overwhelmed, focus on what we can’t do and then give up.

On the other hand, John Norcross, PhD, University of Scranton psychology professor believes differently. Norcross believes that New Year’s resolutions can be successful but it all depends on a person’s readiness to change or how prepared someone is to actually put forth effort and action into their goal. Sometimes we like to simply think about what we need to do hoping it magically happens. Action is key to success. Norcross notes that “those who make resolutions are still 10 times more likely to successfully change their behavior than those who do not” (Dingfelder, 2004, page 34).

So if you have set a New Year’s resolution, stay strong and put forth some effort. Small changes can go a long way! Make sure your goals are specific, measurable, and attainable. Also, don’t surround yourself with energy zappers! Sometimes the people in our lives sabotage our hard work. The New Year may also be a good time to evaluate who you want to keep in your life and who you want to take way. Get rid of those obstacles and start fresh!

Article By:
Dr. Jennifer Slusher, PhD, LPC
Director of Counseling and Wellness
Jefferson College of Health Sciences

References :
Dingfelder, S.F. (2004). Solutions to resolution dilution. Monitor, 35(10), 34
Jogging to Country Playlist

1. Female - Keith Urban
2. Your Broke Up with Me - Walker Hayes
3. That Don’t Sound Like You - Lee Brice
4. Good Girl - Carrie Underwood
5. Body like a Back Road - Sam Hunt
6. Slow Hands - Niall Horan
7. Written in the Sand - Old Dominion
8. Heartache on the Dance Floor - Jon Pardi
9. The Long Way - Brett Eldredge
10. Done - The Band Perry
11. Beautiful Drug - Zac Brown Band
12. Somebody Else Will - Justine Moore
13. My Church - Maren Morris
14. You Look Good - Lady Antebellum
15. Singles You Up - Jordan Davis
16. Legends - Kelsea Ballerini
17. Greatest Love Story - Lanco
18. Star of the Show - Thomas Rhett
19. Rock On - Tucker Beathard
20. No One Else on Earth - Wynonna
21. Long Hot Summer Day - Turnpike Troubadours
22. High Class - Eric Paslay
23. This is How We Roll - Florida Georgia Line
25. 80s Mercedes - Maren Morris
26. Snapback - Old Dominion
27. Wagon Wheel - Darius Rucker
28. It Don’t Hurt Like it Used to - Billy Currington
29. Parachute - Chris Stapleton
30. I’m Comin’ Over - Chris Young
THE VTC 2018
FITNESS CHALLENGE!!
THE CHALLENGE HAS BEGUN!

POINTS UPDATE……

TEAM STANDINGS AS OF 12:00 PM 1/12/18

1. Hustlin Hokies (but #GoHeels) 110.5 points
2. Get Yolked 86 points
3. Globo Gym 77.5 points
4. GunningNoRunning 77 points
5. Adiposity 73 points
6. The New Years Resolutioners 69 points
7. (Chick)en Tikkis 66 points
8. #SquatGoals 64 points
9. Mission Slimpossible 61 points
10. Swole Girls 59.5 points
11. Pumped Up Chicks 54.5 Points
12. Mighty Morphine Power Rangers 42 points
13. Bones & Babies 41 points
14. Jak’d-STAT 34 points
15. Team of One 32 points
16. Thick & Thin 26.5 points
17. Team Quan 24.5 points
18. Got the Runs 12 points

Way to go teams!!!!

Remember: 20 points per person per week. The week is Sunday—Saturday, so be strategic on the weekends. And… if you go skiing - please don’t count time spent in the lodge.

Stay tuned for next week’s standings!
Please feel welcome to submit articles or ideas to any member of the Wellness Advocacy Committee.

Ally Nagy - Class of 2018
Lindsay Maguire - Class of 2019
Jeff Henry - Class of 2020
Ayesha Kar - Class of 2021
Dr. Ally Bowersock, PhD, CSCS, ACSM, EIM - Level 1
Dr. Jennifer Slusher, PhD, LPC
Emily Holt, Committee Chair

Quote of the Week:

It Never Gets Easier; You Get Stronger.
- Author Unknown

To send a “Weekly Shout Out” message, email Emily Holt at Emholt@carilionclinic.org