

VTCSOM
WELLNESS
ADVOCACY
COMMITTEE

**UPCOMING
WELLNESS
EVENTS:**

**MINDFULNESS
WITH LAURIE
SEIDEL
2 OPTIONS
FEB 5
12:10-12:25
12:35-12:50**

**THE RETURN
OF TEA &
JAZZ
EVERY FRIDAY
IN FEBRUARY
4:30 PM**

**OPEN MIC
NIGHT
3RD STREET
COFFEE
HOUSE
FEB 23**

**IN MARCH
VTC PAINT
NIGHT
VTC CAFÉ
DATE TBD**

Wellness Weekly

Virginia Tech Carilion School of Medicine

VOLUME 2, ISSUE 30

JANUARY 26, 2018

Hoppin' John with Orange Bell Peppers

Ingredients:

- 2 Tbsp cooking oil
- 2 medium orange bell peppers, chopped
- 4 large cloves garlic, chopped
- 2 tsp ground cumin
- 1 cup water
- 1 tsp smoked paprika
- 1 tsp cayenne pepper
- 1 tsp salt
- 1 small bunch collard greens, trimmed & chopped
- 4 cups black-eyed peas
- 1 14 oz can diced tomatoes

Directions:

1. Heat oil in a large saucepan or pot over medium heat. Add bell peppers and garlic and cook. Stir occasionally, until browns and smells fragrant (6-8 minutes).
2. Stir in cumin, paprika, cayenne and salt. Stir in the collard greens by the handful and cook until the greens are wilted (about 2 mins).
3. Add black-eyed peas, tomatoes (w/juice), and water. Bring to a boil. Reduce heat to maintain a simmer, cook for 15 additional minutes.
4. Serve.



<http://www.eatingwell.com/recipe/255783/hoppin-john-with-orange-bell-peppers/>

Get the Facts! - How to Make a Meal Plan

Meal plans are seen as the be-all of weight loss. One of the most common questions that fitness professionals hear is, “can you make me a meal plan?” Here, I will help with deciding which and figuring out how to make a sustainable plan suitable for you.

As you sit down to think about which foods to eat, when to eat them, and how to cut back on guilty pleasures, first decide if you want a restrictive or a free plan.

Restrictive: All meals for each day are preplanned and premade leaving no room for deviation. These plans are those you see online and claim to be the best meal plan for weight loss.

Pros: No room for error, no thinking required throughout the week, food prepped for you ahead of time.

Cons: No wiggle room, any extra food you may want automatically ruins the day, and it is time consuming in the beginning for preparation.

Free: You have a set number of calories and even carbs, fats, and protein, that you must hit each day. These can be met with any types of food as long as you do not exceed your allowance.

Pros: Adaptability; you can eat healthy but if you deviate, you can adapt later in the day to still meet your needs. No preparation needed (helpful but not needed). Helps with cravings and adherence.

Cons: Requires diligent tracking every day. More effort day to day and less “dummy-proof” than the restrictive meal plan. If you accidentally go over your calories/nutrients early in the day, you’re kind of stuck.

Both styles take into account the calories needed to lose weight and meet those needs. If you are able to have a personal trainer or coach, the restrictive plan may be better because your coach can prep it all and you just have to eat it. There are many delivered meal programs for this as well, but they are very expensive and probably not sustainable. Free meal-planning is more of a lifestyle change and gets easier the longer its done, making it better for long term health benefits. Now what do you do once you chose one of these?

Step by step, my process looks like this:

1. How much weight do you want to lose? (if any)
2. How fast do you want to lose it? (recommend no more than 1.5lb-2lb/week)
3. How many calories do you need to eat per day to achieve this?
 - a. This one takes a little math. First, find your Basal Metabolic Rate (BMR) or the calories you burn at rest. This can be done online here <https://www.iifym.com/bmr-calculator/> or any other online calculator. Then determine how many lbs per week you need to lose based on #1 and 2. Now subtract 500 from your BMR for every lb you want to lose per week. Ex: BMR of 2000, 1.5lbs/week = $BMR - (500 * 1.5) = 2000 - 750 = 1250kcal/day$
4. Figure out what you can eat throughout the day to meet your calorie needs (this is the fun part). Try to use healthy options like proteins, veggies and starches. You can do nothing but cookies if you want but it may only be 2 cookies a day and you will feel awful.

Depending on if you pick restrictive or free, you can now meal prep or mentally prep for what to eat each day to meet your needs.

5. **Advanced:** determine percent of protein, fat, and carbs you want for your specific goals (i.e. more protein for muscle building) and determine how many grams of each to get per day.

Conclusion:

This is a quick stepwise process for creating a good meal plan tailored to your personal needs. There is no one size fits all and what works for you may not work for others. The best plan is the plan that you will stick with and putting in energy and time to create your own make you more likely to keep it up. Try to find a friend to do it with. It'll help keep you both accountable and you can share what worked well and what didn't.

Article By: Adam Heilmann, Class of 2019

Wellness Weekly Challenge

EMOM (Every Minute on the Minute)

For 5 rounds

Minute #1 – 40 second 3-point high plank (Alternative: 40 second high plank), then rest until minute #2

3-point high plank



High Plank



<https://www.youtube.com/watch?v=TLDsCbDhECc> <https://www.popsugar.com/fitness/Elbow-Plank-vs-Full-Plank-28764496>

Minute #2 – within 1 minute do 20 alternating lunges (10 each leg) (Alternative: 10 alternating lunges, 5 each leg)



<https://gethealthyu.com/exercise/alternating-forward-lunge/>

Minute #3 – 10 dips (legs are straight - left picture). Count to 3 as you lower yourself down. (Alternative: Pull in legs, resting them under your knees - right picture)



<https://ericbachperformance.wordpress.com/2012/09/19/exercises-that-suck-bench-dips/>



<https://www.skimble.com/exercises/2276-bench-dips-how-to-do-exercise>

Workout contributed by: Elvir Berbic

THE VTC 2018 FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE.....

TEAM STANDINGS AS OF 12:00ISH PM 1/26/18

1. Globo Gym	259.5 points
2. Hustlin Hokies (but #GoHeels)	203 points
3. GunningNoRunning	195 points
4. Spongebob Sweatpants	185 points
5. Get Yolked	178 points
6. Swole Girls	174.5 points
7. The New Years Resolutioners	167.5 points
8. Pumped Up Chicks	139.5 Points
9. (Chick)en Tikkis	135 points
10. Mission Slimpossible	125 points
11. #SquatGoals	112 points
12. Bones & Babies	104 points
13. Mighty Morphine Power Rangers	94 points
14. Team of One	74.5 points
15. Thick & Thin	69.5 points
16. Got the Runs	64 points
17. Team Quan	58 points
18. Jak'd-STAT	53 points

Serious Competition Going!!!!

Remember: 20 points per person per week. The week is Sunday—Saturday, so be strategic on the weekends. And... don't forget to log your points!

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’S NOT EASY TO BE A PIONEER—BUT OH, IT IS FASCINATING!
I WOULD NOT TRADE ONE MOMENT, EVEN THE WORST MOMENT,
FOR ALL THE RICHES IN THE WORLD.”**

- ELIZABETH BLACKWELL—THE FIRST FEMALE MD

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT AT EMHOLT@CARILIONCLINIC.ORG**