Balsamic Tuna Salad

Ingredients:

- 3 oz tuna packed in water, drained
- 2 Tbsp balsamic vinaigrette
- 1/4 cup chopped celery
- 1 small orange
- 2 slices whole-grain bread (optional)
- Lettuce (optional)

Directions:

1. Combine tuna, vinaigrette, and celery.
2. If you prefer bread, serve as a sandwich. Otherwise, nest on a few pieces of lettuce.
3. Serve with orange.

https://www.fitnessmagazine.com/recipe/seafood/balsamic-tuna-salad-sandwich/
Mindfulness Monday

Don’t Forget!

March 5th is the next Mindfulness Monday.

Everyone is welcome!
Students, staff, physicians, faculty....
The TWO sessions will be led by: Laurie Seidel

TWO OPTIONS:
12:10-12:25
12:35-12:50
VTCSOM M206

PLEASE CHOOSE WHICHEVER WORKS BEST FOR YOU.
Wellness Weekly Challenge

Back by Popular Demand!

Self-Defense Training

with

Officer Marshall Hamilton & Emily Holt

This course is designed to help individuals who identify as female protect and defend against unwanted physical advances.

Participants will learn general safety tips as well as defense techniques including kicks and strikes during the session.

April 12, 2018
4:30 PM
Student Commons

If you are interested in participating, please email Emily Holt at EmHolt@carilionclinic.org

Every individual (faculty, student, physician, staff) who identifies as female is welcome to contact Emily to participate. It is also ok to sign up even if you’ve had this class previously but would like a refresher course.

Note for the class:
Athletic clothing and tennis shoes need to be worn. Please do not wear jewelry. If you have long hair, please wear it pulled back. If you are interested and have a physical limitation, please contact Emily Holt for advice on participation.
THE VTC 2018
FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!
POINTS UPDATE……

TEAM STANDINGS AS OF 3/2/18

1. Globo Gym 537.5 points
2. Hustlin Hokies (but #GoHeels) 488.5 points
3. Bones & Babies 487 points
4. GunningNoRunning 419 points
5. Swole Girls 395.5 points
6. Spongebob Sweatpants 375 points
7. Get Yolked 325 points
8. Pumped Up Chicks 277 points
9. The New Years Resolutioners 269 points
10. Mission Slimpossible 241 points
11. Mighty Morphine Power Rangers 234 points
12. #SquatGoals 205 points
13. (Chick)en Tikkis 196 points
14. Thick & Thin 192.5 points
15. Got the Runs 143 points
16. Jak’d-STAT 135.5 points
17. Team Quan 131.5 points
18. Team of One 74.5 points

2 Weeks to go!!! Don’t Give Up!!!!

Remember: 20 points per person per week.
The week is Sunday—Saturday,
so be strategic on the weekends.
It’s not too late to enter your points from past weeks.
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:

“Sometimes life takes you in a direction you never saw yourself going... but it turns out to be the best road you have ever taken.”
- Author Unknown

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

If you would like to contribute to or comment about the wellness weekly, please email Emily Holt, Office of Student Affairs VTCSOM.