Instant Pot Baby Carrots & Mint

Ingredients:

- 1 lb package baby carrots
- 1 cup water
- 1 Tbsp unsalted butter
- 1 Tbsp chopped fresh mint leaves
- Sea salt

Directions:

1. You will need a 6 quart Instant Pot for this recipe.

2. Combine the carrots and water in the Instant Pot insert. Seal the lid, set the pressure vent on “sealing” and select “manual, high pressure” for 2 minutes.

3. When the time is complete, “quick release” the pressure, pour the carrots into a strainer to drain. Wipe out the inert, return it to the Instant Pot and select sauté. Add the butter and stir while it melts. Add the mint and sauté for about 30 seconds to release the flavor and aroma of the mint.

4. Add the carrots back into the inert, sauté to coat, remove, sprinkle lightly with sea salt and serve immediately.

https://boulderlocavore.com/instant-pot-baby-carrots-mint/
Fur Babies Friday!

There are definitely lots of members of the VTC community who love dogs! Give your fur baby the chance to meet other VTC pets.

Bring your puppy/dog(s) to meet new friends on April 27th!!

Weather permitting, we will all meet for a puppy playdate on the Riverside fields on April 26th at 5:30 PM!

Wellness Weekly Challenge

Mark Your Calendar for....

The VTC End of the Year Extravaganza!

There will be wellness activities for everyone in the VTC atrium on May 3rd from 1:00-5:00!!

ALL VTC Faculty, Staff, Students are welcome to participate!!!

More details to come!!
9 Tips for Better Health

If you have an extra 7 minutes to spare…. Check out these two quick YouTube videos (the second video is referenced in the first video). Then, consider incorporating some of their suggestions into your daily routine.

Take a look!
https://www.youtube.com/watch?v=uiKg6JfS658
https://www.youtube.com/watch?v=4K_ENbRgywY

Idea contributed by Elvir Berbic

10-Minute Total Body Routine That Can Be Done Anywhere

The following routine (and others) is available at the link below:

Ramona Braganza’s 10 minute total body routine:

- 1 Minute cardio (e.g. standing ab crunches)
- 3 Minutes of strength training
- 1 Minute cardio (e.g. jumping jacks)
- 3 Minutes of strength training
- 1 Minute of cardio
- 1 Minute of core (e.g. planking)

Reference:
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:

“The journey doesn’t start at the beginning, it begins at the end.”
- 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.