Tofu Kebabs with Zucchini & Eggplant

Ingredients:
- 1 lg clove garlic, grated
- 1 Tbsp red-wine vinegar
- 1 tsp extra-virgin olive oil
- 1 tsp Greek seasoning
- 1/4 tsp salt
- 1 medium zucchini, cut into bite-size pieces
- 1 medium eggplant, cut into bite-size pieces
- 6 oz extra-firm tofu, cut into bite-size cubes

Directions:
1. Preheat grill to medium.
2. Whisk garlic, vinegar, oil, Greek seasoning, and salt in a large bowl. Add zucchini, eggplant, and tofu. Toss gently to coat.
3. Thread the zucchini and eggplant alternatively onto 6 skewers, filling the skewers evenly. Thread the tofu onto 2 skewers.
4. Cook turning every 2-4 minutes, until the vegetables are tender and the tofu is browned (about 10 minutes for the veggies and 12 minutes for the tofu).

Wellness Weekly Challenge

Find a good book to read over summer!

Reading for work and school is always available; and the to do pile is generally larger than we would prefer. However, take a moment to pick out something fun to read this summer. The Milwaukee Journal Sentinel posted a list of 85 books to choose from for summer reading.

Take a look!

Local Hikes to Waterfalls

When it stops raining for a couple days, consider taking a trip out to one of the many hiking trails that includes the reward of a waterfall. Listed below are just few options.

Bottoms Creek Gorge
Roaring Run
Cascades
Apple Orchard Falls

Be careful and have fun!
A recent Academic Medicine AM Last Page 93(4), April 2018, Dr. Megan Sumeracki, PhD summarizes fabulously the effective learning strategies learners hear me routinely reiterate. As with any topic, having information presented in a variety of ways helps further understanding.

So, for a new look at topics including: spaced practice, interleaving, elaborative interrogation, and retrieval practice; I highly recommend taking a moment to follow this link to the article. Ovid access is necessary.

A Message from Carilion Clinic Living

Katherine Cork reports in a the May 3rd edition of Carilion Clinic Living on 5 mistakes people make when trying to lose weight.

These mistakes include:

1. Negative Self Talk
2. Procrastinating
3. Dreading Exercise
4. Not Planning Ahead
5. Treating it as a Diet Rather Than a Lifestyle

To learn more about how you can avoid and/or confront these mistakes, check out her article!
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 ULTIMATE MEASURE OF A MAN IS NOT WHERE HE STANDS IN MOMENTS OF COMFORT AND CONVENIENCE, BUT WHERE HE STANDS AT TIMES OF CHALLENGE AND CONTROVERSY”.
- Dr. Martin Luther King Jr.

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.