UPCOMING EVENTS:

EVERY WEDNESDAY IS WALKING WEDNESDAY MEET AT BASE OF RIVERSIDE 2 STAIRS 12:00

MINDFULNESS WITH LAURIE SEIDEL JANUARY 14TH STUDENT COMMONS 12:15

POP PILATES WITH LYNDSEY IVAN JANUARY 22ND STUDENT COMMONS 5:00 PM

OPEN MIC NIGHT (AKA VTC TALENT SHOW) COMING IN EARLY MARCH.... START WORKING ON YOUR ACTS!

Wellness Weekly

Slow Cooker Chickpea Sweet Potato Stew

Ingredients:

- 1 medium yellow onion, chopped
- 2 15 oz cans garbanzo beans, drained
- 1 lb sweet potatoes, peeled & chopped
- 1 Tbsp garlic, minced
- 1/2 tsp kosher salt
- 1/4 tsp course ground black pepper
- 1 tsp ground ginger
- 1 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1/4 tsp ground cinnamon
- 4 cups vegetable broth, fat free
- 4 cups fresh baby spinach

Directions:

1. Place the onions in a microwave dish and cook for 2-3 minutes.
2. Add all the ingredients to your slow cooker except the spinach.
3. Cook on low for 6-7 hours or on high for 3-4 hours.
4. Add the spinach leaves and stir.
5. Cook an additional 15 minutes on high.
6. Enjoy!

NOTE: stove top and instant pot cooking directions available at the website noted below.

https://www.skinnytaste.com/chickpea-sweet-potato-stew/
Wellness Weekly Challenge

15th Annual Hockey Fundraiser

Come out and watch the Roanoke firefighters take on the Roanoke police officers in a hockey match up. The event is a fundraiser to benefit the Muscular Dystrophy Association which is the official charity for the International Association of Firefighters.

**Saturday, January 19th at 6:00 PM**
Berglund Coliseum

Tickets cost $5.00 & $10.00, parking is free.

On-Going VTC Wellness Activities

**Pop Pilates**
January 22nd
5:00
February 5th
February 12th

**Walking Wednesdays**
Every Wednesday at noon—group meets at the base of the Riverside 2 steps.

**Wellness Google Group**
Need Wellness Event Reminders!?
Join: vtcsom-wellness-g@vt.edu

**Mindfulness**
January 14th
12:15
January 28th
12:15
Fitness Challenge Reminders

Please Remember:

- 1 point for every 15 minutes of wellness activity (e.g., cardio, weights, skiing, roller skating, golf, ice skating, mindfulness, yoga… If you’re worried if an activity counts email Emily).

- 0-14 minutes = zero points

- There is a 2 hour max per person per day.

- There is an 8 point max per person per day.

- There is a 64 point max per person per week (due to the trickiness of Friday).

- Points must be noted on the spreadsheet by NOON every Friday to count toward the official point standing. Points earned after 12:00 any Friday will count toward to following week’s tally (thus the 64 point max noted above). Points will not be retroactively added into the official tally. Please do not miss the Friday NOON deadline.

- Points can also be earned by making any Wellness Weekly recipe, taking a picture of the team cooking together & emailing the picture to Elvir. This activity will win the team 2 points per person (counts toward a daily point max).

- Double points can also be earned by attending Wellness Advocacy Committee sponsored events (including: Pop Pilates, Mindfulness with Laurie Seidel, and Walking Wednesdays). Watch for emails from Emily (notes in the Wellness Weekly for additional bonus activities). Double points for these activities count toward the daily point max (cannot exceed 2 hours per day).

- Don’t cheat on your spreadsheet (please). Teams caught tinkering with points will be disqualified.
# VTC Fitness Challenge Week 2 Standings

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<thead>
<tr>
<th></th>
<th>Team Name</th>
<th>Points</th>
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<tr>
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<td>2</td>
<td>The Titan Fit Swolemates</td>
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<td>3</td>
<td>Gains before Brains</td>
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<td>4</td>
<td>Cirque du Sore Legs</td>
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<td>Squat It Like It’s Hot</td>
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<td>Thick &amp; Thin</td>
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<td>13</td>
<td>A Little Week Behind</td>
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<td>We Got (Clinical) Skillz</td>
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<td>Airi Wants a Free Tank</td>
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<td>Mission Slimpossible</td>
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<td>Sparkle Motion</td>
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<td>We Get You In</td>
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Please feel welcome to submit articles or ideas to any member of the Wellness Advocacy Committee.

Lindsay Maguire - Class of 2019

Jeff Henry - Class of 2020

Ayesha Kar - Class of 2021

Robyn Goodrich - Class of 2022

Dr. Jennifer Slusher, PhD, LPC

Dr. Allison Bowersock, PhD, CSCS, ACSM-EIM

Laurie Seidel, MSN, RN

Emily M. Holt Foerst, Committee Chair

Quote of the Week:

“Take care of your body. It’s the only place you have to live in.”
- author unknown

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

To send a “Weekly Shout Out” message, email Emily Holt Foerst at Emily_10@vt.edu