UPCOMING EVENTS:

8/14
MINDFULNESS ART SHOW OPENING
5:00 PM
VTC ATRIUM

COMING IN NOVEMBER, ART THERAPY NIGHT

12/6 PUPPIES & PIZZA
MINDFULNESS COMING SOON

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Butternut Squash Chili

Ingredients:

- 1 onion
- 1 green bell pepper
- Chili Seasoning
- 1 chipotle chili, minced
- Butternut squash, peeled & cut into medium cubes
- 1 1/2 cups water
- 1 can diced tomatoes
- 1 can red kidney beans (drained & rinsed)
- 1 can black beans (drained & rinsed)

Directions:

1. Cook the onion and green pepper in some cooking oil in the bottom of a Dutch oven or large pot.

2. Add the butternut squash, chili seasoning, and chipotle chili. Cook for 1-2 minutes.

3. Add the water, bring to a boil, and simmer for 30 minutes.

4. Add tomatoes, kidney beans, and black beans. Simmer for another 5 minutes to heat through.

5. Serve with toppings of choice.

Note: Stores often offer pre-cut butternut squash... faster option.

Recipe contributed by: Staci Bradbury & her dad Ron Bradbury
Wellness Weekly Challenge

Learn some shortcuts to healthier eating!

In a July 19th online article, NBC news writer Madelyn Fernstrom offered six suggestions for cleaner eating.

Consider giving these ideas a try:

1) **Limit the amount of processed and refined foods you consume.** These foods often include added salt, sugar, and fat.

2) **Stay hydrated.** Fruits and vegetables as well as water serve as healthy options.

3) **Eat a variety of fruits and vegetables.** In addition to providing you with a source of hydration, they also provide lots of vitamins, minerals, and antioxidants.

4) **Choose lean sources of protein.** Fernstrom lists: soy (including milks), beans, nuts (including milks), legumes, fish, skinless poultry, lean cuts of beef (round & sirloin), eggs, and/or dairy (reduced fat).

5) **Watch your caffeine intake.** Caffeine can be helpful, but too much can interfere with your sleep habits and exacerbate anxiety. Try to stick with coffee & tea.

6) **Watch your alcohol intake.** In short, too much can be problematic.

Reference & full article:
https://www.nbcnews.com/know-your-value/feature/6-smart-shortcuts-cleaner-eating-ncna892711

Explore Park Every Saturday

**August 11 - November 3**  
10:00-3:00  
Explore Park Artisan Fair

Explore Park is located at 56 Roanoke River Parkway in Roanoke VA (Mile post 115 on the Blue Ridge Parkway). It is a 1,100 acre recreation facility run by the Roanoke County parks department. On Saturdays, you’ll find local crafts including: jewelry, wood crafts, and fiber art. Enjoy a beautiful drive down the Parkway and then a fun stroll through the fair.

Want to Train for a 5K or 10K Race?

**Saturday, August 11th**  
Green Ridge Recreation Center

$8.00 registration fee

If you’re interested in learning how to train for a 5 or 10K race, consider attending a workshop to get you up and running! The workshop is just 1 hour from 1:00 - 2:00 at the Green Ridge Wellness Studio.

Registration is required. [Click here](#).
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

TBD - CLASS OF 2022

DR. JENNIFER SLUSHER, PhD, LPC

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

“TODAY, I CLOSE THE DOOR TO THE PAST, OPEN THE DOOR TO THE FUTURE,
TAKE A DEEP BREATH, STEP ON THROUGH AND START
A NEW CHAPTER IN MY LIFE.”
- AUTHOR UNKNOWN

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL EMILY HOLT FOERST, OFFICE OF STUDENT AFFAIRS VTCOM.
TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU