



Words of Wellness

June 2013

A part of the NCAH Employee Wellness



Wellness Works

Wellness Works is a student-led outreach group affiliated with the Kinesiology Department and the Nutrition and Wellness Research Center at Iowa State University. Student interns staff the fitness center, working with the Work Life Wellness team, and are available to answer questions you may have about exercise, fitness, and wellness. The current student leader is Tianna Allen.

You may come and visit her Wednesday from 1:00-3:00 in room 1071 right outside of the fitness center or email her with your questions at:

tsallen@iastate.edu

Get out and Explore!

As the weather begins to improve, the bug to get outside and go on an adventure seems highly contagious. There are several options near Ames that offer opportunities to get outside and get active. One particular place that offers several activities, and nearly guarantees fun for the whole family is Seven Oaks Recreation.

Seven Oaks Recreation is located in the beautiful rolling hills of Boone, Iowa. During the winter you may recognize this name as the site of the ski hill. However, to think of this place for skiing only would be a severe underestimation of the recreation center. During the summer, Seven Oaks offers: river tube floating, kayaking, paint-balling, and mountain biking.



Imagine floating down the beautiful Des Moines River valley. You could stop at a sandbar along the way down for a nice picnic. If a workout is desired, perhaps racing a friend down the river in a Kayak would be more your pace. For those who prefer staying on dry land, a scenic mountain bike exploration could be to your taste.



For more information about Seven Oaks Recreation feel free to visit:
<http://www.sevenoaksrec.com/>

Summer Activities Galore



Join nutritional experts and chefs in Reiman Gardens to learn to prepare healthy dishes with garden fresh vegetables. The lecture series begins June 3rd. Attend one or all six. For more information visit:

<http://tinyurl.com/rgnutr>



Celebrate art in our community with the Art Walk on Jun 7th. Local businesses will be hosting local artist in downtown Ames. Get your walk in while enjoying wonderful displays. In addition live music will be playing in the Tom Evans Plaza. For more information visit: <http://tinyurl.com/amesartwalk>

Get your competitive spirit up with mainstream living's "Be Amazing Race" on Jun 15th. This race is based off of the hit TV show the Amazing Race. In this race, participants will face both physical and mental challenges. To get involved in this non-traditional race visit:

<http://tinyurl.com/amesIARace>



For the night owls out there, get ready for an experience just for you! Join in for a night of canoeing on June 22nd at Hickory Grove. For the best rate pre-register by June 14th. For more information visit: <http://tinyurl.com/moonlightpaddle>

Recipe Corner

Broccoli Pasta Salad

Ingredients

- ◆ 1 Box Whole Grain Mac and Cheese
- ◆ 2 Bags of Steamable Broccoli
- ◆ 1 Small Can Baked Beans

Directions

1. Heat pasta until tender
2. Steam broccoli in microwave
3. Heat baked beans in microwavable container in microwave
4. Combine pasta, 1/4 cheese packet, broccoli, and baked beans in large mixing bowl and mix thoroughly
5. Enjoy a whole grain broccoli side salad with your main meal