



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

Words of Wellness

October 2013

A part of the NCAH Employee Wellness



Perfect Weather for a Jog

As our irregularly hot September fades away, and the temperatures begin to subside, we may find ourselves wanting to spend more leisure time outside. I suggest we get out and get active! Whether that be taking a family walk, playing at the park with the kids, or getting together with friends to chat and throw a Frisbee around, let's do it.

One option for being more active outside is jogging, and right now the temperatures are ideal for it. We won't have to worry about overheating and we will be moving with enough vigor to stay warm.

If you have never been much of a runner, consider giving this activity a try! Just doing 30 minutes of moderate activity, such as jogging, 5 or more days a week will offer us substantial cardiovascular health benefits.

Perhaps you are already a running expert and you are looking for a race. The Run for the Roses is an excellent opportunity to put the racing shoes on and get out the door. On October 13th you can join Alpha Omicron Pi and the Ames Area Running Club in supporting arthritis research by signing up for this race. Early registration ends on October 7th. To learn more about this philanthropic race visit:

<http://tinyurl.com/runrose>

Or Like "Run for the Roses" on Facebook

Here is a list of tip for the beginners out there who are looking for a few simple hints to get jogging:

1. Gradually increase the number of days a week you are jogging
2. Start with walking
3. Add in little intervals of jogging
4. Slowly increase the length of your jogging intervals
5. Alternate the pace of your jogging intervals

To discuss reaching your running goals, please feel free to visit me during my office hours!

Last Month of the Farmer's Market



Recipe Corner

Ingredients:

- 2 tbsp Canola Oil
- 3 cups diced butternut squash
- 1/2 cup sliced onion
- 1/2 cup celery
- 1/2 cup bell pepper
- 1 can, 15 oz, Whole Black Beans (drained and rinsed)
- 1 can, 10 oz, Diced Tomatoes & Green Chilies, drained
- 1 can, 8 oz, Tomato Sauce
- 1-1/2 cups water
- 2 tbsp chili seasoning mix
- 1/2 cup shredded Cheddar cheese

Every year in Ames the North Grand Mall Farmer's Market runs from May to October. If you have not made it out to the market yet, you are missing out on an exciting opportunity!

The market can help us explore fruits and vegetables. We all know that we should eat more fruits and veggies. However, most days this might seem like more of a chore than a treat. At the farmer's market you might just have your opinion changed. With so many options of fresh fruits and vegetables it is easy to find a few that peak your interests. In addition, the farmers market will provide local produce that is at the peak of ripeness. If you have any picky eaters at home they might just be a little interested in these flavorful foods.



Make the trip to the farmer's market a family event! If everyone contributes to picking out the produce, they will be more likely to try it out.

Visit the North Grand Mall Farmer's Market:

Wednesdays, 3-6pm

Saturdays, 8am-1pm



Photos from North Grand Farmer's Market facebook page

Butternut Squash and Black Bean Chili

Directions

1. Heat oil in saucepan. Add squash and vegetables; cook 10 minutes (until squash is tender)
2. Add all remaining ingredients, except cheese. Bring to a boil. Reduce heat; cover and simmer 10 minutes

Sprinkle with cheese

Recipe adapted from: www.readyseteat.com