

Department of Kinesiology

Morrison Bruce Center

Dedicated to Enhancing the Lives of Girls and Women



FALL 2017 NEWSLETTER

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LETTER FROM THE **Executive Director**



When you think of the MBC, you probably think of our work with girls and women of all ages and our commitment to helping them realize their activity and wellness goals. However, equally important to us is the work we do training future professionals. Many practicums and internships only allow students to shadow and/or work in support roles, while at the

MBC students are allowed the opportunity to see programs from development, through planning and implementation as leaders of these programs. Our students gain invaluable skills and experiences that serve them well as they transition into graduate school or their future careers. Research shows that these high-impact learning experiences are the most important and meaningful periods of growth in a student's college career, a responsibility we take very seriously. As you are considering charitable gifts at the end of this year and into next year, I'd ask that you reflect on the way that your gift can have such a ripple effect when you support the MBC. By not only directly supporting our programs, but also enhancing the training of future professionals – we truly make the most of every dollar that we're given. Thank you all for your continued support of the MBC. We wish you a joyful and healthy holiday season.

PROTEIN:

BY THE NUMBERS

Protein is an important building block of bones, muscles, cartilage, skin, and blood. Below you will find foods that are good sources of protein.

Meat sources provide about **25g** of protein per 3oz serving.

1 large **egg** contains **6g** of protein.

1 cup of **Greek yogurt** contains **8-12g** of protein.

Whey protein powder provides **15-25g** of protein per serving.

½ cup of **tofu** offers **20g** of protein.

1 cup of **edamame beans** has **17g** of protein.

½ cup of **chickpeas** has **7g** of protein.

½ cup of **quinoa** or **green peas** contains **4g** of protein.

¼ cup of **almonds, peanuts, sunflower** or **pumpkin seeds** contains **6-9g** of protein.^{1,2}

Guilt-Free Recipe Candied Sweet Potatoes



Ingredients:

- 2 medium sweet potatoes, cubed
- ¼ cup orange juice
- 2 Tbsp maple syrup, agave syrup, or honey
- 1 tsp cinnamon
- 1 tsp nutmeg

Directions:

1. Preheat oven to 400°F.
2. Put cubed potatoes into a bowl.
3. Pour orange juice and syrup/honey over potatoes.
4. Mix well and let sit for 15 minutes.
5. Stir in cinnamon and nutmeg.
6. Spread out potatoes onto a lined baking sheet and pour extra liquid mixture over potatoes.
7. Bake for 25 minutes or until golden brown.
8. Enjoy!³

We've Loved Having You 'A-Round'

SEMESTER HIGHLIGHT: GIRLS GOLF



For the past 12 years, the MBC has teamed up with Mulligan's Golf Center, the United States Golf Association (USGA), and Ladies Professional Golf Association (LPGA) to provide our community with a year-round Girls Golf^{4,5} program. Girls Golf was originally founded in 1989, currently reaches more than 300 communities across the country, and is still expanding on an annual basis. Its mission is to educate and engage girls in sport, increase skill retention, instill confidence, and inspire active lifestyles. In addition, the Five E's are addressed with participants to support the Girls Golf philosophy and provide valuable life skills for the girls. The Five E's we teach are to:

EMPOWER girls through golf and inspire them to dream big

ENRICH girls' lives by expanding their minds and horizons

ENGAGE girls with positive female role models and mentors

ENERGIZE girls with passion for the game of golf

EXERCISE girls' minds and bodies, helping them unlock their full potential

The MBC and Girls Golf share the common goal of enhancing the well-being of girls and women through promoting an active and healthy lifestyle. We incorporate this mission into each program through instruction in basic golf skills like chipping, putting, and full-swing, as well as offering lessons in golf etiquette, golf safety, physical activity, basic health and wellness principles, and our Five E's core values. Our themed sessions are a time for girls to build friendships and practice teamwork and to be recognized for their outstanding growth and performances.

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Semester Highlight: Girls Golf (Continued)

This fall semester marked the end of the MBC’s direct involvement with Girls Golf. However, we are delighted that Wendy Kern, an LPGA Teaching Professional and co-owner of Mulligan’s Golf Center, will be taking the reins and continuing to offer this exceptional program to girls in the Harrisonburg and surrounding communities. Mulligan’s has kindly provided the MBC with access to their facility and has been a wonderful support during these last 12 years, and we would love to see the Girls Golf program continue to grow and flourish. Wendy is looking for additional help and is welcoming community volunteers. If you are interested in volunteering, please contact Mulligan’s at 540-432-9040, visit their website², or take a trip to see it in person (141 Carpenter Lane Harrisonburg, VA)!



Seasonal Substitutions for your Comfort Food Classics



The holidays are a time for fun, friends, and family gatherings full of festive feasts and guilty treats. This season, you can indulge in some of your favorite traditional holiday recipes with fewer calories and more nutritional value. Replacing bread and potatoes with high fiber vegetables or turning to dairy free products and decreasing your sugar intake can prevent bloating at the end of a meal. A great way to bring more vegetables to the table is by replacing high carb foods for pan roasted veggies, like seasonal squash, or using boiled cauliflower to make mashed “potatoes.” Some healthy substitutions for sweet treats include replacing sugary drinks, like hot apple cider or hot cocoa, with a warm cup of tea and honey, and finishing your meal with candied sweet potatoes like our recipe on page 2 as opposed to a sugary, high calorie dessert.³ Happy, healthy eating this holiday season!

STAYING HEALTHY IN *THE 'BURG*

We all want to stay active and involved in our community through outdoor recreation and activities, but doing so can get challenging when the temperature starts to drop. Luckily, Harrisonburg and its surrounding areas offer several opportunities that can fulfill your winter activity goals. Below are some resources for you and your family to consider when looking for something adventurous to do in the area this season. In addition to helping you maintain fitness and wellness, these opportunities can also help you stay connected with the community.

The following are several types of winter-friendly activities along with some great locations to find them!

HIGH INTENSITY	MODERATE TO LOW INTENSITY	WELLNESS
Hillandale, Purcell, and Westover Parks <i>Different levels of hiking and biking trails</i>	Funky’s Skate Center <i>Traditional and inline roller skating</i>	JMU Planetarium <i>Free shows and open discussions</i>
JMU Arboretum <i>Trails and outdoor exercise equipment</i>	Luray Caverns <i>Mountain cave tours, family fun</i>	Court Square Theatre <i>Movies and art performances</i>
Massanutten Resort <i>Skiing, snowboarding, lift rides</i>	Putter-A-Round <i>Miniature golf, open karaoke</i>	JMU UREC, The Center Yoga at the Ice House <i>Yoga, pilates, vinyasa flow class</i>

ALUMNI HIGHLIGHT: KELLY CORNETT



We have had the pleasure of working with many people who are passionate about helping others and promoting community health and fitness. Kelly Cornett is a great example of an MBC alumna who embodied

these qualities as a staff member and continues to do excellent work in these areas as a young professional.

After graduating from Michigan State University with a degree in Kinesiology, Kelly came to James Madison University to earn her Master's degree in Clinical Exercise Physiology. During her time at JMU, she worked as the Graduate Student Co-Director of the MBC. With us, she helped to develop and supervise programs for women and children in the community, including Mother-Daughter Day, Alumnae Health and Fitness, Fit-Minded Mamas, and the Girls Golf programs. Kelly loved working with the MBC because she was able "to be innovative while collaborating with staff and students". She was most proud of launching and getting to be a part of the Mother-Daughter program. She stated that this role "fostered her passion for helping create more opportunities for

people to be physically active where they live, work, and play."

Kelly graduated from JMU in 2011 and went on to work with the Georgia Department of Public Health with hopes of reducing childhood obesity. She implemented programs such as "Power Up for 30", an initiative dedicated to helping elementary schools fit in 30 minutes of physical activity or more a day. Currently, she works as a Health Scientist in the Physical Activity and Health Branch within the Division of Nutrition, Physical Activity, and Obesity at the CDC. She researches and promotes physical activity as a means to enhance people's lives, using her health communication abilities to turn research into user-friendly materials and promotional messaging. She is looking forward to being a part of building a national campaign for physical activity and representing her branch at national meetings and conferences.

Kelly believes that following your passion is an integral part of finding success and happiness. She suggests that students take the time to reflect back on their time at JMU and on the things that made them feel fulfilled in order to find a career that allows them to further develop their skills and passions. The MBC is proud to have alumni like Kelly, and we wish her the best in her future endeavors.

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SOURCES

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