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MORRISON BRUCE CENTER
JAMES MADISON UNIVERSITY

Fall/Winter 2020 Newsletter



Picture: Dr. E and her children enjoying a little outdoor time in the Budgie Aviary at the Virginia Safari Park

Director's Note

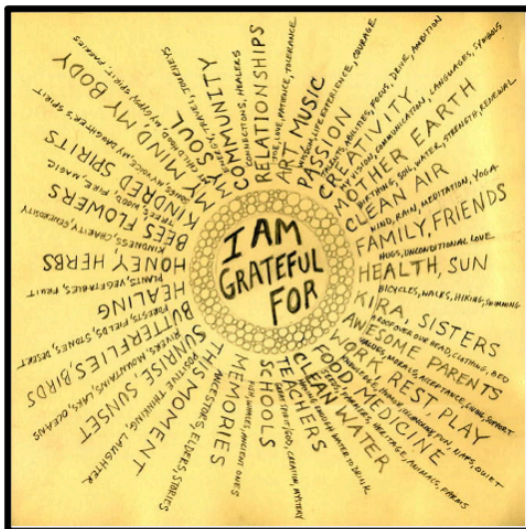
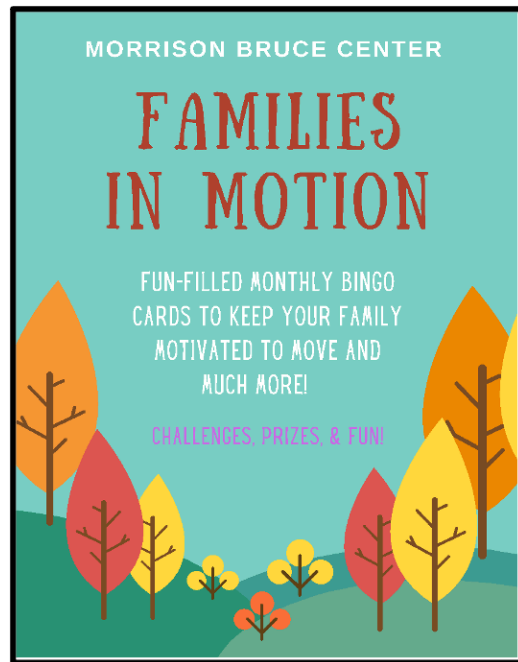
As we near the conclusion of 2020 and begin to see the path towards the end to the SARS-CoV-2 pandemic, I find myself reflecting on the curveball that has been the past year. For me, as for most (all?) of you, this year has been both personally and professionally challenging. While I am saddened by the immense losses experienced by so many this year, I wanted to share some high notes from the MBC as well.

[Read more...](#)

Get Up and Move with Families in Motion!

Families in Motion is a program designed to provide families the opportunity to take part in engaging physical activities while learning about their health and wellness. This semester's highlight was the introduction of virtual BINGO cards that offered many physical activities, wellness challenges, and new recipes to our participating families.

[Read more...](#)



The Importance of Gratitude

Life is uniquely challenging right now; we are constantly adjusting to our 'normal' routines that have been shaken by a world that is continually changing and full of surprises. When feeling overwhelmed, it can be difficult to recognize and appreciate the positive things going on and the supportive people around you. Engaging in the act of gratitude is a simple way to shift your mindset and make you feel happier during these unsettling times, as well as increase self-awareness of emotions while helping others!

[Read more...](#)

Creating Your Own Home Gym

Having a home gym is a dream for many, but recently, many people — more than 25 million according to recent stats — get their sweat on in the privacy of their own homes! Interested in hopping on this bandwagon? Read more to learn about



some of the best tips for making your personalized home gym!

[Read more...](#)



Alumni Highlight

The Morrison Bruce Center has had the pleasure of working with some incredible individuals over the past 16 years. Students have worked hard to organize and implement programs that promote health and wellness to the girls and women of our community. We are honored to recognize our alumni and all their wonderful accomplishments! One of whom is Kaci Hardsock, a great example of a former graduate assistant who has gone on to reach great success since her time with the Center!

[Read more...](#)

SCREEN TIME SPOTLIGHT



DID YOU KNOW?



For Adults

COVID-19 has caused a spike in screen time to over 13 hours per day.

For Children

COVID-19 caused a 49% increase of kids spending 6+ hours per day on devices. 26% are on devices for 8+ hours per day.

WHAT IS BLUE LIGHT?

Blue light emanates from sunlight, smartphones, tablets, computer screens, flat-screen TVs, and LED lighting.

Overexposure to this light can be harmful to the eyes.



SYMPTOMS OF DIGITAL EYE STRAIN:



Blurred Vision



Posture Pain



Dry Eyes



Headaches



Light Sensitivity

EFFECTS ON SLEEP

Screen time right before bedtime stimulates the brain when it should power down, sending mixed signals to the body and making it more difficult to fall asleep.



TIPS TO HELP ENGAGE IN SCREEN TIME SAFELY



20-20-20 Rule

Take a 20 second break every 20 minutes and look at something 20 feet away.

How to block blue light

Use blue light filters for your smartphone, tablet, and computer screens or use blue light restricting glasses

RECOMMENDATIONS



For Adults

Avoid looking at bright screens 2-3 hours before bed.



For Children

Minimal screen time for infants up to 18 months.

No more than an hour a day and monitor usage for children 2-5 years old.



A New Spin on a Classic Meal!

During the frosty winter months, we often crave a warm, home-cooked meal to warm our body and heart. A family favorite is the classic spaghetti dinner, but why not spice things up by trying spaghetti squash! Spaghetti squash is a healthy vegetable alternative to old-fashioned noodles and contains less carbs and calories than your standard pasta. The following recipe is easy to prepare and bake, provides variety to your diet, and even kids love it - all a great bonus!

[Baked Spaghetti Squash Recipe](#)

Coming Spring 2021!

**Healthy Kids
EmpowHER
Movin' & Groovin'
Older Women's Wellness for Life
... and more!**

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