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## Morrison Bruce Center Fall Newsletter

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**MORRISON BRUCE CENTER**  
**JAMES MADISON UNIVERSITY.**

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## Fall Newsletter 2023

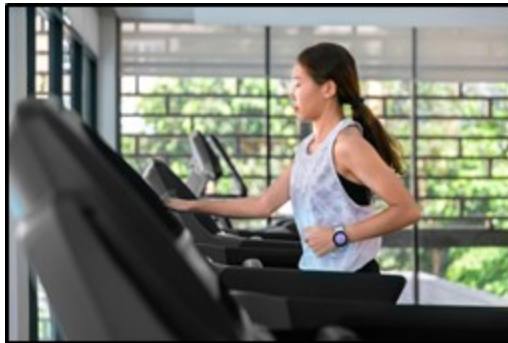
Please enjoy these articles written by our undergraduate staff on the Marketing and Development Committee. Our outreach has continued to grow this semester, and we have been so fortunate to have the opportunity to serve those in the surrounding communities. On behalf of our Fall 2023 staff, thank you for your participation in our programs and continued support of the Morrison Bruce Center!



## Families in Motion – Fitness Fun for All!

Families in Motion is a program that encourages families to get active while learning about health and wellness. This semester, our Families in Motion program collaborated with the Virginia Preschool Initiative to offer a outer space themed, family-centered event. [Read More...](#)

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## This Winter, Run Straight to Your Goals!

As the weather gets colder, running outside may not be in the cards. However, that does not mean you have to put your running goals on hold! Indoor track running or running on a treadmill are great options for keeping your running goals moving through the winter months. There are plenty of benefits to running indoors and ways to keep your goals exciting. [Read More...](#)

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## Staying In the Loop: Science-Backed Habit Formation for Exercise

Our environment and the world around us have an immense impact on the ways we behave. Therefore, it is important to be aware of how our brains form habits and how to use that information to our advantage when making new exercise routines. [Read More...](#)

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## Grab and Go: The Easy Way to a Protein-Rich Breakfast

Egg Bites are a great way to help meet your protein intake goals and start your day off on the right foot. These easy, bite-sized bundles of protein, vitamins, and complex carbs only take about 20 minutes to make and can be made days in advance so your mornings can be less stressful and more delicious. Click this [LINK](#) for a great option and enjoy!

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## Meet EmpowHER Participant, Jeanette Zyko!

Jeanette has been attending EmpowHER for over two years and is one of our hardest workers in the program. EmpowHER strives to encourage women to exercise and learn more about their bodies in a supportive and healthful manner. The program includes weekly workouts with instruction and one-on-one help from our MBC team. Below is a short interview with Jeanette about her experience. [Read More...](#)

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**If you are a recurring MBC program participant like Jeanette (above) or an MBC Staff alumni and would be willing to be featured in our next newsletter, please contact us by clicking the button below!**

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