

Department of Kinesiology

# Morrison Bruce Center

*Dedicated to Enhancing the Lives of Girls and Women*



## SPRING 2018 NEWSLETTER

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## Letter from the Director

Each year, we try make at least one significant improvement to how we serve girls and women in our community. This year, one of the things we tackled was the addition of health resources on our website. If you're not sure where to find credible information on the internet for a health issue that relates to women, I encourage you to check out our new page:

<http://www.jmu.edu/mbc/resources.html>

As we begin to plan for our next academic year, **we want to hear from you!** As we consider where to expand, what programs are most central to our mission, etc. we want to make sure we're maximizing the impact we can have.

**What resources or programs would empower you to make the health-related changes that would make a meaningful difference in your life?**

Send us an email at [morrisonbrucecenter@jmu.edu](mailto:morrisonbrucecenter@jmu.edu) with something new you'd like to see us offer and you'll be entered for the chance to win an **MBC Travel Coffee Mug.**

*Hope to hear from you soon—Dr.E*

## FAST FOOD BY THE NUMBERS

It's hard to enough to eat healthy on the go, but road trips make it even more difficult. Take a look at these nutrition facts to learn what food and beverages you should try to avoid this summer. *Check out the Staying Healthy on Summer Vacation Article for healthier alternatives to fast food.*<sup>1,2,3</sup>

### Large Fast Food Burger

Calories: **1200**

Fat: **85g**

Sodium: **1,600mg**

### Large French Fries

Calories: **520**

Fat: **27g**

Sodium: **240 mg**

### Large Soda

Calories: **280**

Sugar: **76g**

### Medium Sweet Tea

Calories: **150**

Sugar: **37.5g**

### Small Vanilla Milkshake

Calories: **500**

Fat: **20g**

Sugar: **60g**

## SIMPLE & HEALTHY Summertime Treat:



### Oatmeal Chocolate Fudge Bars

Substitute baking ingredients with healthier alternatives like honey and oats

will make these delicious brownies a big hit at your next cookout.

**Total Time: 5 minute**

**Makes 20-25 bars**

#### INGREDIENTS:

- 2 ¾ cups quick oats
- ½ tsp salt
- ½ cup pure maple syrup, honey or agave
- ¼ cup peanut butter or allergy-friendly substitute
- 1 tbsp water
- 1 tsp pure vanilla extract
- 4-5 oz chocolate chips
- ½ cup peanut butter, or allergy-friendly substitute

#### DIRECTIONS:

1. Line an 8x8 pan with parchment or wax paper and set aside.
2. Stir together the maple syrup, ¼ cup peanut butter, water, and vanilla until smooth.
3. Stir in the oats and salt.
4. Transfer about 2/3 of the mixture to the pan, and press down very well, using a second sheet of parchment paper to press it evenly into the bottom of the pan.
5. In a separate bowl, carefully melt the chocolate and ½ cup of peanut butter.
6. Stir until smooth.
7. Pour this evenly on top of the crust in the pan.
8. Sprinkle remaining oats on top of the chocolate layer, then press down.
9. Refrigerate or freeze until firm<sup>4</sup> enough to cut into squares.

## Girls Have H.E.A.R.T.

Empowering women has been a driving force for the Morrison Bruce Center since well before its creation in 2004. The two notable women after whom the center was named, Dr. Lee Morrison and Dr. Pat Bruce, were pioneers in their field and fierce advocates for female participation in physical activity and in sports. They believed the Center is important because it helps provide a space for women and girls who are not elite athletes to be more involved in physical activity programs. One of those programs is Girls Have H.E.A.R.T.



This 10 week after-school program meets at Waterman Elementary School on Tuesday's during the spring semester. It aims to teach 3rd to 5th grade girls the importance of a healthy lifestyle through interactive running and wellness-focused activities. The name itself is a testament to this: H.E.A.R.T. stands for Healthy Eating And Running Today. Though improving the participants fitness is one of the main goals for the program, it also works to enhance the self-esteem and self-worth

of all participants. The girls get rewarded when they reach performance goals and show a deep understanding of the lessons. At the end of each session the committee decides on one girl that exemplifies the values of the program.

Empowering girls and giving them tools to improve various aspects of their health is what it is all about. Similar to the Center, it is always evolving, something that is made possible by new committee members each year. The MBC staff has the responsibility of planning and executing the lessons and games for each week. This allows them to express their personality and originality as they put their own spin on the program components.



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## Girls Have H.E.A.R.T. (continued)

This semester the program has worked on lessons that talk about inspiring confidence in others and positive self-talk. Committee members organize games that work on the girls running form, team building, and flexibility. Creativity is highly encouraged as it leads to more fulfilling lessons for the girls. For example, this spring's use of yoga to teach flexibility was a huge success. The MBC and its committee members are proud of its past and look excitedly toward the future of this program which is a continuation of the legacy Drs. Morrison and Bruce brought about.<sup>5,6</sup>



## Adding Sweetness to OUR SERVICE

Common advice has been to donate shelf-stable and unopened, packaged food that has not expired. While that is a good place to start, there are some things that aren't quite as well known.



Usually donated foods tend to be less tasty and unhealthy. Not affording food shouldn't mean risking health. This means avoiding high fat, sugar or sodium foods and instead choosing 100% fruit juice, no sugar added fruits, low sodium veggies & soups, and whole grains.

Think of what you eat or cook with. Things like spices, oils, coffee, tea, canned protein like tuna, chicken, or salmon. Candies and chocolate although not 'healthy', are sought after items. If you are struggling to pay for necessities, treats are probably not at the top of the list.

It's also not all about food, many places accept baby supplies, feminine hygiene products, toiletries, and household cleaning supplies. Your local food banks will know what they need the most, so donating time or money is a valuable option as well, as they are able to purchase more food per dollar than consumers. The Blue Ridge Area Food Bank is able to provide 4 meals per \$1. This leads to 100 meals per \$25 and 2,000 meals per \$500.<sup>7,8,9,10</sup>



## Staying Healthy on Your Summer Vacation

Between long road trips, summer barbecues, and balancing all of your family's summer activities, eating healthy on the go can be difficult. One trick for eating healthy during your busy schedule this summer is preparing food at home.

Homemade sandwiches can contain as little as ¼ of the calories when compared to a typical fast food burger, while homemade smoothies drastically cut back on calories and sugar found in store-bought smoothies. You



can even reduce your sodium intake by making meals in bulk and freezing them individually for grab-and-go servings instead of buying pre-packaged freezer meals. Swap out potato chips or candy for options like veggies and hummus, homemade fruit leather, pretzels, or your own twist on trail mix.

At the end of the day, we can never plan for what life throws at us. If you have to stop at a fast food restaurant, opt for one with healthier alternatives like a salad or wrap with dressing on the side, grilled instead of fried chicken, or water and unsweet tea for your beverage.<sup>11</sup>

# ALUMNI HIGHLIGHT: Sarah Sheppard



Many wonderful and dedicated students have spent their time at James Madison University working with the Morrison Bruce Center helping to promote physical activity and fitness in girls and women. One of those passionate former students is Sarah Sheppard.

Sarah first became involved with the MBC during the spring semester of her senior year at JMU to fulfill her practicum requirement. She was excited to be completing her practicum experience with the Center because after taking Dr. Edwards' class, she found that she had a passion for helping girls develop a healthy relationship with food and exercise. While working with the Center Sarah helped with Girls' Golf, Healthy Kids, Movin' and Groovin' Day, and the MBC Color Blast 5K. Sarah graduated from JMU in 2012 with her BS in Kinesiology concentrating in Exercise Science and then received her Masters in Kinesiology concentrating in Campus Recreation Leadership in 2015.

After receiving her Masters degree, Sarah became the Fitness Manager at the University of Richmond where she oversaw all of the group exercise, personal training and fitness programs at the university. After two years, she became the Manager of Health Education and Wellness. Within the department of Recreation and Wellness, she oversees all of the student wellness classes and alcohol education, as well as coordinates

various wellness outreach programs and events. Sarah has found many parallels between planning exercise routines for kids while working with the MBC and her current job. Her experiences with the Center have even helped her plan current wellness outreach events.

Sarah says one of the Center's best qualities is its culture of acceptance. She explains that it does not matter how much money you have, your level of experience, how you look or how fast you can run, everyone is able to participate in the programs offered by the MBC. It does not matter if this is your first or fifth program, you will always be welcomed in and treated the same as everyone else.

Sarah is now an alumni representative on the Center's Advisory Board. She says that she is excited to help the Center re-vamp their plans for the future. She is looking forward to working with the Center in her new role with many experienced professionals. We are very excited to have Sarah working with us again and we look forward to what ideas she brings to help make the MBC the best it can be!

## MBC SPRING 2018 STAFF

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