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

## *Spring/Summer 2021 Newsletter*



### ***Madison Madness: Becoming the Best YOU!***

The MBC encouraged college students to “embrace the new year, with a new you” by offering a new *Madison Madness* initiative! The primary aim of *Madison Madness* was to improve college students’ nutrition, wellness, and fitness through various health and fitness-related activities and challenges through a completely virtual program!

[Read more...](#)

### ***Latest Trends in Wearable Technology!***

Wearable health technologies, specifically watches, come in many shapes and forms, have lots of intriguing functions, and are fitness savvy. Just like anything else, they have their pros and cons, and deciding which one to purchase may not be as simple as it seems.



[Read more...](#)



## ***The Charcuterie Craze!***

Charcuterie boards have been around for many years, but have become a cultural craze more recently! Not only are they full of delicious snacks, but they are stunning creations. To join the trend, you can put together a food board full of tasty fruits, veggies, meats, cheeses, crackers, and nuts. You can also add some of your favorite crave-able snacks, too! Just make sure to balance those sweet and salty treats with fresh and nutrient-rich ingredients.

The following recipe provides a guide for creating your very own healthy charcuterie board - the fun is in customizing, so get creative!

### **Guide to the Perfect, Healthy Charcuterie Board!**

## ***Get Movin' & Groovin' with Group Exercise!***

Have you ever wanted to give group exercise a try? Now is the time! With so much time spent in quarantine, there has been an increase in virtual exercise class opportunities. Read more to learn about the physical, social, and mental wellness benefits to participating in group exercise!



[Read more...](#)

## ***Alumni Highlight***

The Morrison Bruce Center has been focused on promoting an active and healthy lifestyle to the members of the local community for the last 17 years. This mission has allowed the MBC to work with many remarkable individuals who have



carried the “spirit” of the MBC into their post-graduate lives. Hannah Frick is an example of a remarkable former MBC staff member whose story we are honored to share this semester!

[Read more...](#)

# ALL ABOUT INTERMITTENT FASTING

WHAT IS IT?

INTERMITTENT FASTING IS A DIET REGIMEN THAT CYCLES BETWEEN BRIEF PERIODS OF FASTING (EITHER NO FOOD OR SIGNIFICANT CALORIE REDUCTION) AND PERIODS OF UNRESTRICTED EATING.



According to Diligent Spoon, up to 50 million people have tried it, making it one of the most popular diets today

It's less about **WHAT** you eat, and more about **WHEN** you eat

## EXAMPLES

### 5:2 FAST

Involves reducing caloric intake to 500 kcals for 2 days and a normal diet is maintained for the other 5 days of the week.

### 16:8 FAST

Involves fasting for 16 hours of the day and limiting eating to within an 8-hour window.

### ALTERNATE DAY FAST

Involves reducing caloric intake to 500 kcals every other day. On non-fasting days, a normal diet is resumed.

## PROS



- CAN HELP REGULATE CIRCADIAN RHYTHM (SLEEP CYCLE)
- CAN REDUCE INFLAMMATION IN THE BODY
- MAY REDUCE CHOLESTEROL
- MAY REDUCE INSULIN RESISTANCE
- SIMPLE TO FOLLOW



## CONS

- DOES NOT ADDRESS ANY NUTRIENT IMBALANCES
- CONCERNS FOR THOSE ON MEDICATIONS
- MAY NOT BE ADVISABLE LONG-TERM
- POSSIBLE SIDE EFFECTS ON FASTING DAYS

## TIPS FOR SUCCESS

- EAT FIBER-RICH FRUITS & VEGETABLES
- LIMIT PROCESSED AND SUGARY FOODS
- TRY TO STICK TO LOW-GLYCEMIC FOODS
- LIMIT CAFFEINE DURING FASTING HOURS
- WORK OUT CLOSE TO WHEN EATING HOURS BEGIN
- KEEP SNACKS OUT OF SIGHT
- DRINK PLENTY OF WATER

*\*Remember to check with your physician before trying intermittent fasting if you have any underlying conditions or concerns!*



[View our infographic references here.](#)

## Tentative Programs for Fall 2021!

**Healthy Kids  
EmpowHER  
Families In Motion  
Women's Health & Wellness Program  
... and more!**

## **Spring 2021 MBC Staff**

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