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## Morrison Bruce Center Spring Newsletter

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## MORRISON BRUCE CENTER JAMES MADISON UNIVERSITY®

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### Spring/Summer 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 Spring 2023 staff, thank you for your participation in our programs and continued support of the Morrison Bruce Center!

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#### **Women's Unique Hearts and Health**

Heart disease is a major health concern among women worldwide, and it is crucial to prioritize women's heart health to reduce disease risks and improve overall fitness and wellness. This article will discuss the importance of heart health, how issues may present differently, and how exercise can improve heart health in women. [Read More...](#)

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## Paralympic School Day

While most communities around the United States have youth sport programs, few have programs adapted to parasport. Because of this lack of opportunity and exposure, children's attitudes toward and understanding of Parasports have been relatively unknown.

[Read More...](#)

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## First, They're Sweet; Then, They're Sour: The Cons of Artificial Sweeteners

Replacing natural sugars with artificial sweeteners can help with weight loss and weight management. However, routine consumption of artificial sweeteners may also negatively alter our eating habits and the way that our bodies respond to sugar. [Read More...](#)

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## Mmmm...Chocolate Cake!

Check out this recipe for a super yummy chocolate cake made with dates and unsweetened applesauce in place of refined sugars. It's also gluten- and dairy-free, making it a great option for many who have food allergies or intolerances!

[Link to Recipe](#)



## Spring 2023 MBC Staff

Back row (left to right): Olivia Beirne,  
Turner Manning, Josh Taylor, Brian Chin,  
Ariel Bowers

Middle row: Kirstyn Blais, Jordan Davis,  
Hannah Byrne, Lexi Ater, Dana Moss

Front row: Savanna Croom, Hannah  
Sanchez, Lila Abu-Saleh, Bronte Kutil  
*Not Pictured: Justin Garland, Mason  
Anderson, Erin Harrington*



# Health Tips for Summer



## 1. EXERCISE

Summer offers a whole new set of activity options. Try paddle boarding, running on the beach, or kayaking. All offer great a great whole body workout.

## 2. PROTECT YOURSELF

The sunshine is great, but be sure to protect your eyes and skin with protective eyewear and lotions/sunscreen with an SPF of 30+.

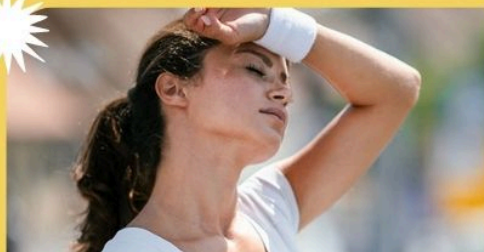


## 3. EAT RIGHT

Outdoor meals are always fun but keep food safety in mind. Always wash fresh fruits and veggies. And have coolers or ice available to keep perishable food from spoiling and increasing risk of food poisoning.

## 4. FEND OFF SUMMER ILLNESS

Ready for warmer temps? Prepare to keep yourself cool! Avoid going outside



...and you're going outside  
in the hottest hours of the  
day. This is the prime time  
for sunburn and heat  
stroke to occur.



**Have fun,  
Be safe!**



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Click [HERE](#) for the Infographic Transcript

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