



January 2019 Newsletter

Please enjoy these stories written by our undergraduate staff on the Marketing & 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 2018 staff, thank you for your participation in our programs and continued support of the Morrison Bruce Center. We wish you and your families a happy and healthy New Year!

Family Fit Night

This semester, the MBC held its first two Family Fit Night events! Family Fit Night was developed to provide an opportunity to be active as a family, while learning about different components of health and wellness. This semester's theme was "Family Fit Night at the Zoo", and we had a WILD time!

Family Fit Night



Training Your Brain



We all know that exercise is good for our physical health and well-being. But have you ever considered what effect it has on your mental health? ^{1,2}

Training Your Brain

Family Meal Time

Finding time to cook dinner on top of hectic schedules is hard enough. For most families, sitting down to eat together is almost impossible. Whether it's for breakfast, lunch, or dinner, families who eat together on a regular basis experience far more benefits than families who do not.^{3,4}



Better Together



Smart Snacking

Between each meal we all experience a time where we want to reach for a snack. Are you going to grab a bag of potato chips or carrots and hummus?^{5,6}

Smart Snacking

Is Frozen the New Fresh?

We all know fruits and vegetables are good for overall health, but when deciding between fresh and frozen produce, is there a difference?⁷⁻⁹



Is Frozen the New Fresh?



Alumni Highlight

The Morrison Bruce Center serves as a specialized and creative outlet for students completing a fieldwork or volunteer experience. Courtney Connors is an MBC alumna who made a memorable impact on the Center and continues to do impressive work as a young professional.

Alumni Highlight

BY THE NUMBERS

Beating the Winter Blues

31% 

65% 

The CDC reports that only 31% of men and 65% of women wash their hands after using the restroom



The typical sneeze emits **40,000**

droplets into the air at **200 mph**

Hand washing can prevent **1 in 5** infections in children, including the flu

<https://nationaltoday.com/national-handwashing-awareness-week/>



Healthy Slow Cooker Chicken Chili

In these cold winter months surrounding the holidays, cooking and eating healthy can be the last thing we want to worry about. This chicken chili recipe can be made ahead of time and saved to spice up your midweek meals, or would be a great meal for a Sunday football party! It is a very simple and hands-off recipe that you can easily personalize to your family's preferences and dietary needs.

[Healthy Chicken Chili](#)

Spring 2019 Programs

Healthy Kids: Wednesdays 6:15pm - 7:30pm (1/30 - 4/10)

Girls Have H.E.A.R.T.: Mondays 3:45pm - 5:15pm (2/4 - 4/22)

Movin' and Grovin' Day: Saturday, March 16th, Time TBA

Alumni Health and Wellness Program: Friday, April 5th - Sunday, April 7th

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1. <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>
2. https://www.jedfoundation.org/exercise/?gclid=CjoKCQjwrZLdBRCmARIsAFBZllFytJz1PFlo3LPtXPOeAfo7gnzel5jTO4GhtX6hrJowTKqb1IY63N4aArqqEALw_wcB#card=2
3. <https://articles.mercola.com/sites/articles/archive/2017/05/25/family-mealtime-benefits.aspx>
4. <https://www.fcconline.org/the-importance-of-family-mealtime/>
5. <https://kidshealth.org/en/teens/healthy-snacks.html>
6. <https://www.mindbodygreen.com/0-14689/9-rules-of-smart-snacking.html>
7. <https://www.healthline.com/nutrition/fresh-vs-frozen-fruit-and-vegetables#section1>
8. <http://www.harrisonburgfarmersmarket.com>
9. <https://shenandoahmarket.net>
10. <https://nationaltoday.com/national-handwashing-awareness-week/>



Morrison Bruce Center

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