

JAMES MADISON UNIVERSITY.

Department of Kinesiology

Morrison Bruce Center

Dedicated to Enhancing the Lives of Girls and Women



Spring/Summer 2019 Newsletter

Please enjoy the following Morrison Bruce Center updates and resources. On behalf of our entire Spring 2019 staff, thank you for your participation in our programs and continued support of the MBC. We wish you and your families a happy and healthy summer!

Older Women's Wellness for Life

Older Women's Wellness for Life (OWWL; formerly Alumni Health and Wellness) is a weekend-long program that includes health and fitness assessments, seminars on nutrition, the impact of physical activity on women's health, and a variety of other wellness domains, as well as exercise workshops.



[Read more...](#)



Jumping for Bone Health

Let's make workouts fun by jumping like a kid again! Learn how trampoline parks and other activities like playing hopscotch and skipping can increase your bone health.

[Read more...](#)

The Heart-Healthy Influence of Activity

Trackers

Activity trackers can be found on the wrists of individuals almost everywhere you go. Find out how technology can boost your heart health and encourage you to stay more active throughout the day.



[Read more...](#)



Alumni Highlight

Since our start in 2004, the Morrison Bruce Center has proudly developed numerous programs focused on health and wellness in the community. Just as important as our achievements at the Center are those of our incredible staff members, both current and former. Andrew Sprague is a stellar example of a previous MBC staff member who has attained incredible success since his time with us.

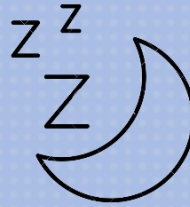
[Read more...](#)

by the numbers

the stats on sleep

7 - 9

number of hours of sleep
adults aged 18-65 should get
per night



67

percent of Americans
who report their sleep
as "less than good"
also report "poor" or
"fair" overall health

Drowsy driving is responsible for

1550

deaths per year in the US



30

participating in at least
minutes of moderate
aerobic exercise every
day can improve sleep
quality

www.sleepfoundation.org

www.sleepassociation.org



Healthy Ginger Chicken Stir Fry

Need a quick and easy dinner idea? This ginger chicken stir fry can be an amazing addition to your go-to recipes. It is also the perfect dish to feature the delicious spring veggies that we all love! The recipe includes a homemade sauce and is recommended to be served over brown rice to add whole grains. It'll take just 30 minutes of preparation to create your new favorite meal!

[Healthy Ginger Chicken Stir Fry](#)

Coming Fall 2019

**Healthy Kids
Family Fit Nights
Barbells & Brunch**

Spring 2019 MBC Staff

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