



MORRISON BRUCE CENTER JAMES MADISON UNIVERSITY

Winter 2022 Newsletter



Don't Worry, This Won't Put You to Sleep!

Sleep is an important aspect of health and well-being, yet many people aren't getting enough of it. Let's learn about sleep, how important it is for maintaining a good quality of life, what happens when sleep is not occurring, and a few ways to work on getting better sleep!

[Read more...](#)

Want to go Vegetarian, With Less Restriction?

Most Americans do not eat the recommended amounts of dairy, fruits, legumes, vegetables, or whole grains. The Flexitarian Diet attempts to make it easier to shift dietary choices in a more healthful direction by emphasizing what should be added to your diet rather than what should be taken away. It also allows people to experience the benefits of eating vegetarian while still enjoying animal products in moderation.

[Read more...](#)



Bored of Plain Ol' Bread?

Want to try baking something new? Use



this healthy zucchini bread recipe to spice things up in the bread cabinet. This bread recipe allows you to incorporate veggies, natural sweeteners, and whole wheat into your diet in a nontraditional way. The zucchini in the bread also allows you to enhance this snack with additional vitamins!

[Healthy Zucchini Bread Recipe](#)

A New Phase in Promoting Healthy Lifestyles in Kids!

During the Fall 2021 semester, the Morrison Bruce Center Healthy Kids program partnered with the Young Children's Program (YCP), a preschool located on JMU's campus. The Healthy Kids committee worked with the YCP's four-year old classrooms to deliver weekly nutrition and physical activity lessons.



[Read more...](#)



Alumni Highlight

For the past 17 years, the Morrison Bruce Center has featured incredibly talented and driven student staff members. It is no surprise that when these individuals leave the MBC to pursue careers, they bring experiences, skills, and lessons from the MBC with them. Today, we are shining our spotlight on alumna, Macey Augst, to recognize her accomplishments since graduating this past spring.

[Read more...](#)

Is Moderation Key to a Healthy Life?

You may have heard the phrase *everything in moderation*, but how can we use moderation in our active leisurely pursuits? Learn about the benefits of moderation and how to



apply moderation in activity through intentional periods of rest.

[Read more...](#)

It's all about... **Bread**

Are you overwhelmed by the "loafs" of options available to you on the bread shelves? You're not alone! It can be overwhelming to know what bread labels mean and what health benefits and drawbacks come with each.

White Bread

White bread is made from refined flour that has undergone a process of removing the germ. This means white bread is lacking in fiber, protein, antioxidants, phytonutrients, and a range of minerals and vitamins. White bread has a high glycemic index, which causes blood glucose to experience a rapid increase.



Whole Wheat Bread

Whole wheat bread consists of the whole wheat kernel. The bran, germ, and endosperm of the wheat grain have been left intact.



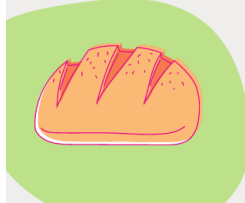
Whole Grain Bread

Whole grain bread is comprised of grains that are intact. This bread had multiple grains including wheat, barley, brown rice, oats, and others. It is very rich in fiber, vitamins, and minerals. Some benefits include: lowering risk of heart disease and stroke, healthier digestion and reducing inflammation.



Gluten-Free Bread

Gluten-free bread lacks the group of proteins called gluten that are responsible for giving wheat bread the chewy, spongy texture. Making bread without these can lead to being dense and hard. But there are some lighter, less dense options. Gluten-free bread also tends to be low in fiber along with containing many artificial additives.



Is any one bread better than other breads?

Nope! Each bread comes with pros and cons and it's up to personal choice and individual health needs! Next time you head to the store, try something new!



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Tentative Programs for Spring 2022!

Healthy Kids
EmpowHER
Girls Have H.E.A.R.T.
Older Women's Wellness for Life (O.W.W.L.)
Movin' & Groovin' Day
... and more!

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