

The Morrison-Bruce Center for

The Promotion of

Physical Activity for Girls & Women

JAMES MADISON UNIVERSITY



MBC 10th **ANNIVERSARY ISSUE**

It is hard to believe that ten years have passed since the Morrison-Bruce Center was founded! On Saturday, November 15th, the Center hosted a reception to celebrate this monument and highlight accomplishments and achievements from the past decade. Many alumni and friends of the Center came back to speak and visit with the Dr.'s themselves.

The celebration was also about recognizing those who have dedicated countless hours to enhancing the mission of promoting active and healthy lifestyles in women and girls. Beth Meyers, an Alumnus of the Morrison-Bruce Center, said it best that night: "I really haven't left the center. I've gone away and I was really proud to be a part of it but I think standing here tonight, I'm more proud that it's a part of me."

It was wonderful that so many people who have been impacted by The Morrison Bruce Center had an opportunity to get together. The night served as a fantastic reminder of previous accomplishments and the growth of the center as well as a preview of great things yet to come.



Our Mission

To honor the legacies of Drs. Morrison and Bruce, we are dedicated to enhancing the well-being of girls and women through the promotion of an active and healthy lifestyle.

This endeavor is achieved by engaging students and faculty in impact-driven scholarly pursuits and outreach programming.

Staying Away From Screens

As technology has evolved, screens have become a bigger part of our lifestyles. Society has become more dependent on computers, tablets, and smartphones for both work and relaxation, which has resulted in an increase in sedentary behavior. So how do you get away from the screens? Try a standing desk at work or take hourly walking breaks. Walking meetings are a great alternative to sitting at a co-worker's desk. After work, try taking a walk or visiting a local park instead of sitting down in front of the TV.

If you have children that are sucked into screens, talk about setting a daily time allowance about what you think is reasonable and allow them to give you feedback. If you create the screen rules together, you increase the chances of your kid buying-in to the idea. For more tips on reducing your children's screen time, visit:

<http://fit.webmd.com/jr/parents/article/parents-reduce-teen-screen-time?page=2>

How to Stay Active..

It's hard to stay active and there are many barriers to maintaining good physical activity. Here are some helpful tips to beating these common barriers to staying active!

When you're busy:

Although staying active is yet another thing to add to our schedules, the benefits are well worth the added efforts! Schedule exercise into your weekly my penciling it into a planner, calendar, or agenda. This way, it becomes a programmed event instead of an after-thought.

When you get bored of your routine:

If staying active seems to be more of a burden than an exciting part of your day, then it might be time to explore the wonderful variety physical activity has to offer! If you like dancing try a Zumba class or a hip hop group fitness class. You can also grab a friend to exercise with or go hiking as a family activity.

When it's cold:

When it's cold outside, sometimes there's nothing better than to curl up on the couch. If you don't want to trudge through the snow to get to the gym, try an in-home workout! Many workout videos are available online, or you can do body-weight exercises such as pushups, lunges, squats, and sit ups. For more winter work-out tips, visit:

http://www.sparkpeople.com/resource/fitness_articles.asp?id=1594



Quick Sweet Potato Hash

Ingredients

- 1 small sweet potato - cubed
- ½ small yellow onion chopped
- 1 Tbsp. extra virgin olive oil
- ¼ cayenne pepper
- Salt & pepper, to taste
- ½ bell pepper – chopped
- ¼ cup grape tomatoes – halved
- 1 Tbsp. cilantro – chopped
- 1 egg

Directions

1. In a small pan over medium heat, cook the potatoes & onions with the olive oil, cayenne pepper and salt & pepper, covered for about 5 minutes, until softened.
2. Remove lid & cook for another 2-3 minutes until browned.
3. Add remaining ingredients except egg & cook for another 2-3 minutes, tossing everything together.
4. Make an impression with a spoon in the middle of the hash mixture and crack the egg into the hole. Cover and cook for 3 more minutes until whites are set.
5. Remove lid, garnish with extra cilantro or scallion and serve immediately.



Girls Golf, Fall 2014

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We'd love to hear from you!
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MBC By-The-Numbers

- 26- The number of Fall 2014 events
- 40- The number of student leaders who volunteered in the MBC in 2014
- 81- The oldest participant in MBC programs
- 750- Approx. number of ColorBlast runners in 2014
- 5000+- The number of hours contributed by MBC student leadership in 2014