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Fall/Winter Newsletter 2022

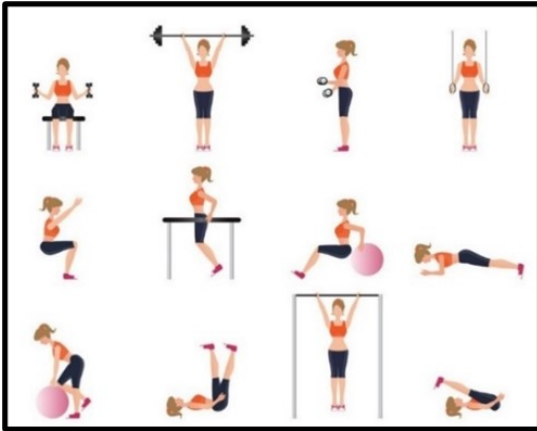
Please enjoy these stories written by our undergraduate staff on the Marketing and Development Committee. Our outreach has continued to grow this semester, and we have been so fortunate to have the opportunity to serve those in the surrounding communities. On behalf of our Fall 2022 staff, thank you 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!



Building a Mental Wellness Toolbox...

It is easy to get caught up in life and forget to take care of your mental wellbeing. Mental wellness is just as important to our overall health as physical wellness. Taking care of your mental wellness can help you thrive in all areas of life. Therefore, it is important that we build a mental wellness toolbox as a resource to help support our resilience and flourish in life. [Read more...](#)



What training style is right for you?

When going to the gym, it is important to incorporate a training regime that is geared toward your individual goals. There are many ways to train in the gym. Two of the main ways that result in different training effects are to train by building strength through resistance training and to train by building muscle mass and size through hypertrophy training.

[Read more...](#)



EmpowHER...

EmpowHER is a semester-long event series that offers a range of resistance training programs designed for women in and around the JMU community. Our goal is to provide a safe and comfortable setting for individuals of all ages to learn new ways to incorporate resistance training into their lives!

[Read more...](#)



Alumni Spotlight...

Over the past 18 years, the Morrison Bruce Center has been committed to honoring the legacies of Drs. Morrison and Bruce through the promotion of an active and healthy lifestyle as well as holistic well-being in girls and women. The Morrison Bruce Center is extremely honored and proud of each student who has worked and continues to work with us, and today we would like to shine our spotlight on our wonderful alumna, Dr. Brenna Cosgrove!

[Read more...](#)



Craving Something Savory?

This hot and spicy treat will leave you wanting more! With just a few simple ingredients you can make buffalo cauliflower bites - a snack the whole family will love! Too spicy for the little ones? Use a milder hot sauce or pair the bites with dressing, celery, and/or carrots. Find out more from the recipe below! [Recipe!](#)

Fueling Your Workouts

Pre-Workout

1-4 hours before you exercise

Every body is different so experiment with timing to find what feels best for you

Drink plenty of water before exercise to stay hydrated

Emphasize carbohydrates

Eating complex carbs will provide you with energy for your workout

Eat for energy

- peanut butter with a banana
- trail mix
- oatmeal
- greek yogurt with berries



Post-Workout

Timing

Eat within 60 minutes of finishing exercise
Need to replenish nutrients lost so focus on drinking water and getting in minerals

Protein and carbs

Consume protein after exercise to help with building muscle

Carbs are also needed to replenish energy stores

Eat to recover

- protein shake
- salmon and sweet potato
- stir fry with a protein, veggies, and rice
- chocolate milk
- avocado toast



MORRISON BRUCE CENTER
JAMES MADISON UNIVERSITY

Info adapted from
eatright.org and webmd.com

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