



**ColorBlast Spotlight:**

**Dr. Christopher Womack**  
*Kinesiology Department Head*



**How many times have you run in the ColorBlast 5k?**

Once.

**What was your favorite thing about the ColorBlast?**

I've never seen participants and volunteers having more fun during and after a race.

**What do you like about the Morrison Bruce Center?**

I like how they serve a variety of age ranges with so many programs.

**DYE HARD: WITH A VENGEANCE...and a raffle ticket**

On April 6th, 2013, the Morrison Bruce Center hosted its second ever ColorBlast run. By the end of the race, participants, pups, and volunteers alike were covered in a coat of red, blue, green, and yellow powder. Last year's event was also the first time the MBC hosted a half-mile "Daisy Dash" for younger runners, which included a fun and interactive cool down of stretching, duck-duck goose, and parachute ball. Hundreds left the run with messy t-shirts and wide smiles.



A high bar was set in 2013, but the sky is the limit. This year's ColorBlast 5k run is jam-packed with new additions to leave all past runs behind in a trail of colored dust. New to the third MBC ColorBlast will be face painting, tailgating games, and an awesome assortment of raffle prizes. Get ready for that last BLAST of color during our fierce color war after the race has finished. Come one, come all - do not miss out on our last ever color run!

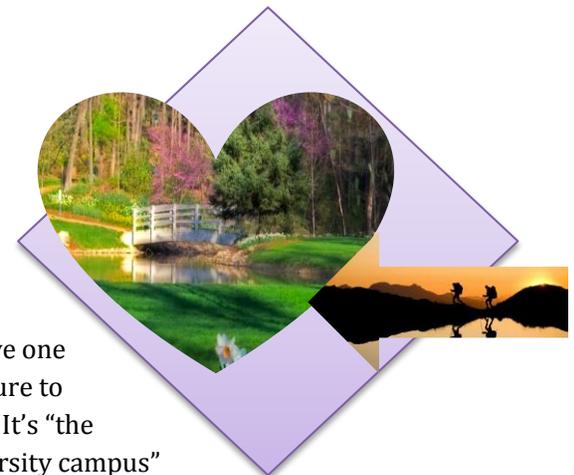


**Register for the 2014 ColorBlast now:**  
<http://www.jmu.edu/mbc/colorblast.html>

**Harrisonburg's Hottest Hikes**

Do you like staying active and healthy? How about exploring nature? Well, if you answered yes to either of these questions, then we have something you'll want to read! Whether you're looking to relieve some stress, get in a fun workout, or just take in some incredible panoramic views—hiking is a great way to spend the day. Everyone who goes to JMU can agree that we have one of the most beautiful campuses around. Once the weather warms up, make sure to step into the "world of natural beauty" that is the Edith J. Carrier Arboretum. It's "the only active, publicly-oriented arboretum on a Virginia state-supported university campus" and its grounds are open free to the public, dawn to dusk, 365 days a year.

Have you ever ventured out further to see what Harrisonburg and surrounding areas have to offer? Just five minutes from campus, Rocktown Trails at Hillendale Park has a system of trails for runners, walkers, and cyclists ranging from the level of beginner to expert. There are also some great hikes located just outside of Bridgewater and a few miles west of Staunton. Venture out to places like Hidden Rocks near Hone Quarry Recreation Area, High Knob out on Route 33 (west of Harrisonburg), North River Gorge, and Hardscrabble Knob, just to name a few. If you'd like more details on where to find these spots or need locations for more adventurous hikes, check out the Virginia Wilderness Committee page at <http://www.vawilderness.org/hikes.html>.



## Chicken Soup for the Picky Soul

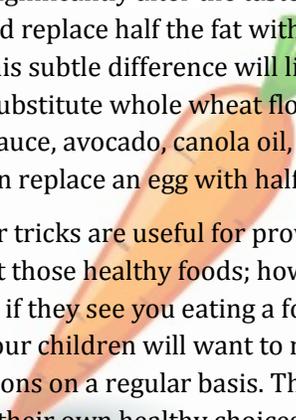
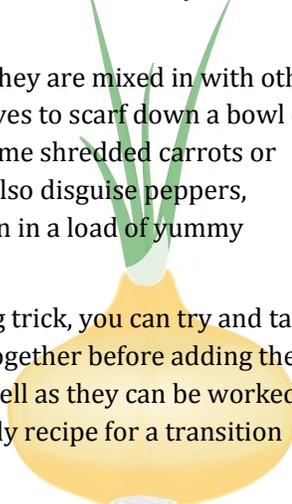
Many kids are picky eaters, which can mean getting those kids to eat nutritious foods with vitamins and minerals can be a challenge. Developing healthy eating habits early on not only provides your kids with proper nutrition for growth and development, but also forms good habits that are likely to continue throughout life. Sometimes you may have to put up with a fight to make sure those healthy foods are eaten, but what if you could avoid a fight and get your kids to eat healthy foods at the same time?

**Mask it** Kids may be more likely to eat healthy foods if they are mixed in with other familiar or enjoyable foods. For example, a child who loves to scarf down a bowl of delicious macaroni and cheese might not even notice some shredded carrots or sweet potatoes disguised in the sauce. This trick could also disguise peppers, eggplant, or another vegetable in a pizza sauce or hidden in a load of yummy toppings.

**Blend it** If your child is too clever to fall for the masking trick, you can try and take the masking a step further and blend the healthy food together before adding them to the meal. Creating healthy veggie purées also work well as they can be worked into many recipes fairly easily. Check out our kid-friendly recipe for a transition smoothie!

**Bake it** Dessert might be something your child would never refuse – even if you have stuffed it with healthy ingredients. The key to stealthy desserts is to substitute healthy alternatives for the ingredients kids will not see during preparation and would not significantly alter the taste. Take your favorite brownie recipe, for example, and replace half the fat with puréed silken tofu - replace in a one-to-one ratio, and this subtle difference will likely go unnoticed by your picky eater. You could also substitute whole wheat flour for bleached baking flour, replace butter with applesauce, avocado, canola oil, or Greek yogurt, try soymilk instead of cow milk, or even replace an egg with half a ripe mashed banana.

These clever tricks are useful for providing your children with nutrients when they refuse to eat those healthy foods; however, your child might change their food preferences if they see you eating a food on their “no” list. By modeling healthy behavior, your children will want to mimic your food choices if they see you enjoying healthy options on a regular basis. These subtle changes could even help your picky eater make their own healthy choices at an earlier age. For more tips on sneaky healthy eating for your children: visit [www.thesneakychef.com](http://www.thesneakychef.com)



## Kid Friendly Green Smoothie

Need some help disguising food? Make a transition smoothie! Being boldly green on your first stealthy attempt may not transform your picky eaters into smoothie lovers. For those first few smoothies, use more friendly fruits and less of the typically-avoided leafy greens. Each time you make a smoothie, use a little less fruit and a bit more green. Also work toward using less of that sugary juice and cut back on milk. Your smoothie goal is to pack in your child's daily needs for green vegetables in an appealing treat. You could even make one for yourself to show them how yummy it is!



## Strawberries & Cream Starter Smoothie

1 cup frozen strawberries  
1 cup frozen mixed berries (the more berries you add, the more purple it looks)  
1 banana  
1 cup low-fat milk  
1 cup V8 fusion fruit juice  
1/4 cup fresh baby spinach

<http://familysponge.com/simple-green-smoothies/10-kid-friendly-green-smoothie-tips/>

**As we approach our 10 year anniversary, the Morrison Bruce Center's Mission, Vision, and Values statements have undergone revisions to more accurately reflect our current programs and initiatives and to better reach our goals for the future.**

### 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.

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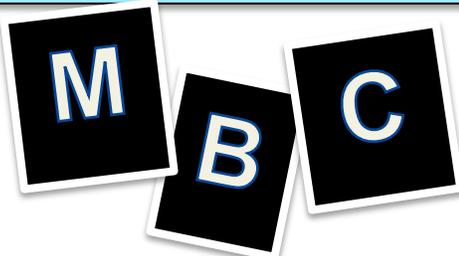
@JMU\_MBC

### Visit our website

<http://www.jmu.edu/mbc>

### We'd Love to hear from you!

[morrisonbrucecenter@jmu.edu](mailto:morrisonbrucecenter@jmu.edu)



## Upcoming Events

ColorBlast 5k and Daisy Dash - April 26<sup>th</sup>

Girls' Golf - May 24<sup>th</sup>, June 7<sup>th</sup>, June 28<sup>th</sup>, July 12<sup>th</sup>, August 9<sup>th</sup>

Visit <http://www.jmu.edu/mbc/girlsgolf.html> for more Girls' Golf Info