



MORRISON BRUCE CENTER JAMES MADISON UNIVERSITY

Spring/Summer 2020 Newsletter

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

Empowering JMU with EmpowHER!

The Morrison Bruce Center's mission is to enhance the well-being of women through the promotion of an active and healthy lifestyle. With this goal in mind, we have created a new program series, EmpowHER! Through EmpowHER, the MBC provides a welcoming and educational environment for women to succeed and excel in the weight room.



[Read more...](#)



Benefits of Bikes and All Their Types

On the roads, in the mountains, or at the gym, you can bike anywhere! Providing low-impact activity, cycling allows individuals of all ages and skill levels to improve their health and fitness.

[Read more...](#)

Cultivate Your Green

Thumb!

Curious about what it would be like to start your own garden? Wanting to learn more about gardening before taking the plunge? Then check out these tips and fun facts about breaking out your green thumb!



[Read more...](#)



Alumni Highlight

The Morrison Bruce Center love to keep track of previous staff members that had a positive impact on our programs, and we are excited to share the accomplishments they have made since their time with us. This semester, we are honored to recognize Ally Keene, one of our graduates from the class of 2012.

[Read more...](#)

5 Tips to Save Your Feet!

Running Shoe Basics for Comfort and Safety

Ankle Support can maintain your balance and prevent unnecessary stress on the joints



Treads will help prevent slips and falls. Choose a rough tread for a more stable running experience



Flexibility is the bend in your shoe. This helps you maneuver quickly and adjust to your running surfaces



Padding is great for reducing forces that can cause injury. Select shoes with plenty of support and cushion all around



Comfort is key! Make sure the shoes aren't too tight or loose to cause blisters and pain.

Compiled by the Morrison Bruce Center, JMU



Style Up Your Summer Salad!

As we begin to think about the warmer months ahead, it's a great time to start considering unique



and fresh tastes when it comes to salads. Check out this recipe for a quinoa pomegranate salad. This delish side dish is both vegan and gluten free and is a popular and simple summer recipe that only involves nine ingredients! Not only is this salad aesthetically pleasing, but it is also packed with flavor and nutrients and easy to prepare.

[Quinoa Pomegranate Salad Recipe](#)

Coming Fall 2020 - Virtually!

**Healthy Kids
Families in Motion
EmpowHER
Women's Health & Wellness Program**

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