

Freed-Hardeman University
Teaching how to live and how to make a living.

Freed-Hardeman
University
Wellness Program

FHitness for U Newsletter

Volume 3, Issue 1, Spring 2008

The FHitness for U Program

The Spring 2008 FHitness for U Wellness Program is off to a great start! We are excited about all of the things that are going on this year. We have some great things planned, and we hope you will continue strong in your fitness program as we swing into spring!

Wellness Seminars: 3/20— Financial Wellness
3/27—Heart Attack Prevention /4pm, Ayers

The Secret Super Food—Page 2



FHitness News: A free group fitness program is now being offered on Tuesdays and Thursdays at 6:00am in the Auxiliary Gym. For more details, you can contact cerickson@fhu.edu.

The School of Education will be fundraising with a 5K Run/Walk. Saturday, April 26, at 9:00am, come support the Education Department. Registration is \$10 before the race. Meet behind Henderson Church. More details available soon.

Had your cholesterol checked lately? Wondering what those numbers mean? You can find information in the American Heart Association's [article](#) on reading your cholesterol levels.

High cholesterol is a key contributor to increased risk of heart attack, as well as increased likelihood of contracting heart disease. Certain foods, including oatmeal, walnuts and fish, can significantly lower cholesterol, and give you a healthier heart. The Mayo Clinic's [article](#) on cholesterol can provide you with more detailed information.

“Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again.”

- Sarah Ban Breathnach

Quotable Quotes

If you have questions or comments, feel free to email me. [Email Russell.](#)

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Russell Epperson, HR Director

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17 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 18 Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation,

2 Corinthians 5:17-18

1. Preheat the oven to 400°F.
2. Boil the quinoa according to the instructions on the previous page.
3. While the quinoa cooks, prep the asparagus. Remove the woody ends by gently bending each spear until it breaks—it'll naturally snap off at the right place. Lay the spears on a cookie sheet or baking pan and drizzle with the olive oil and a pinch of salt. Place in the oven and roast for 10 minutes.
4. Chop the asparagus into bite-size pieces and add to the quinoa, along with the cheese, olives, sun-dried tomatoes, oil, and vinegar. Season with salt and pepper to taste.

Makes 4 servings; great with grilled pork tenderloin or roast chicken. Per serving: 238 calories, 9 grams (g) protein, 34 g carbohydrates, 7 g fat (2 g saturated), 4.5 g fiber, 290 mg sodium

Wellness Seminar Preview

We will kick off our Wellness Seminars on **March 20**. Burton Williams will speak on financial wellness. The following week there will be a seminar on Heart Attack and Stroke Prevention on **March 27**. The speaker will be Alex Walker, NP. The seminars will both be in Ayers Auditorium at 4pm.

Quinoa, The Secret Super Food

Quinoa [pronounced "KEEN-wah"] is a protein packed super food that can be found in your local health food store. Quinoa is akin to rice with a nuttier flavor. Try this recipe to integrate the world's healthiest grain into your diet. Go to [MSN](#) to learn more about Quinoa.

Quinoa as a Salad

- 1 cup uncooked quinoa
- 8 asparagus spears
- 2 oz crumbled goat cheese or feta
- ¼ cup green olives, pitted and coarsely chopped
- 4 Tbsp chopped sun-dried tomatoes
- ½ Tbsp olive oil + a drizzle for the asparagus
- 1 Tbsp balsamic or red-wine vinegar
- Salt and pepper to taste

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