

MINDFUL
MEDITATION
DURING A
STRESSFUL
TIME OF THE
YEAR.

RENTALS AND
ACTIVITIES TO
PARTICIPATE
IN DURING
THE COLD
SEASON.

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Message from the Wellness Committee

Happy Holidays!

With Christmas right around the corner it's important to remember that this is a time of love, joy, and happiness. It's a time to be thankful and help those in need. Here are some fun Christmas quotes from our movie friends.



“The best way to spread Christmas cheer is singing loud of all to here.”
-Buddy the Elf

“Seeing is believing, but sometimes the most real things in the world are the things we can't see.”
-The Polar Express

“Every time you hear a bell ring, it means an angel just got his wings.”
-It's a Wonderful Life

“Maybe Christmas doesn't come from a store. Maybe Christmas, perhaps, means a little bit more.”
-The Grinch

“Some people are worth melting for.”
-Olaf

Letter from the Editors



Hello, my name is Connie Ballestero and I am on the left side in the picture. I major in Elementary Education with an endorsement in math at the University of Idaho. I am on the women's basketball team and this is my fourth year playing for the Vandals. I enjoy hiking, biking, and swimming in my free time. I also am excited to be a teacher one day!

Hello, my name is Sarah Hodge (right). I major in Elementary Education with an endorsement in literacy. I am a member of the Greek organization Pi Beta Phi. I enjoy running, hiking, and playing with my dogs. Happy Holidays!

Sponsored through the support of Dr. Cathy Berei and Dr. Grace Goc Karp in the Dept. of Movement Sciences

HOLIDAY RECIPES

NO BAKE OATMEAL COOKIES



No Bake Oatmeal Cookies

INGREDIENTS:

- ◇ 1/3 cup sugar
- ◇ 2 tsp. unsweetened cocoa
- ◇ 2 tbsp. fat free milk
- ◇ 2 tbsp. crunchy peanut butter
- ◇ 1/4 tsp. vanilla
- ◇ 1/2 cup quick-cooking rolled oats

DIRECTIONS:

1. Stir together sugar, cocoa and milk. Microwave on HIGH 1 to 1-1/4 minutes or until boiling,
2. Stir in peanut butter and vanilla until blended. Stir in oats until combined. Drop by spoonfuls onto a waxed paper-lined plate to make 6 cookies. Cool in freezer 10

<http://www.readyseteat.com/recipes-No-Bake-Oatmeal-Cookies-6030.html?>



GRINCH FRUIT KABOBS

INGREDIENTS:

- ◇ Mini marshmallows
- ◇ Strawberries, tops sliced off
- ◇ Banana, peeled and sliced
- ◇ Green grapes
- ◇ Toothpicks

DIRECTIONS:

- ◇ Wash and cut fruit
- ◇ On each toothpick, assemble your kabob as follows: 1 mini marshmallow, 1 strawberry, 1 banana slice, 1 green grape
- ◇ ENJOY!

<http://www.momables.com/grinch-fruit-kabobs/>

Meditation for Beginners

“Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change.” ~ Unknown

- ◇ You learn to mediate by meditating.
- ◇ Sit comfortably and quietly with your eyes closed.
- ◇ Effortlessly repeat a word or short phrase. This is called a mantra. Some examples of words or phrases are: peace, love, one, calm, or gentle. A mantra could also be anything religious.
- ◇ Relax your muscles. Start with your feet, calves, and thighs. Move to your shoulders, shrugged them around then being to roll you head and neck.
- ◇ Sit with your eyes closed for about a minute.
- ◇ During this time thoughts will arise, notice them come into your mind without any effort.
- ◇ After a minute or so start to silently say your mantra just as effortlessly as your thoughts.
- ◇ Start with 10 minutes of meditation. Set a timer so you do not guess or anticipate when your 10 minutes has ended.
- ◇ At the end of meditation lay down and rest for a few minutes, this is called savasana or the relaxation pose.

A few things that can help make mediation easier:

- ◇ Your thoughts won't cease when you meditate. This is not the goal of mediation.
- ◇ Start to bring awareness to your thoughts and watch them, as if you were watching a movie.
- ◇ Once you notice you've become distracted by your thoughts, fixate on one. This is awareness and being mindful and present in the moment.
- ◇ Mediation is about finding the calm within the storm of our minds. Once you find them calm it will cause ripple effects throughout your mind.



Winter Sports Equipment Rentals

Rental Center

Located in the University of Idaho Student Recreation Center (SRC).

To check equipment availability, call (208) 885-6170.

Open 10AM - 4:30PM

For more information about prices and rentals please visit:

<https://www.uidaho.edu/current-students/campus-recreation/outdoor-program/rental-center/skis-snowboards-snowshoes>

It is important to get outside during the winter. Winter activities can help your body produce vitamin D. Even 15 minutes of sunlight a day, will help you get enough vitamin D.

Winter sports equipment can be rented from the University of Idaho Recreation Center. They have different packages and we listed some below for you!

Alpine Ski Package- \$32

Includes: Salomon Enduro skis, binding, boots, and poles

Cross Country Ski Package- \$24

Includes: Alpina NNN-BC waxless package or Rossi waxable package.

Skis or boots only- \$16

Snowboard Packages

Atomic board, boots, and bindings- \$30

Atomic snowboard or boots only- \$20

Splitboard Package- \$32

Includes: Voile Artisian board, Light Rail bindings, boots, and skins

Snowshoe Package- \$18

Crescent Moon or Sherpa snowshoes with poles



Local Teachers' Outlook on Fitness

Peggy Quesnell

St. Mary's Elementary

2nd Grade

The Interview

1. What is your favorite form of exercise?

I love walking, and I recently started biking too which is a lot of fun.

2. How do you stay physically active in the winter since it is so cold outside?

I will still walk even though it is getting chilly outside. I will just wear a bigger jacket! I walk every morning before school from 5 to 6am. I have an app on my phone that counts my steps I take everyday and I usually get anywhere from 10,000 to 12,000 steps a day. The app is called Samsung health.

3. What is your favorite healthy snack or meal?

Hmm, well I love eating salads which are healthy. Oh, and I also like to make stir fry vegetables because they are delicious!

4. What do you like to do in your free time?

I love to go watch games and sporting events. I go to high school games and I also support the Vandals. I went to all the home volleyball games and now I will start going to basketball games since their season recently started. I am excited to support Connie throughout her senior season! I walk in my free time like I said before, and I also like to read and sing.

5. Why is it important for children to stay active?

Well, I think it is important for kids to stay active because it helps with their learning. If they are outside being active, they are connecting with the world. Staying active with peers is also important because it teaches them how to communicate and be part of a community. If they just stay at home playing video games, then they will not be able to make connections with the world outside their games.

6. Any advice on how to manage stress throughout the hectic holiday season?

Don't try to control everything. Everything happens for a reason so just let it happen. If you are feeling stressed, try taking a walk, dancing, or moving around in some way to get your mind off of things that are making you stressed.

7. What is your favorite part about teaching?

Well, that is an easy question. The kids are my favorite part about teaching of course. I love being around them and they make my job so much fun.

8. Are you excited for the holidays?!

I am always excited for the holidays! I love just hanging out with family and friends and singing Christmas carols. And, I will still be attending the basketball games during the holiday break too!



Staying Active During Winter

Here are some ideas on how to stay active during the winter:

- ★ Get walking! Put on some boots, snow pants, big jacket, and a beanie to make sure you stay warm!
- ★ Outdoor winter sports! Go skiing, snowboarding, sledding, or find something you like to do in the snow!
- ★ Go outside and play! Build a snowman or have a snowball fight with the family.
- ★ Hit the gym! It's indoors so there's really no excuse for not going.
- ★ Workout at home! DVD workouts can be fun or just do some push-ups and sit-ups.
- ★ Clean! This will get you moving around the house.
- ★ Shop til you drop! You probably have to shop for the holidays anyways so might as well turn it into an exercise.
- ★ Dance! It's fun and a great way to stay physically active!





December 2015

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p>Osteoporosis Group- A great way to improve your bone strength. *physician referral required</p> <p>Light Up Night Parade- Begins at 7pm: lots of festive lights and Santa will be there!</p>	<p>Exercise</p>	<p><i>1</i> Diabetes Wellness Class 4-5pm</p> <p>Open Mic Poetry @ One World Café 8:00</p> <p>Osteoporosis Exercise Group @ Gritman 9:30-11</p>	<p><i>2</i> U of I Men's Bball vs. CSU 8:00</p> <p>U of I Women's Bball vs. Northwest Christian 5:30</p>	<p><i>3</i> Light up Night Parade-Downtown</p> <p>Moscow Food Co-op Tasteful Thursday 5-7PM</p>	<p><i>4</i></p>	<p><i>5</i> U of I Men's Bball vs. Little Rock 5:00</p> <p>U of I Women's Bball vs. Wyoming 2:00</p> <p>Holiday Dinner and Dance @ Pitman Center 5-9PM</p>
<p><i>6</i> WSU Men's Bball vs. Portland State 1:00</p> <p>Sunday Brunch @ Best Western 10-2</p> <p>\$15.95 per adult \$9.95 kids</p>	<p><i>7</i></p>	<p><i>8</i> WSU Women's Bball vs. Gonzaga 6:00</p> <p>After School Art Program</p> <p>Osteoporosis Exercise Group @ Gritman 9:30-11</p>	<p><i>9</i> Drop In Mindfulness Meditation @ Pitman Center 12-1PM</p> <p>YA for All Book Club @ Book People of Moscow 5-6 PM</p>	<p><i>10</i> Middle Grade/Kids Book Club @ Moscow Public Library 5-6</p> <p>U of I Men's Bball vs. WSU @ Cowan 6:00</p> <p>Moscow Food Co-op Tasteful Thursday</p>	<p><i>11</i> Manage Your Stress with Karen Richel @ Latah Recovery Center 1-2PM</p>	<p><i>12</i> The Magic Flute @ Kenworthy 9:55-12PM</p> <p>\$20-gen ad. \$15- student ad.</p> <p>Family Tradition Day @ Moscow Building Supply 9-11AM</p>
<p><i>13</i> WSU Men's Bball vs. UTEP 3:00</p> <p>Sunday Brunch @ Best Western 10-2</p> <p>\$15.95 per adult</p>	<p><i>14</i></p>	<p><i>15</i> Osteoporosis Exercise Group @ Gritman 9:30-11</p>	<p><i>16</i> Drop In Mindfulness Meditation @ Pitman Center 12-1PM</p>	<p><i>17</i> Moscow Food Co-op Tasteful Thursday 5-7PM</p>	<p><i>18</i> PJ Story time with Betsy Bybell 6-8PM</p> <p>U of I Men's Bball vs. New Hope 7:00</p>	<p><i>19</i></p>
<p><i>20</i> U of I Women's Bball vs. Abilene Christian 12:00</p> <p>The Magic Flute -Encore @ Kenworthy 7-9PM</p>	<p><i>21</i></p>	<p><i>22</i> Osteoporosis Exercise Group @ Gritman 9:30-11</p>	<p><i>23</i></p>	<p><i>24</i> Christmas Eve</p>	<p><i>25</i> Christmas !!!!!!!!!!!!!!!!!!!!</p>	<p><i>26</i></p>
<p><i>27</i> Sunday Brunch @ Best Western 10-2</p> <p>\$15.95 per adult \$9.95 kids</p>	<p><i>28</i> U of I Women's Bball vs. Carroll College 2:00</p>	<p><i>29</i> WSU Women's Bball vs. Washington 8:00</p> <p>Osteoporosis Exercise Group @ Gritman 9:30-11</p>	<p><i>30</i> Inland Northwest Blood Drive @ Gritman</p>	<p><i>31</i> U of I Women's Bball vs. North Dakota 2:00</p>		

