

The wellness journey

GET MOVING!

By: *The Food Committee*

While the sun is still out, it is great motivation to keep active, especially outdoors! If you do not have something planned yet for the day or need something new to add interest to your routine, read some of the options below to keep active.

- **Walks** - Whether you are hiking a mountain or taking a leisurely stroll through your town, going on walks allows you to see the nature around you. Try walking for 30 minutes every day and observe something new each time!
- **Yoga** - Not only is it relaxing, yoga is a unique way to switch up your exercise routine to test your balance. To add more excitement to an otherwise calming activity, try to do it with a partner or friend. Maybe even try it on the grass or at the beach!
- **Online Workout Videos** - There are so many great and quick videos online that share workout routines. This is a great way to keep active because every person exercises differently and has new tips you can learn. See what new exercises you like!
- **Increase Your Steps** - Tracking your steps is an easy way to measure your physical activity. Setting step goals, such as 10,000 steps per day, is a great way to remain motivated to keep active throughout the day. Easy ways to increase your steps is walking to places within reasonable distances instead of taking a car or parking your vehicle farther away to encourage you to walk more.

Remember to stay hydrated, especially while exercising!



Graphic by: *Healthy Athletes*

Challenge yourself by seeking some of words related to the Fall Festival!



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|---------------|----------------|---------------|
| ATHLETE | LDRW | TORCH RUN |
| AWARENESS | O-TOWN | UNIFIED |
| BOCCE | POWERLIFTING | VICTORY DANCE |
| CELEBRATION | ROLLER SKATING | VILLANOVA |
| FLAG FOOTBALL | SOCCER | VOLLEYBALL |
| FRIENDSHIP | SOPA | SPIRIT |
| | INCLUSION | |

Creation & Growth



SEEDS OF THE SEASON

Written by: The Food Committee

Fruits and vegetables are a vital part of a healthy daily diet. A good goal to have is to eat some at each meal. Different fruits and vegetables grow better in different seasons, so it is important to know the best seasons for each one. One benefit of choosing produce that is in season is that the plants tend to have better flavor and nutrition. For the greatest benefits, try finding fruits and vegetables that are in season at the grocery store, or take it a step further and try planting your own! For most of these below, all you need is some soil, seeds, water, and sunlight to grow your own fresh produce. Happy healthy eating!

DO YOU KNOW WHAT'S INCLUDED IN A BALANCED DIET?

A sneak-peak of the Unified Pamphlet from Healthy Athletes!

Season	Fruits & Veggies to Plant
Summer	all berries, watermelon, peaches, tomatoes, cucumber, zucchini, beans, peppers
Fall	apples, grapes, squash, potatoes, sweet potatoes pumpkin, cauliflower, celery
Winter	broccoli, brussel sprouts, squash, turnips, cabbage, cauliflower, beets
Spring	asparagus, spinach, lettuce, peas, onion, zucchini, kale, radishes

BALANCED DIETS

PROTEIN
Protein provides calories, or "energy" for the body. Try baking or grilling meat, and eating nuts and beans.

FRUITS & VEGETABLES
Fresh, frozen, or canned fruits are great choices. Try a new vegetable each week.

CALCIUM-RICH FOODS
In addition to fat-free and low-fat milk, consider low-fat and fat-free yogurts without added sugars.

COMFORT FOODS
Moderation is key. Only eat comfort foods every once in a while and balance them with healthier foods.

STRONG MINDS

- Connect with others
- Structure your day
- Stay active
- Ask for help

SUPPORT SYSTEMS
Your family, coaches, friends, teammates, SOPA, and Villanova students are all part of your support system. Reach out to your support system to ask for help and connect with others.

BLUEBERRY ALMONDS ENERGY BALLS



Recipe by: The Food Committee

INGREDIENTS

Old fashioned rolled oats	3/4 cup
Almond butter	1/2 cup
Dried blueberries	1/3 cup
Pure maple syrup	1/2 cup
Chia seeds (optional)	1 tbsp
Coconut oil	1 tbsp

INSTRUCTIONS

Place oats, chia seeds, and dried blueberries in a large bowl. Place almond butter and coconut oil in a small microwavable bowl and heat for 20-30 seconds. Add maple syrup and stir until combined. Pour almond butter/coconut oil mixture into the oats mixture and stir until combined. Cover bowl with plastic wrap and chill in refrigerator for 30-45 minutes.

Roll into inch-long balls using a cookie scoop or table spoon. Place on a baking sheet, chill completely, and enjoy your delicious snack! Balls should be stored in a refrigerated airtight container.

*When We're Rooted
Together We Grow
Even Better*

A Message from DEI & Awareness

Hello Everyone! We are beyond excited to see you all at Fall Festival! The DEI & Awareness committee is doing everything we can to create the most fun and inclusive experiences for you all this fall. Diversity, Equity, and Inclusion (DEI) is becoming much more incorporated into our lives and the media. Some great examples of disability in film that we've seen in movies include *Crip Camp*, *Peanut Butter Falcon*, *CODA*, and *Wonder*. These are awesome films to check out if you are interested in seeing more inclusive representation in the media. We also use the Instagram account @spreadthewordinclusion where we share Athlete spotlights, Committee member spotlights, and celebrate our differences by spreading messages about inclusion.

If you would like to be featured, please fill out this form:

<https://forms.gle/L3EAmfaDyh8A2QN79> or contact diversity@villanovaspo.com to learn more! We can't wait to see you all this fall!



Media and Publicity is ready to capture all of the best memories during Fall Festival... but until then, see if you can spot the differences in the Fall Festival photos below!



sleeve color, mask color, "wicked fast" logo, race number, volunteer shirt color