

LIFE ACTIVATED

A Foundation for Wellness









GRAYSON
COLLEGE

October 24

10 Minutes Adds Up

In a 2011 article, *Prevention* magazine listed 25 “easy” ways to work 10 minutes of exercise into the day. And while several of the suggestions include walking—around the ballpark while your kid is at practice, up and down the street when you fetch the mail or around campus on your lunch break—some of the suggestions may come in handy.

-  Do standing push-ups while waiting for a pot to boil.
-  Do 5-10 minutes of jumping jacks.
-  Keep dumbbells handy and do a few reps while you brush your teeth in the morning (don't forget to switch hands)
-  Use a commercial break to jog in place.
-  Take the long route to a meeting across campus to get the extra steps.
-  Do calf stretches while riding in the elevator.

Upcoming Events

October 26- Mindfulness and Stress Relief Seminar, Band Hall 4:30-5:30pm

Trust us, you don't want to miss this!

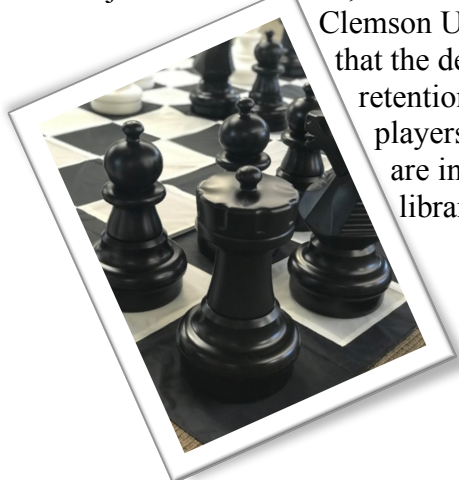
October 27- Staff Learning Day

Deadline for United Way Pledge Forms

GC Library Strengthens Mind and Body

The FITDESK provides the opportunity for students to have good health and strengthen learning processes. The Bike Desks allow for writing, reading and exercising. The bikes include upper body supports, adjustable seat-backs, and extension parts for drinks and cell phones.

Clemson University has done a study which found that the desks have led to “improved information retention.” The life-size chess board allows players' minds and bodies to be active. These are innovative services provided to users as libraries change in creative ways.



Next time you want to sit in your office and watch Netflix at lunch, walk over to the library and use a FITDESK instead.

Zucchini Brownie Recipe (Paleo)

The "usual" brownie recipe contains butter, sugar, oil, cocoa powder, and flour. This brownie recipe doesn't contain any of the above. The chocolate chips give these brownies a rich, smooth chocolate taste that pairs well with the light sweetness from the raw honey, and a hint of cinnamon gives the brownies extra depth. Unlike some recipes with almond butter, these brownies don't have a grainy texture; they actually are incredibly moist from the zucchini and hard to believe they have no type of flour as a binder. So even if you don't have dietary restrictions this recipe is a good and healthy change from other desserts.



- 1 cup almond butter
- 1 1/2 cup zucchini (1 2/3 small zucchinis), cleaned & grated
- 1/3 cup raw honey
- 1 egg (or a "flax egg")
- 1 tsp vanilla
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1 cup dark chocolate chips
- 2 tbsp mini chocolate chips for topping, optional

Notes:

- 🚩 Small specks of green from the zucchini skins are visible so If you want to be sneaky and not let anyone know there is zucchini, you can peel before grating.
- 🚩 If you leave the chocolate chips whole, they will sink to the bottom. However, if you mix everything in a food processor, it incorporates all of the ingredients and chops up the chocolate chips in a way that distributes them evenly throughout the batter.

1. Preheat oven to 350° F and line a 9x9 pan with parchment paper or lightly grease.
2. In a medium bowl, combine the almond butter, honey, egg, vanilla, baking soda, cinnamon, and nutmeg using an electric beater until blended (the batter will be thick, don't worry).
3. Stir in the zucchini and 1 cup of chocolate chips until incorporated, or you can put all ingredients in your food processor at this point.
4. Pour batter into prepared pan, sprinkle with the mini chocolate chips, and bake for 35-45 minutes.
5. Let the pan cool for about 20 minutes on a wire rack before grabbing the parchment paper and lifting brownies out of the pan to finish cooling on the rack.

**Don't forget to submit your United Way Campaign Form
to the Office of the President by October 27!**