

## Spring in your Step

Get into the groove of walking with The W's new walking path! The MUW walking path was made possible through funds from the Blue Cross and Blue Shield of Mississippi Foundation as part of the Passport to Wellness program. The walking path is part of a campus initiative geared toward encouraging healthier lifestyles among residents in Columbus and Lowndes County. The mile-long track is complete with a concrete walkway, location markers, solar crosswalk lighting markers, and surface coating. There are countless ways you can get active, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to improve your heart health.

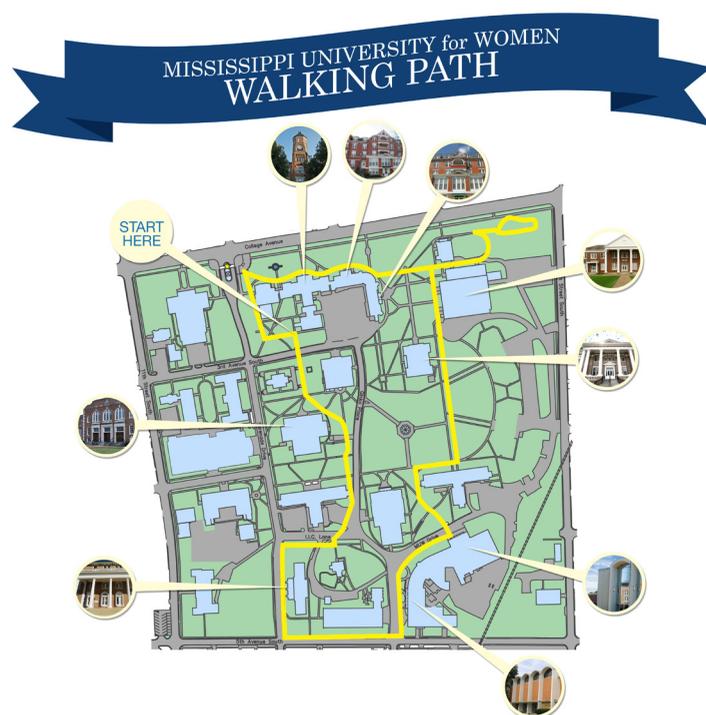
Research has shown that walking at least 30 minutes a day can help you:

- Reduce your risk of coronary heart disease and stroke
- Improve your blood pressure, blood sugar levels and blood lipid profile
- Maintain your body weight and lower the risk of obesity
- Enhance your mental well-being
- Reduce your risk of osteoporosis
- Reduce your risk of breast and colon cancer
- Reduce your risk of non-insulin dependent (type 2) diabetes

There really are so many benefits for such a simple activity!

### Find a sole-mate: A friend by your side

The thought of being alone can be enough to keep some people from walking. The best way to solve this is by finding a friend to walk with. You can plan walking paths that are convenient for both of you, or map out routes that take you places you've never been before. It's a great way to exercise and spend time with friends!



## Honey Lime Fruit Salad



- 1 pineapple, peeled and cubed
  - ½ cantaloupe, peeled and cubed
  - 1 pint strawberries, halved
  - 1 pint blueberries
  - 4 cups grapes
- For the dressing:
- ¼ c. honey or to taste
  - 2T lime juice
  - ½ lime zested
  - 2T chopped mint

To make dressing, whisk all ingredients until combined.

In a large bowl, combine cut fruit. Just before serving, add dressing and toss to coat.

Nutrition Info (per ½ c): 65 calories, 16g carbohydrates, 0g fat, 1g protein

## POUND

- 1** *Pound is done by getting into the set position and doing a deep squat. In the squat, alternate hitting the Ripstix on the mat, mimicking a drummer. Knees are soft, shoulders rolled back, and chest is lifted.*
- 2** *The arrow is typically done in set position where each alternating Ripstix strike hits the ground in front of the body. This variation shows a side lunge where the back leg is straight, there is a hinge at the hips, and the chest is lifted*



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