

New Year, New You

Over the years Karen McAdoo would make a New Year's resolution to lose weight and get fit, often participating in the MUW fitness challenge starting in January. Like many of us do with our New Year's resolutions, she often gave up by February. However, this was not the case last year when McAdoo, administrative assistant in the College of Arts and Sciences here at the W, won the fitness challenge in the female faculty/staff category by losing 31.8 pounds. She has continued sticking with the lifestyle changes she made during the fitness challenge and has lost a total of 52 pounds over the course of 2017.

Karen McAdoo didn't set out to win the fitness challenge, she simply wanted to improve her health after receiving news from her doctor about complications regarding her blood pressure and osteoarthritis. She began improving her health by cutting unhealthy foods incrementally and drinking more water instead of soda and tea. Each week she would cut an unhealthy food like bread and replace it with fruits or vegetables. By changing her habits slowly instead of all at once, McAdoo's lifestyle change seemed doable instead of daunting.

The most difficult part of McAdoo's health journey was changing her mindset and committing to a routine of exercising. She leads a busy life between her job, her family, and church, but by prioritizing her time she kept up with her commitment to exercise. Her children bought her a FitBit, so she began getting up and walking every hour.

Now, she walks about 2 miles a day on the new walking path on campus. She and her oldest daughter began running 5ks together, and her time improves with each one. McAdoo says "Before last year I couldn't have even walked a 5k, now I can jog them."

McAdoo continues to keep up with her healthy lifestyle and no longer eats junk food, fast food, processed foods, and soda. She drinks lots of water and limits how often she eats out at a restaurant. McAdoo's diet is mostly vegetable-based and consists of fresh, healthy foods. She advises anyone who wants to implement a lifestyle change to take part in the 2018 fitness challenge. The gym is free to use for students and faculty/staff at MUW, and it only takes 30 minutes a day or a few fitness classes a week to see a difference in your health.



Tropical Green Smoothie (2 servings)



- 1/2 cup coconut water
- 1 cup spinach leaves
- 1/2 cup plain nonfat Greek yogurt
- 1 banana
- 1 cup frozen tropical fruit blend
- 1/2 tsp. honey (if desired for added sweetness)

Blend coconut water and spinach leaves in blender, then add all remaining ingredients. Serve immediately

Nutrition Info (per serving): 160 calories, 32g carbohydrates, 0g fat, 9g protein

Tree Pose

Stand with your feet shoulder-width apart. Shift your weight on your right leg as you bring your left leg up and place it on your inner thigh, as high about the knee as it comfortable for you. Your left toes point downward with your heel against your thigh. Find a focal point straight ahead. Raise your arms overhead, shoulder-width apart. Hold pose for 30-60 seconds. Repeat on the other side.

Benefits - Focus

Strengthens ankles and feet

Help improve Posture

Lengthens - helps for Sciatic Pain

Breathe- Deep breathe to remain cool and calm.



Warrior II

From Warrior I, exhale and bend from the hips while bringing trunk over right thigh. Shift body weight forward over right leg. Straighten right leg while lifting left leg off the floor. Balance on right leg while keeping hips level and L knee pointing down. Extend through the fingertips and toes. Keep chest lifted and neck relaxed. Contract abs, gluts and left quad. Exhale and return to Warrior I. Straighten right leg and face front. Repeat on other side. A chair or wall can be used to help with balance.

*Benefits- Increases strength in the lower body, torso and shoulders.
Improves balance/focus*



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