



Did you know?

- Sodexo focuses on providing healthy foods and environments for customers.
- Sodexo provides Mindful nutrition criteria to help plan meals and snacks for your family.
- Sodexo has partnered with MyFitnessPal. If you want to track your exercise and the foods you eat, download the app. Fitbit also integrates with MyFitnessPal.
- Exercise tips and tricks are provided PLUS fitness challenges.
- Mindful meals and recipes are provided.
- You can sign up to receive weekly tips, tricks, and wellness news!

Looking for a recipe?

- | | |
|----------------|--------------|
| • Breakfast | • Pizza |
| • Dessert | • Salad |
| • Grill | • Soups |
| • Mindful Kids | • Tacos |
| • Pasta | • Sandwiches |

For more information, visit their website www.mindful.sodexo.com/mindful-meals-recipes to view all that Mindful by Sodexo offers!

P2W Ambassador Highlight



My name is Tori Bailey. I am from Brandon MS where I attended Brandon High School. I grew up being involved in sports from a young age so it was fitting I was a member of the varsity volleyball team during my time at the high school. I knew I wanted to pursue a career in nursing so after graduating high school I went to Hinds Community College for my first year of college. During my time at Hinds I researched nursing schools I felt I could thrive in. This led me to the W, which I

with Passport to Wellness. I am constantly on the go and nursing school is no easy task, but I wouldn't trade it for anything. The W has given me the opportunity to succeed. I am so thankful for Passport to Wellness for promoting health on campus. Being a college student it is so easy to form unhealthy habits, but P2W is a great outlet to influence a better lifestyle for on the go students like myself.

Tip: Being a nursing student and trying to maintain a healthy lifestyle can be difficult with long clinical days and late nights of studying; however, one way I maintain a healthy lifestyle is having health snacks prepared for the week. This way, if I get hungry I have something healthy to grab on the go instead of eating junk food during my busy schedule.

began to attend my sophomore year. Since then, I have been a member of Lockheart Social Club and the Student Nurses Association along



Mixed Berry Salad

Salad:

5 oz. baby spinach leaves or your favorite salad greens
6 chicken cutlets, grilled, optional
1 cup strawberries, sliced
1/2 cup blueberries
1/2 red onion, thinly sliced
1 apple, cored, halved, and thinly sliced
1 cup candied nuts
2 Tablespoons dried cranberries
2 Tablespoons dried raisins
Serves 6

Nutrition Info (per salad no cheese): 218 calories

Strawberry Vinaigrette:

1 cup strawberries
1/4 cup balsamic vinegar
1/4 cup extra-virgin olive oil
1 Tbsp. Dijon mustard
1 Tbsp. honey
1 clove garlic, minced
1/4 tsp salt
1/4 tsp pepper

Garnish:

Feta cheese, optional
Add all of the dressing ingredients, and blend until smooth. Refrigerate.
Cut strawberries, apples, and onion into slices.
Combine salad greens in a large bowl, drizzle with desired amount of dressing and toss to coat. (Spinach wilts easily, don't add dressing until ready to eat!) Top each salad with grilled chicken cutlet. Add Strawberries, apple slices and onions to each salad plate.
Sprinkle each salad with feta cheese, nuts, cranberries, and raisins on top and serve.
Serves 6

Nutrition Info (per 2 Tablespoons): 104 calories

Recipe provided by Project CHEW



Personal Trainer



Joy Garrison is a Personal Trainer and Fitness Instructor with more than 30 years experience. She has been teaching Tai Chi for Health for three years and is working toward her Senior Instructor Certification Forms. Joy is certified in Tai Chi for Arthritis and Fall Prevention, Tai Chi for Arthritis Part 2, Seated Tai Chi, Tai Chi for Diabetes and Tai Chi for Osteoarthritis.

Joy believes that Tai Chi is the perfect exercise to help your body, mind, and spirit to become strong. This is an exercise that you experience, not just do, to become healthy inside and out. In our workshop you will be learning the history of Tai Chi and its

different forms. You'll discover the many health benefits of Tai Chi and the soothing practice of Qi Gong.

Forms to look forward to learning: Tai Chi for Arthritis and Fall Prevention Tai Chi for Arthritis Part 2 Seated Tai Chi for Arthritis Tai Chi for Osteoarthritis Tai Chi for Diabetes Tai Chi for Energy 24 Forms Qi Gong 8 Brocades for Heath Qi Gong for Diabetes

The workshop will meet in the Aerobics studio in Stark on Monday, May 6, at 12:30pm. Wear comfortable clothing (loose pants, well fitting smooth bottom shoes and layered top for comfort). There will be door prizes!

RecFitness class provided by Campus Recreation

Photo provided by Chris Jenkins

Living W Well Co-Editors:



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from Caledonia, MS



Shelby Dickerson
Senior Speech-Language Pathology
major from Booneville, MS