



February 2013

## Monthly Happenings

### LOVE YOUR BODY WEEK

Feb. 25<sup>th</sup>-28<sup>th</sup>

Daily events including a "Day Without Mirrors", a *Chocolate Reception* & more!  
Free Massage for faculty/staff  
Wed. 2/28 from 11am-1pm  
Contact Mardie Burkes-Miller to Sign Up

Go to [www.plymouth.edu/healthy-psu](http://www.plymouth.edu/healthy-psu) for details!

### MEDITATION MONDAYS

Meets Mondays in Frost Commons  
(except when campus is closed)  
@ 12:20-12:45 pm

### WALKING THRU WINTER

Contact Healthy PSU Staff to set up a customized workshop for your group to get started in our winter walking program!

- Receive FREE pedometers and instruction
- Set personal and group goals
- Earn cool, fun prizes & gift cards by WALKING for health.

It's Easy 2 LOVE Ya' Lentils

### Heart Healthy Lentil Soup

- 1 T. olive oil
- 1 onion, finely chopped
- 2-4 stalks of celery chopped
- ½ cup parsley
- 4-5 carrots sliced
- 8 cups water
- 1 pound of dry lentils, rinsed
- 2 Cubes or tablespoons of low salt vegetable bouillon

Sauté onions and celery in oil. Add water and bouillon; bring to a boil. Add lentils and simmer all for 45-60 min. until lentils are soft. (For a stew consistency cook longer; for more of a soup consistency cook in less time)  
ENJOY!

### Did Ya' Know?

You can earn rewards for having fun w/ physical activity?  
Post your daily activity to earn monthly gift cards @ [www.usnhwellnessconnection.com/](http://www.usnhwellnessconnection.com/)

Start benefiting from your benefits TODAY!

### Coming in March:

- LOCAL FOODS Workshops
- Spring planting for home gardens
- Strength & balance classes

Questions or Comments?  
[Healthy-psu@plymouth.edu](mailto:Healthy-psu@plymouth.edu)

"Healthy People in a Healthy Place-PSU"