Go Green This March

Health Benefits of Adding Greens to Your Diet

- Major source of iron
- Major source of calcium
- Help reduce risk of heart disease
- Low in calories
- Green leafy vegetables are high in antioxidants
- Rich in vitamin K (Bone protection)
- Little carbohydrates, sodium, and cholesterol
- Low glycemic index

Tips for Going Green

- Add them to your omelets, baked eggs, pancakes (just blend some fresh spinach into the batter)
- Green smoothies or juices
- Salads - add in fruits or nuts to mix it up
- Add them to wraps, sandwiches or burger patties
- Add them to soups, stews, and chilis
- Use herbs to add flavor and nutrition

Wellness Position Openings

Do you have exceptional students or student workers studying a health and wellness related major?

Encourage them to apply for the following wellness positions or recommend them by emailing wellness@luther.edu.

Summer 2017

- Intern (potential for some funding)
- Work Study

2017-2018 Academic Year

- Wellness Ambassador
- Work Study Position
- Fall Interns
**Employee Spotlight**

**Jeff Wettach**  
Head Track Coach and  
Assistant Professor of Health  
and Physical Education

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**Pinterest**  
Check out this [app](#)  
Pinterest is the  
world’s catalog of  
ideas. Find and  
save recipes,  
parenting hacks,  
style inspiration  
and other ideas to  
try!  
Search your favorite  
recipes and find  
healthier versions.

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**Get ready for swimsuit season**  
with this glute exercise! Perform  
3 sets of 45 seconds each.

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**Green Smoothie**  
Get some green in your diet! Place all ingredients in  
blender in the order listed. Start on low and then turn to  
high speed.  
Blend until smooth.

- ¾ cup lightly packed kale  
- ½ cup milk  
- 1 small pear  
- 1 tbsp almond butter  
- ½ tsp vanilla extract (or ¼ tsp vanilla powder)

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Fold on the dotted line

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**The Perfect Smoothie Every Time**

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**Gate Swings**  
Check out this [Exercise](#)