

Try Be Well & Fit

May is National Bike Month

BICYCLE, BICYCLE, BICYCLE! If you don't own a bike, try BikeShare or a bike in the fitness center.

Benefits of Cycling

- Environmentally-friendly
- Low impact exercise
- Strengthens your legs
- Improves mental health and wellbeing
- Improves lung and heart health
- Cycling saves time compared to walking or jogging
- Helps grow your social circle as you're likely to participate in bicycle clubs or group rides

TOUR DE DEUTSCHLAND

VIRTUALLY BIKE THROUGH GERMANY AS PART OF NATIONAL BIKE MONTH AND STUDY ABROAD AND WIN A TOUR DE DEUTSCHLAND T-SHIRT!

Win a shirt!



Wednesday, May 3
11:00 - 1:00
Koch Student Center
Register Online

WHAT'S IN THIS MONTH'S ISSUE:

- National Bike Month
- National Garden Meditation Day
- Wellness in the Park and more . . .



UPGRADE BIKE SHARE

Get started



Rates

PAY AS YOU GO: \$3/hour
STUDENT ANNUAL MEMBERSHIP: \$30, first 2/hrs free
ANNUAL MEMBERSHIP: \$40, first 1/hr free

BikeShare Program

Only \$3 for a one hour ride. Just download the Bloom app. ➔



Enter here for a chance to win a free BikeShare Membership



Summer Wellness Class Schedule June 13 - August 3

Fit & Fab & Fun

Tuesdays: 11:30 - 12:00

This class will incorporate exercises with body weight, exercise tools, and stretching, balancing, and relaxation exercises. We will meet outside sometimes, weather permitting. You will learn something new each week. All fitness levels welcome.

Walkie Talkies

Wednesdays: 11:30- 12:15

Join us for walks and talks around campus and the neighborhood. This group will make at least two field trips to Market on Main, too.



Wednesday, May 10, 2023
11-1 and 4:30-6

Paws 'N Relax

Koch Student Center

Pet and play with the therapy animals to help calm you during final exam week.



*Decompress
with Dogs*

*Celebra de forma
saludable!*



BLACK BEAN VEGGIE QUESADILLA

Ingredients

- 1 red bell pepper, chopped
- 1 red onion, chopped
- 2 handfuls of spinach chopped or you can chop up two zucchini
- 2 tablespoons olive oil
- 2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne
- Salt and pepper to taste
- 1 can black beans, drained and rinsed
- Shredded Mexican cheese to taste
- 8-12 small flour tortillas or 4-6 large flour tortillas

Instructions

Step 1

Preheat the oven to 400 degrees. In a large bowl combine the bell pepper, red onion, and spinach or zucchini and toss with the olive oil, chili powder, garlic powder, cayenne, salt and pepper. Spread veggie mixture onto a baking tray and cook for 15 - 20 minutes.

Step 2

In a small bowl, mash the black beans slightly with a fork and season with salt and pepper to taste.

Step 3

Spread a portion of the beans onto one of the tortillas and top with the cooked veggie mixture and Mexican cheese. Top with a second tortilla (see tip). Repeat until all the tortillas are filled.

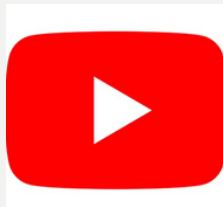
Step 4

Cook on medium-high heat for 2 - 3 minutes per side in an oiled pan or until the outside is crispy.

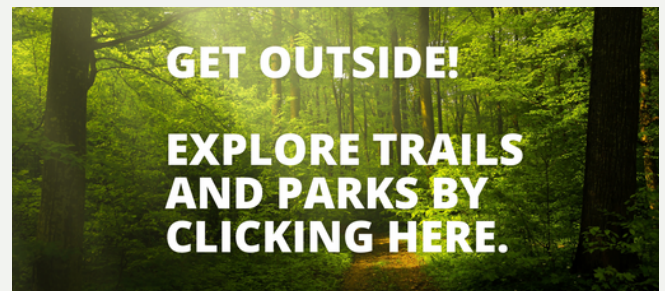
TIP: Smaller tortillas make for easier flipping if you're using 2 tortillas to make 1 quesadilla. If you're using full size tortillas we recommend folding them in half and only using 1 tortilla per quesadilla.



HAPPY CINCO DE MAYO!



FOR MORE INFO VISIT:



May Wellness Calendar



Welborn Foundation
Wellness & Fitness Center