**Does your exercise regimen need to be 'jazzed' up?**

When you are doing aerobic exercise, you should choose an intensity that allows you to talk, but not sing. But if your exercise routine is becoming mundane and you're struggling to adhere to it, maybe it actually needs a little music. Incorporating music into your workouts can take the focus off your body and provide a source of unexpected pleasure during your exercise session. It also affects your body's physiological response to the workout. Researchers have found that exercisers listening to music experience greater blood flow to muscles, accumulate less lactate, and subjectively evaluate their workout as less stressful. This is especially true for those with lower fitness levels. If you are an avid outdoor exerciser, the wonderful sounds of nature probably provide all the distraction you need. But if you tend to exercise indoors and frequently find excuses for not going to the gym or fitness center, perhaps it's time to jazz your workouts up a bit. So go ahead and hop on that stationary bike- but this time take your iPod or MP3 Player along for the ride.

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**Messiah Wellness Program News**

**EMPOWER coming back in January!**

EMPOWER is a popular on-site weight management program that enables participants to move forward in meeting personal goals in the areas of physical activity and nutrition. The eight weekly meetings led by a Senior Health Coach, provide a source of support within the workplace that allows participants to achieve higher levels of wellness than they can often achieve alone. Messiah's program will meet on Thursdays from 12:30-1:30 PM, beginning January 19. We can only offer the program if at least 15 employees register. So find a friend and sign up today by emailing Doug Miller at dmiller@messiah.edu. The deadline for registrations is January 3, 2017, but don't put it off.

Messiah employees who participated in this program in the past had this to say about it:

“This is more than just a class; it is a life-learning experience. We were empowered not only with the basics of nutrition and exercise, but more importantly we were given the gift of encouragement.”

“Empower was the most effective program I have ever been involved with, I'm still using what I learned two years later!”
Recipe Room

Wild rice pilaf with cranberries and apples (Serves 8)

Ingredients:
- 1/4 cup slivered almonds
- 3 cups water
- 1 1/2 cups wild rice, rinsed and drained
- 1/2 cup dried cranberries, no sugar added
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon sugar
- 2 Granny Smith apples, cored and diced

Directions

Heat the oven to 325 F. Lightly coat a baking sheet with cooking spray.

Spread the almonds on the baking sheet and bake, stirring occasionally, until golden and fragrant, about 10 minutes. Transfer immediately to a plate to cool.

In a medium saucepan, bring 3 cups of water to a boil. Add the rice. Reduce heat and cover. Keep adding water as necessary to prevent the rice from drying out.

Simmer until the rice is tender, about 45 to 60 minutes. Pour through a fine-mesh strainer to drain. Simmer until Return the rice to the saucepan and stir in the dried cranberries. Cover and set aside.

In a small bowl, whisk together the oil, vinegar and sugar. In a large bowl, combine the rice and diced apples. Add the oil mixture and toss to coat evenly.

Serve warm or cold on individual plates. Top with toasted almonds.

Sources:

Mohammadzadeh et al. Physical Education and Sport Vol. 6, No 1, 2008, pp. 67 - 74